

Place	Bib	Name	Surname	Cat	Sex	Run	T1	Cycle	T2	Run	Total
1	188	Killian	Heery	30-39	Male	0:14:17	0:00:37	0:31:51	0:00:33	0:06:58	0:54:16
2	155	Paul	Magee	30-39	Male	0:14:16	0:00:41	0:33:20	0:00:35	0:06:37	0:55:30
3	222	Gary	Higgins	40-49	MALE	0:14:16	0:00:44	0:33:15	0:00:29	0:06:59	0:55:43
4	265	Ruari	Geraghty	40-49	Male	0:14:42	0:00:36	0:32:46	0:00:33	0:07:10	0:55:47
5	162	Rob	Lennon	30-39	Male	0:14:28	0:00:34	0:33:21	0:00:35	0:06:54	0:55:51
6	164	Austin	Dennis	30-39	Male	0:14:20	0:00:35	0:35:31	0:00:39	0:07:02	0:58:08
7	252	Michael	Flanagan	30-39	Male	0:15:49	0:00:56	0:33:25	0:00:39	0:07:19	0:58:08
8	183	Michael	Monahan	20-29	Male	0:16:28	0:00:32	0:33:08	0:00:38	0:07:48	0:58:34
9	191	Jason	Travers	40-49	Male	0:15:40	0:00:42	0:33:58	0:00:39	0:01:20	0:58:42
10	176	Andy	Harrington	30-39	Male	0:16:03	0:00:36	0:34:04	0:00:31	0:07:53	0:59:07
11	210	Micheal	Hession	40-49	MALE	0:15:37	0:00:49	0:35:03	0:00:44	0:07:39	0:59:52
12	215	Diarmuid	O Conchubhair	30-39	MALE	0:15:55	0:00:48	0:34:48	0:00:37	0:07:45	0:59:53
13	173	Sean	Allis	40-49	Male	0:15:36	0:00:51	0:35:09	0:00:46	0:07:48	1:00:11
14	169	Alasdair	Conway	40-49	Male	0:15:52	0:00:35	0:36:45	0:00:34	0:07:39	1:01:25
15	181	Andrew	Mcmurray	30-39	Male	0:15:42	0:00:48	0:36:45	0:00:36	0:08:16	1:01:31
16	192	John joe	Rogers	50-59	Male	0:15:35	0:00:39	0:37:00	0:00:44	0:07:40	1:01:38
17	260	Ronan	Dirrane	16-17	Male	0:16:05	0:00:40	0:36:49	0:00:39	0:07:59	1:02:12
18	273	Barbara	Dunne	20-29	FEMALE	0:16:03	0:00:51	0:36:47	0:00:49	0:07:44	1:02:13
19	157	Liam	Aherne	30-39	Male	0:16:03	0:00:34	0:37:33	0:00:34	0:07:48	1:02:31
20	194	Siobhan	Murtagh	30-39	Female	0:16:27	0:00:49	0:36:56	0:00:39	0:07:44	1:02:35
21	223	Tojo	Lazzari	20-29	MALE	0:16:19	0:01:15	0:36:35	0:00:51	0:07:37	1:02:36
22	203	Brendan	Mc Nerney	30-39	MALE	0:15:43	0:00:54	0:37:51	0:00:42	0:27:10	1:02:39
23	190	David	Delaney	40-49	Male	0:16:32	0:00:52	0:36:46	0:00:41	0:08:02	1:02:53
24	196	Geraldine	Gill	40-49	Female	0:17:27	0:00:35	0:36:10	0:00:37	0:08:12	1:03:00
25	254	john	mc hugh	30-39	Male	0:17:23	0:00:58	0:35:46	0:00:39	0:08:19	1:03:05
26	172	Marie	Boyle	40-49	Female	0:17:34	0:00:35	0:36:12	0:00:27	0:08:25	1:03:12
27	266	Morgan	Mc Hugh	40-49	Male	0:17:18	0:00:42	0:36:12	0:00:39	0:08:58	1:03:49
28	271	Sean	McCarthy	30-39	MALE	0:17:31	0:00:51	0:35:45	0:00:50	0:09:03	1:04:00
29	189	Peter	Duggan	30-39	Male	0:16:49	0:00:41	0:38:41	0:00:41	0:07:51	1:04:43
30	178	Padraic	Mc Cafferty	20-29	Male	0:16:32	0:01:05	0:37:37	0:01:19	0:08:28	1:05:01
31	270	Adrian	Farrelly	30-39	MALE	0:18:11	0:00:57	0:37:17	0:00:38	0:08:29	1:05:32
32	175	John	Joyce	50-59	Male	0:16:57	0:00:42	0:39:28	0:00:54	0:08:08	1:06:09
33	171	Denise	Compton	40-49	Female	0:18:07	0:00:49	0:37:40	0:00:52	0:00:18	1:06:45
34	202	Killian	Gottsche	30-39	MALE	0:18:10	0:01:10	0:37:30	0:00:49	0:09:29	1:07:08
35	182	Matthew	Carroll	20-29	Male	0:15:35	0:01:05	0:41:56	0:00:54	0:07:52	1:07:23
36	224	Rynal	Browne	40-49	MALE	0:17:53	0:00:57	0:39:23	0:00:46	0:08:48	1:07:47
37	206	Austin	Sammon	30-39	MALE	0:17:44	0:00:52	0:40:55	0:00:38	0:08:14	1:08:23
38	245	Andrew	Lavery	30-39	Male	0:16:56	0:00:51	0:41:16	0:00:58	0:08:24	1:08:24
39	154	Lavana	Chamney	40-49	Female	0:19:03	0:00:47	0:38:48	0:00:40	0:09:17	1:08:35
40	163	Jackie	Kelly	30-39	Female	0:18:12	0:00:44	0:40:29	0:00:49	0:08:45	1:08:59
41	179	Kieran	Muichrone	30-39	Male	0:17:22	0:01:12	0:41:01	0:00:49	0:09:04	1:09:28
42	159	Helen	French	40-49	Female	0:19:11	0:00:40	0:40:23	0:00:44	0:09:04	1:10:02
43	220	David	Mulkeen	30-39	MALE	0:17:24	0:00:41	0:43:22	0:00:50	0:08:34	1:10:50
44	269	Eilis	Ni Dhuill	40-49	FEMALE	0:17:22	0:00:53	0:43:37	0:00:46	0:08:23	1:11:01
45	197	Caoimhe	Casey	20-29	Female	0:17:56	0:00:52	0:43:51	0:01:06	0:08:32	1:12:17
46	212	Jason	Kelly	40-49	MALE	0:19:28	0:01:13	0:41:54	0:01:22	0:09:00	1:12:57
47	185	Robin	Bogan	20-29	Male	0:18:46	0:01:00	0:43:57	0:00:47	0:08:31	1:13:00
48	253	Sinead	Foran	40-49	Female	0:18:00	0:01:00	0:44:21	0:00:46	0:09:14	1:13:21
49	238	Barry	Fleming	30-39	Male	0:19:23	0:01:50	0:41:34	0:01:45	0:08:56	1:13:27
50	186	Hazel	Craigie	50-59	Female	0:18:42	0:01:06	0:43:13	0:00:49	0:22:08	1:38:53
51	274	Brian	Travers	30-39	MALE	0:19:26	0:01:53	0:43:21	0:00:45	0:09:31	1:14:11
52	263	Cara	Gleeson		Female	0:20:43	0:01:03	0:41:48	0:00:45	0:10:04	1:14:24
53	201	Shane	O meara	30-39	MALE	0:18:43	0:00:51	0:45:08	0:00:32	0:09:12	1:14:26
54	193	Ericka	Murray	30-39	Female	0:20:48	0:01:12	0:41:41	0:01:04	0:09:56	1:14:40
55	262	Joanne	Murphy	30-39	Female	0:22:00	0:01:05	0:40:52	0:00:59	0:10:13	1:15:10
56	177	Stephen	Gilgan	40-49	Male	0:21:50	0:01:01	0:41:57	0:01:06	0:09:40	1:15:33
57	174	Ruth	Waldron	20-29	Female	0:20:09	0:01:01	0:44:08	0:00:52	0:09:31	1:15:41
58	233	Jimmy	Wynne	40-49	Male	0:22:43	0:01:22	0:39:18	0:01:51	0:10:44	1:15:58
59	195	Damien	Killane	30-39	Male	0:19:19	0:01:04	0:44:09	0:01:29	0:10:12	1:16:13
60	184	Paul	Costelloe	20-29	Male	0:21:03	0:00:51	0:43:01	0:01:09	0:10:21	1:16:25
61	214	Colm	Brennan	30-39	MALE	0:18:30	0:01:03	0:47:04	0:00:58	0:09:05	1:16:39
62	225	Eimear	Butler	30-39	FEMALE	0:19:34	0:00:42	0:46:38	0:00:31	0:09:15	1:16:41
63	156	Majella	Ni Chriochain	50-59	Female	0:20:08	0:00:45	0:45:04	0:00:53	0:10:22	1:17:12

64	200	emily	bruton	30-39	FEMALE	0:21:29	0:00:52	0:44:43	0:00:50	0:09:50	1:17:44
65	180	Sinead	Joyce	40-49	Female	0:19:21	0:00:47	0:48:32	0:00:36	0:09:44	1:18:59
66	205	Fiona	Lyons	40-49	FEMALE	0:20:58	0:01:06	0:45:39	0:00:50	0:10:31	1:19:05
67	251	Diarmuid	Quill	50-59	Male	0:20:52	0:01:32	0:46:06	0:00:52	0:09:46	1:19:08
68	267	Gerry	Rohan		Male	0:20:51	0:01:36	0:45:51	0:00:44	0:10:43	1:19:46
69	165	Padraig	Murphy	40-49	Male	0:21:14	0:01:09	0:47:49	0:00:57	0:09:59	1:21:08
70	151	Paul	Mitchell	40-49	Male	0:22:53	0:01:47	0:44:40	0:01:04	0:10:59	1:21:23
71	213	Paul	McDonagh	30-39	FEMALE	0:21:50	0:00:48	0:47:26	0:00:40	0:11:16	1:22:00
72	160	John	Tynan	40-49	Male	0:23:33	0:00:58	0:45:16	0:01:11	0:12:11	1:23:09
73	258	Martina	Passman	50-59	Female	0:20:08	0:01:39	0:46:54	0:04:22	0:10:32	1:23:34
74	242	Caroline	Ni Mhoadaigh	20-29	Female	0:22:53	0:01:37	0:48:52	0:00:49	0:11:24	1:25:36
75	272	Brendan	Gallagher			0:21:41	0:02:12	0:49:37	0:01:39	0:10:54	1:26:02
76	249	Shelley	Toner	30-39	Female	0:23:04	0:01:23	0:49:56	0:00:41	0:11:15	1:26:19
77	232	Olivia	Wynne	40-49	Female	0:23:27	0:01:19	0:49:36	0:01:17	0:11:05	1:26:45
78	256	Pauline	Murray	40-49	Female	0:22:39	0:01:46	0:50:37	0:01:29	0:10:16	1:26:47
79	241	Sean	McGuire	30-39	Male	0:22:37	0:01:01	0:49:13	0:00:54	0:00:26	1:26:58
80	235	Clodagh	Mannion	40-49	Female	0:21:41	0:00:51	0:54:46	0:00:54	0:10:16	1:28:28
81	259	Niamh	Slattery		Female	0:23:26	0:00:52	0:52:24	0:00:37	0:11:25	1:28:44
82	208	Fiona	Fitzgerald	30-39	FEMALE	0:17:54	0:04:08	0:55:07	0:01:26	0:10:18	1:28:53
83	246	Kate	Brackpool	40-49	Female	0:23:41	0:00:44	0:53:11	0:00:44	0:12:04	1:29:40
84	167	Cate	Crowe	20-29	Female	0:24:26	0:01:15	0:51:07	0:00:56	0:12:10	1:29:54
85	219	Valerie	Slattery	50-59	FEMALE	0:24:58	0:01:00	0:51:46	0:00:41	0:11:44	1:30:10
86	250	Aine	Mc Guinness	40-49	Female	0:24:53	0:01:33	0:52:11	0:00:58	0:11:23	1:30:57
87	209	Jan	Gottsche	20-29	MALE	0:22:57	0:01:12	0:54:37	0:00:58	0:11:23	1:31:08
88	152	Karen	Regan	30-39	Female	0:25:44	0:01:03	0:51:09	0:00:48	0:12:37	1:31:23
89	168	Shane	O'malley	30-39	Male	0:23:03	0:01:08	0:49:26	0:01:09	0:05:47	1:31:42
90	248	KAREN	MALHERBE	30-39	Female	0:25:49	0:00:46	0:52:46	0:00:57	0:12:23	1:31:44
91	244	Una	Daly	30-39	Female	0:26:15	0:01:42	0:55:24	0:00:58	0:11:53	1:36:12
92	240	john	tmothy	40-49	Male	0:22:15	0:01:10	0:55:32	0:00:43	0:23:56	1:43:36
93	211	Clare	O'Neill	20-29	FEMALE	0:28:48	0:01:25	1:03:24	0:01:06	0:14:09	1:48:53
	153	Joe	Smullen	40-49	Male	0:15:53	0:00:38	0:35:58	0:00:51		No Time
	230	Kate	Brackpool	40-49	Female	0:18:00	0:01:28	0:34:43			No Time