

Place	Bib	Surname	Name	Sex	Run 1	T1	Cycle	T2	Run2	Total
1	993	Travers	Jason	M	0:07:48	0:00:35	0:43:55	0:00:28	0:12:30	1:05:15
2	608	Perry	Stephen	M	0:07:49	0:00:21	0:44:13	0:00:19	0:12:34	1:05:16
3	972	Gleeson	Alex	M	0:08:55	0:00:42	0:44:48	0:00:40	0:14:02	1:09:06
4	985	O'Donoghue	Cathal	M	0:08:08	0:00:39	0:47:36	0:00:39	0:13:25	1:10:27
5	609	Caulfield	Ray	M	0:08:14	0:00:30	0:51:12	0:00:28	0:13:29	1:13:54
6	962	Connolly	Bernard	M	0:08:42	0:00:26	0:50:34	0:01:00	0:13:34	1:14:17
7	987	Quirke	Eamonn	M	0:08:35	0:00:30	0:50:59	0:01:04	0:14:23	1:15:31
8	982	McDevitt	Alan	M	0:08:55	0:00:29	0:52:11	0:00:26	0:15:52	1:17:53
9	963	Cousins	Eddie	M	0:10:02	0:00:43	0:49:26	0:00:28	0:17:33	1:18:12
10	981	McBride	Eamonn	M	0:08:44	0:00:37	0:54:18	0:00:38	0:14:44	1:19:01
11	979	Lawlor	Brian	M	0:09:41	0:00:27	0:51:56	0:00:43	0:16:24	1:19:11
12	968	Dunne	Jason	M	0:09:08	0:00:40	0:53:15	0:00:37	0:15:47	1:19:27
13	992	Tormey	David	m	0:08:46	0:00:32	0:54:21	0:00:41	0:15:45	1:20:05
14	989	Rudkins	Richard	M	0:09:19	0:00:31	0:54:22	0:00:23	0:15:41	1:20:15
15	995	Williams	Mark	M	0:08:57	0:01:34	0:52:15	0:01:58	0:15:39	1:20:24
16	969	Farrelly	Brian	M	0:09:23	0:01:12	0:52:10	0:01:39	0:16:01	1:20:25
17	988	Rickerby	Sinead	F	0:08:54	0:00:39	0:56:43	0:00:47	0:14:43	1:21:46
18	974	Hennessy	Robert	M	0:08:57	0:00:37	0:55:19	0:01:09	0:15:46	1:21:48
19	967	Dunne	Nigel	M	0:09:30	0:00:37	0:53:25	0:00:29	0:17:51	1:21:52
20	975	Herman	Ruth	F	0:09:55	0:00:48	0:54:19	0:00:49	0:16:14	1:22:04
21	973	Griffith	Rachael	female	0:09:26	0:00:27	0:56:43	0:00:22	0:15:29	1:22:26
22	994	Walsh	Fergus	M	0:08:40	0:01:07	0:59:16	0:00:54	0:15:43	1:25:40
23	999	McGrath	Emily	F	0:09:23	0:00:29	1:01:17	0:00:27	0:14:41	1:26:17
24	976	Kasperska	Sylwia	F	0:09:24	0:00:30	1:00:31	0:00:46	0:15:12	1:26:23
25	971	Foy	Ronan	male	0:10:24	0:01:06	0:57:13	0:01:06	0:16:48	1:26:37
26	958	Burke	Odhran	M	0:10:15	0:00:35	0:59:34	0:00:30	0:18:23	1:29:19
27	604	Byrne	Gavin	M	0:09:44	0:01:08	0:59:59	0:00:47	0:17:41	1:29:19
28	957	Burke	Niall	M	0:09:59	0:00:35	1:02:39	0:00:47	0:15:37	1:29:37
29	996	West	Paul	M	0:08:43	0:01:12	1:05:17	0:00:42	0:13:55	1:29:48
30	970	Flaherty	David	M	0:11:59	0:00:33	0:59:40	0:00:39	0:17:39	1:30:30
31	978	Kennedy	Jonathan	M	0:09:22	0:00:28	1:03:45	0:00:42	0:16:17	1:30:35
32	977	Kavanagh	Mary	F	0:10:36	0:00:37	1:03:12	0:00:25	0:17:46	1:32:36
33	990	sherry	paul	male	0:08:58	0:01:56	1:04:16	0:02:07	0:16:00	1:33:17
34	603	O'Neill	Sean	M	0:10:06	0:00:56	1:05:04	0:00:35	0:16:40	1:33:21
35	961	Conalty	Simon	M	0:10:07	0:00:46	1:02:58	0:00:35	0:19:41	1:34:07
36	956	Bruton	Neil	M	0:09:36	0:00:41	1:07:43	0:00:31	0:16:00	1:34:31
37	964	Cuddihy	Shane	m	0:09:54		1:11:00	0:00:50	0:16:07	1:37:50
38	605	Henry	Cormac	M	0:09:02	0:00:47	1:12:02	0:00:22	0:16:31	1:38:44
39	997	Kavanagh	Stephen	M	0:12:00	0:00:59	1:05:37	0:00:46	0:20:07	1:39:30
40	984	Murray	Michelle	F	0:09:05	0:00:41	1:15:37	0:00:22	0:14:17	1:40:02
41	955	Allman	Dale	M	0:09:31	0:00:36	0:36:20	0:00:46	0:16:01	1:40:07
	610	McGlinn	Ronan	M	0:09:55	0:00:38				DNF