

Place	Bib	Wave	Name	Surname	Sex	AgeCat	Club	Relay Name	Swim	Rank	T1	Cycle	T2	Run	Rank	Finish	Penalty	Total	Comment	
1	418	4	Worms	Swiad	male	20-24	UCC TC		0:10:03	(7)	0:01:08	0:23:20	(3)	0:00:42	0:18:08	(3)	0:53:20		0:53:20	
2	426	4	Jackson	Kieran	male	18-19	Waterford TC		0:09:57	(3)	0:01:14	0:23:48	(8)	0:00:45	0:18:04	(1)	0:53:48		0:53:48	
3	421	4	Ludick	Bjorn	male	25-29	Activmultisport		0:09:55	(2)	0:01:15	0:23:18	(2)	0:00:49	0:18:13	(7)	0:54:28		0:54:28	
4	411	4	McCormack	William	male	35-39	Belpark TC		0:11:18	(18)	0:01:26	0:22:56	(1)	0:00:47	0:18:28	(5)	0:55:16		0:55:16	
5	427	4	Teeling Lynch	Stephan	male	30-34	Gotri TC		0:10:02	(6)	0:01:18	0:23:47	(7)	0:00:50	0:19:44	(12)	0:55:41		0:55:41	
6	425	4	O Keeffe	conor	male	20-24											0:55:50		0:55:50	
7	429	4	O'Reilly	Aichinn	male	18-19	Westport TC		0:09:48	(1)	0:01:20	0:23:54	(9)	0:00:42	0:20:19	(19)	0:56:03		0:56:03	
8	419	4	Gagola	Tomasz	male	30-34			0:10:41	(11)	0:01:31	0:23:28	(4)	0:00:48	0:18:09	(4)	0:54:37	0:02	0:56:37	Dismount Line
9	405	4	Kelleher	Louis	male	30-34	Cork TC		0:11:38	(17)	0:01:21	0:24:17	(11)	0:00:39	0:19:56	(16)	0:57:51		0:57:51	
10	416	4	YOUNG	KEITH	male	30-34			0:12:30	(32)	0:01:31	0:25:26	(15)	0:00:49	0:18:08	(2)	0:58:24		0:58:24	
11	395	4	Scanlon	Robert	male	20-24			0:11:59	(27)	0:01:26	0:24:34	(12)	0:01:28	0:18:57	(6)	0:58:24		0:58:24	
12	367	4	Maltha	Charles	male	25-29			0:13:04	(45)	0:01:26	0:23:31	(6)	0:00:50	0:19:37	(10)	0:58:28		0:58:28	
13	379	4	killeen	darragh	male	35-39	Naas TC		0:12:54	(39)	0:01:28	0:24:10	(10)	0:00:50	0:19:21	(8)	0:58:42		0:58:42	
14	375	4	Smullen	Joe	male	35-39	Naas TC		0:13:17	(55)	0:01:28	0:24:49	(13)	0:00:56	0:19:22	(9)	0:59:52		0:59:52	
15	446	4	Bergin	Niamh	relay	20-24		zz - Henkel Stickiticians	0:11:58	(25)	0:02:11	0:23:30	(5)	0:00:56	0:22:27	(74)	1:00:06		1:00:06	
16	398	4	Campion	Brian	male	18-19	Tri Muckno TC		0:12:36	(34)	0:01:27	0:25:30	(16)	0:01:05	0:19:51	(14)	1:00:29		1:00:29	
17	413	4	Brumm	Maciej	male	30-34			0:11:35	(45)	0:01:27	0:27:37	(55)	0:00:52	0:19:58	(17)	1:01:28		1:01:28	
18	364	4	Fox	Sean	male	35-39			0:14:41	(71)	0:02:07	0:26:04	(21)	0:00:51	0:19:48	(13)	1:02:32		1:02:32	
19	408	4	desmond	andrew	male	45-49	Piranha TC		0:11:50	(24)	0:01:42	0:27:25	(48)	0:01:13	0:20:57	(29)	1:03:07		1:03:07	
20	410	4	Montague	Turlough	male	20-24			0:11:32	(14)	0:01:49	0:28:08	(73)	0:01:01	0:20:40	(23)	1:03:10		1:03:10	
21	415	4	Molloy	Jack	male	18-19			0:13:38	(68)	0:01:27	0:25:39	(17)	0:01:00	0:21:42	(48)	1:03:26		1:03:26	
22	343	4	Mulholland	Anthony	male	25-29			0:12:32	(33)	0:01:38	0:26:31	(28)	0:00:59	0:21:50	(50)	1:03:30		1:03:30	
23	329	4	mulhair	kevin	male	20-24			0:11:46	(21)	0:01:56	0:26:48	(32)		0:23:07	(94)	1:03:38		1:03:38	
24	423	4	clegg	jonah	male	Jun			0:10:01	(5)	0:01:53	0:28:48	(104)	0:00:59	0:21:59	(54)	1:03:40		1:03:40	
25	369	4	Flynn	Barry	male	30-34	Pulse TC		0:13:26	(62)	0:01:31	0:26:52	(33)	0:00:53	0:21:11	(33)	1:03:52		1:03:52	
26	377	4	brazil	stephen	male	30-34			0:13:16	(54)	0:01:28	0:25:57	(20)	0:00:56	0:22:17	(61)	1:03:54		1:03:54	
27	409	4	Kelly	Brian	male	35-39	Piranha TC		0:13:19	(56)	0:02:14	0:27:25	(49)	0:01:06	0:19:53	(15)	1:03:57		1:03:57	
28	363	4	beck	rachael	female	40-44			0:12:59	(42)	0:01:58	0:26:58	(37)	0:01:14	0:21:21	(38)	1:04:31		1:04:31	
29	407	4	Ryan	Michael	male	Jun			0:11:31	(13)	0:01:27	0:29:44	(136)	0:01:00	0:20:55	(27)	1:04:38		1:04:38	
30	386	4	Byrne	Tom	male	30-34	Activmultisport		0:12:47	(40)	0:01:57	0:28:16	(23)	0:01:14	0:22:22	(70)	1:04:46		1:04:46	
31	323	3	Rooney	Eoghan	male	25-29	Activmultisport		0:13:39	(69)	0:02:04	0:26:35	(29)	0:00:57	0:21:32	(43)	1:04:47		1:04:47	
32	205	2	Magee	Alan	male	30-34	Piranha TC		0:14:50	(97)	0:02:04	0:26:28	(27)	0:01:04	0:20:22	(21)	1:04:49		1:04:49	
33	378	4	Kehily	Kevin	male	35-39			0:13:16	(53)	0:01:44	0:26:36	(30)	0:01:09	0:22:21	(68)	1:05:05		1:05:05	
34	391	4	Matusik	Artur	male	30-34			0:11:37	(16)	0:02:27	0:27:29	(51)	0:01:08	0:22:24	(73)	1:05:05		1:05:05	
35	424	4	Ward	Joseph	male	20-24			0:10:15	(8)	0:02:11	0:31:30	(209)	0:01:00	0:20:19	(20)	1:05:15		1:05:15	
36	430	4	Hurst	Maedbh	female	Jun			0:09:59	(4)	0:01:20	0:30:08	(152)	0:01:05	0:22:45	(83)	1:05:17		1:05:17	
37	412	4	Shilling	Eileen	female	35-39	Piranha TC		0:11:49	(23)	0:01:39	0:28:30	(89)	0:01:15	0:22:14	(60)	1:05:27		1:05:27	
38	435	3	Williams	Peter	Male				0:13:21	(58)	0:02:11	0:27:52	(66)	0:01:13	0:20:56	(28)	1:05:32		1:05:32	
39	325	3	mcCarthy	Gary	male	45-49			0:13:15	(52)	0:01:37	0:26:55	(36)	0:01:01	0:22:52	(85)	1:05:41		1:05:41	
40	368	4	George	Eoin	male	30-34	Pulse TC		0:13:20	(57)	0:01:52	0:26:26	(26)	0:00:59	0:23:18	(99)	1:05:55		1:05:55	
41	403	4	O'Donnell	Denis	male	45-49			0:15:01	(105)	0:01:39	0:26:07	(22)	0:00:59	0:22:18	(63)	1:06:03		1:06:03	
42	396	4	Byrne	Tom	male	50-54			0:12:43	(36)	0:01:43	0:27:17	(44)	0:01:05	0:23:24	(104)	1:06:11		1:06:11	
43	431	1	Prendergast	Gerard	Male	30-34											1:06:12		1:06:12	
44	291	3	O'Donovan	Paul	male	35-39	Piranha TC		0:13:24	(59)	0:01:55	0:28:34	(92)	0:01:03	0:21:27	(42)	1:06:23		1:06:23	
45	304	3	Grimes	Michael	male				0:15:33	(127)	0:01:50	0:25:41	(18)	0:01:01	0:22:19	(66)	1:06:24		1:06:24	
46	359	4	O'Reilly	Niall	male	30-34	Pulse TC		0:14:43	(95)	0:01:36	0:26:45	(31)	0:01:03	0:22:20	(67)	1:06:27		1:06:27	
47	356	4	Northridge	James	male	25-29	Piranha TC		0:14:54	(99)	0:01:35	0:28:01	(70)	0:01:21	0:20:48	(26)	1:06:38		1:06:38	
48	302	3	blissing	turlough	male	35-39			0:15:49	(136)	0:02:02	0:26:52	(34)	0:00:51	0:21:14	(34)	1:06:48		1:06:48	
49	414	4	Mc Dowell	Mervyn	male	25-29	Pulse TC		0:11:45	(20)	0:01:51	0:28:41	(99)	0:00:57	0:23:44	(118)	1:06:58		1:06:58	
50	380	4	O Connell	Erin	female	25-29	Piranha TC		0:13:02	(43)	0:01:54	0:28:43	(101)	0:01:05	0:22:18	(65)	1:07:02		1:07:02	
51	277	3	Brennan	Joe	male	30-34			0:16:52	(176)	0:01:57	0:26:21	(25)	0:00:58	0:21:17	(37)	1:07:24		1:07:24	
52	265	3	JOYCE	CIAT	male	35-39	Pulse TC		0:14:40	(89)	0:02:05	0:27:37	(54)	0:01:26	0:21:50	(51)	1:07:38		1:07:38	
53	252	3	Deaver	Richard	male	45-49	Fingal TC		0:16:04	(147)	0:02:01	0:28:06	(72)	0:01:16	0:23:51	(118)	1:07:39		1:07:39	
54	326	3	Byrne	James	male	30-34	Piranha TC		0:12:39	(35)	0:02:16	0:28:05	(71)	0:01:02	0:23:47	(122)	1:07:49		1:07:49	
55	420	4	Carroll	Ailbhe	female	20-24	Gotri TC		0:10:38	(10)	0:01:28	0:27:40	(57)	0:01:12	0:26:51	(244)	1:07:49		1:07:49	
56	198	2	Morris	Kenneth	male	40-44			0:15:50	(137)	0:01:51	0:27:46	(64)	0:01:04	0:21:24	(40)	1:07:54		1:07:54	
57	370	4	Cherry	David	male	50-54			0:14:03	(76)	0:02:07	0:27:15	(42)	0:01:17	0:23:23	(103)	1:08:05		1:08:05	
58	266	3	quinn	conor	male	30-34			0:14:59	(104)	0:02:23	0:28:11	(76)	0:01:00	0:21:36	(47)	1:08:09		1:08:09	
59	394	4	Montague	Oria	female	25-29	Piranha TC		0:12:04	(28)	0:02:12	0:28:35	(94)	0:01:16	0:24:05	(136)	1:08:11		1:08:11	
60	339	4	Cornyn	Niall	male	Jun			0:14:21	(83)	0:02:10	0:29:30	(127)	0:01:07	0:21:05	(31)	1:08:13		1:08:13	
61	328	4	Holton	Joseph	male	50-54			0:14:37	(92)	0:01:48	0:28:44	(102)	0:00:57	0:22:08	(68)	1:08:14		1:08:14	
62	371	4	Thompson	Dean	male	35-39	Racing 795 TC		0:13:15	(51)	0:02:13	0:28:32	(90)	0:01:07	0:23:10	(95)	1:08:17		1:08:17	
63	173	2	Daniel	Conor	male	Jun	Tri an Mhi TC		0:15:07	(110)	0:01:56	0:29:23	(122)	0:00:50	0:21:16	(36)	1:08:32		1:08:32	
64	251	3	O'Driscoll	Pdraig	male	30-34	3D TC		0:15:42	(131)	0:02:22	0:27:37	(56)	0:01:08	0:21:54	(53)	1:08:43		1:08:43	
65	33	1	Jakub	Maros	male	35-39			0:15:08	(112)	0:02:36	0:28:36	(95)	0:01:13	0:21:15	(35)	1:08:48		1:08:48	
66	288	3	Kehee	Michael	male	45-49			0:16:20	(144)	0:02:02	0:28:19	(42)	0:01:19	0:23:51	(124)	1:08:57		1:08:57	
67	274	3	Murphy	Gerard	male	50-54			0:15:09	(113)	0:01:54	0:27:43	(62)	0:01:19	0:22:54	(86)	1:08:59		1:08:59	
68	387	4	Burke	Maurice	male	45-49			0:13:08	(47)	0:02:10	0:29:47	(139)	0:01:38	0:22:22	(71)	1:09:06		1:09:06	
69	347	4	O'Leary	Oria	female	40-44	Racing 795 TC		0:15:27	(121)	0:01:46	0:28:43	(100)	0:01:12	0:22:00	(65)	1:09:09		1:09:09	
70	366	4	Lanecki	Artur	male	35-39			0:13:14	(50)	0:02:40	0:27:01	(38)	0:01:32	0:24:54	(180)	1:09:21		1:09:21	
71	400	4	Keogh	Philip	male	30-34			0:11:48	(22)	0:02:40	0:2								

125	212	3Behal	Conor	male	35-39			0:18:10	(228)	0:02:38	0:27:30	(52)	0:01:31	0:23:19	(101)	1:13:09	1:13:09
126	404	4Heras	Fran	male	30-34			0:12:58	(41)	0:03:12	0:30:25	(172)	0:01:29	0:25:07	(189)	1:13:11	1:13:11
127	242	3O'Regan	Simon	male	35-39	3D TC		0:14:23	(85)	0:02:35	0:30:17	(162)	0:01:38	0:24:39	(167)	1:13:32	1:13:32
128	95	1Heavin	Liam	male	35-39			0:16:35	(171)	0:01:47	0:29:50	(142)	0:01:06	0:24:22	(153)	1:13:39	1:13:39
129	294	3Ni Mhuireartaigh	Riona	female	30-34			0:15:44	(132)	0:01:59	0:31:47	(214)	0:00:48	0:23:27	(109)	1:13:44	1:13:44
130	57	1McCormack	Paddy	male	25-29	Piranha TC		0:22:07	(324)	0:01:43	0:27:41	(59)	0:00:56	0:21:22	(39)	1:13:50	1:13:50
131	144	2Galbraith	Keith	male	30-34			0:16:26	(158)	0:02:32	0:32:03	(222)	0:01:19	0:21:33	(44)	1:13:52	1:13:52
132	260	3Woodhouse	Benjamin	male	30-34	Athy		0:14:07	(77)	0:02:38	0:30:54	(190)	0:01:19	0:25:13	(193)	1:14:11	1:14:11
133	388	4Van Parys	Olivier	male	40-44	3D TC		0:15:57	(141)	0:02:06	0:30:12	(156)	0:02:12	0:23:46	(121)	1:14:13	1:14:13
134	248	3Phelan	Thomas	male	25-29			0:13:34	(64)	0:02:07	0:30:19	(166)	0:01:23	0:26:50	(243)	1:14:13	1:14:13
135	92	1O'Neill	Jason	male	35-39			0:16:33	(169)	0:02:03	0:30:29	(176)	0:00:56	0:24:18	(146)	1:14:15	1:14:15
136	321	3O'Connor	David	male	30-34			0:14:56	(101)	0:02:10	0:30:10	(153)	0:01:39	0:25:21	(200)	1:14:16	1:14:16
137	279	3McCulloch	John	male	30-34			0:13:58	(74)	0:03:10	0:29:55	(147)	0:01:24	0:25:57	(218)	1:14:24	1:14:24
138	261	3Hoey	Bernard	male	50-54	T3 TC		0:14:54	(98)	0:03:15	0:28:34	(91)	0:01:14	0:26:32	(233)	1:14:28	1:14:28
139	182	2Igoe	Kieran	male	30-34			0:18:05	(225)	0:03:17	0:27:34	(53)	0:01:18	0:24:15	(145)	1:14:29	1:14:29
140	351	4Russell	Stuart	male	30-34	Piranha TC		0:17:42	(207)	0:02:31	0:28:15	(80)	0:01:00	0:25:08	(190)	1:14:36	1:14:36
141	234	3Carolan	Paul	male	35-39			0:18:26	(240)	0:02:21	0:29:53	(144)	0:00:52	0:23:04	(90)	1:14:36	1:14:36
142	284	3O'Grady	Louise	female	30-34	Piranha TC		0:15:12	(115)	0:01:48	0:30:22	(170)	0:01:09	0:26:11	(226)	1:14:42	1:14:42
143	273	3Knaggs	Gavin	male	35-39			0:18:06	(227)	0:02:27	0:27:45	(63)	0:01:23	0:25:07	(188)	1:14:48	1:14:48
144	193	2Lacey	Tony	male	40-44	Tri an Mhi TC		0:15:30	(124)	0:02:46	0:31:48	(215)	0:01:19	0:23:27	(108)	1:14:49	1:14:49
145	158	2Long	Joey	male	30-34			0:17:53	(213)	0:03:15	0:30:26	(173)	0:01:26	0:21:53	(52)	1:14:53	1:14:53
146	296	3Rooney	Sean	male	25-29			0:17:20	(190)	0:03:15	0:29:55	(145)	0:02:21	0:22:03	(56)	1:14:55	1:14:55
147	203	2Gaynor	Alan	male	35-39			0:17:56	(219)	0:01:40	0:29:09	(115)	0:01:21	0:24:54	(179)	1:15:00	1:15:00
148	372	4forde	grainne	female	30-34			0:13:33	(63)	0:02:23	0:31:01	(195)	0:01:19	0:26:45	(240)	1:15:01	1:15:01
149	320	3hyde	christine	female	40-44	Cork TC		0:16:09	(149)	0:02:18	0:30:51	(189)	0:01:27	0:24:17	(147)	1:15:02	1:15:02
150	2	1Flanagan	Aisling	female	25-29	Midland TC		0:18:37	(252)	0:02:18	0:27:54	(67)	0:01:27	0:24:52	(176)	1:15:09	1:15:09
151	237	3O'Reilly	Peter	male	25-29			0:19:28	(278)	0:01:52	0:29:22	(121)	0:01:09	0:23:17	(98)	1:15:09	1:15:09
152	94	1Flannery	John	male	30-34	Naas TC		0:18:25	(238)	0:03:04	0:30:18	(165)	0:01:23	0:22:09	(59)	1:15:19	1:15:19
153	226	3O'Connor	Katie	female	35-39			0:15:56	(140)	0:02:12	0:31:29	(208)	0:00:52	0:24:51	(175)	1:15:21	1:15:21
154	256	3Isdell	Alan	male	45-49			0:17:56	(218)	0:02:02	0:30:05	(149)	0:01:12	0:24:10	(140)	1:15:25	1:15:25
155	64	1Hogan	Jonathan	male	30-34			0:18:15	(232)	0:03:42	0:29:27	(125)	0:01:26	0:22:36	(79)	1:15:27	1:15:27
156	254	3McCarthy	Stephen	male	40-44	Wicklow TC		0:16:33	(168)	0:02:21	0:30:13	(157)	0:01:15	0:25:06	(187)	1:15:29	1:15:29
157	126	2Young	Daniel	male	35-39			0:17:34	(200)	0:02:45	0:29:34	(128)	0:01:20	0:24:20	(151)	1:15:32	1:15:32
158	216	3Carolan	David	male	35-39			0:18:50	(259)	0:02:50	0:29:04	(114)	0:00:55	0:24:05	(135)	1:15:43	1:15:43
159	201	2Donnelly	Declan	male	40-44			0:17:30	(197)	0:02:36	0:30:20	(169)	0:01:28	0:23:53	(127)	1:15:46	1:15:46
160	149	2Wallace	Mark	male	45-49	Belpark TC		0:16:16	(153)	0:03:36	0:30:39	(184)	0:01:51	0:23:24	(105)	1:15:46	1:15:46
161	259	3O'Brien	Aobheann	female	25-29	Trinity TC		0:15:06	(109)	0:03:29	0:32:32	(250)	0:00:57	0:23:44	(117)	1:15:49	1:15:49
162	300	3kelly	susan	female	45-49			0:14:18	(81)	0:02:38	0:32:48	(259)	0:01:12	0:24:53	(178)	1:15:49	1:15:49
163	231	3LYONS	MICHEAL	male	35-39	Portmarnock TC		0:17:53	(214)	0:02:49	0:30:18	(164)	0:00:57	0:23:55	(130)	1:15:53	1:15:53
164	79	1Cooney	Conor	male	25-29			0:17:54	(216)	0:02:57	0:30:27	(175)	0:01:01	0:23:34	(111)	1:15:53	1:15:53
165	86	1O'Leary	Donal	male	35-39			0:20:08	(293)	0:02:42	0:29:18	(120)	0:01:28	0:25:23	(72)	1:15:54	1:15:54
166	227	3Blessing	Kevin	male	40-44			0:17:41	(206)	0:02:13	0:30:16	(161)	0:01:25	0:24:32	(161)	1:16:07	1:16:07
167	210	2mullarkey	catherine	female	45-49			0:17:11	(187)	0:02:54	0:30:16	(160)	0:01:00	0:24:50	(173)	1:16:10	1:16:10
168	269	3Moran	Elin	female	50-54			0:16:27	(159)	0:02:31	0:29:11	(116)	0:01:20	0:26:43	(239)	1:16:11	1:16:11
169	303	3Mc Mahon	Wendy	female	30-34	Pulse TC		0:15:19	(118)	0:02:42	0:31:58	(218)	0:01:46	0:24:29	(159)	1:16:13	1:16:13
170	175	2McCooey	Deirdre	female	40-44			0:15:39	(130)	0:03:16	0:31:10	(199)	0:01:15	0:24:55	(181)	1:16:15	1:16:15
171	112	2Caulfield	Stephen	male	40-44	Activmultisport		0:14:58	(103)	0:03:04	0:30:27	(174)	0:01:46	0:26:03	(222)	1:16:19	1:16:19
172	392	4KEHILY	Dermot	male	35-39			0:13:08	(46)	0:02:24	0:30:54	(192)	0:01:53	0:28:04	(276)	1:16:23	1:16:23
173	89	1sheerin	gerry	male	45-49			0:20:42	(309)	0:02:37	0:28:24	(84)	0:01:25	0:23:15	(97)	1:16:24	1:16:24
174	307	3bremner	cameron	male	40-44	Wicklow TC		0:15:30	(123)	0:03:35	0:30:10	(154)	0:02:22	0:25:01	(184)	1:16:38	1:16:38
175	30	1McKeown	Lee	male	35-39	Tri an Mhi TC		0:21:25	(317)	0:01:58	0:28:46	(103)	0:01:12	0:23:19	(100)	1:16:39	1:16:39
176	223	3Espil	Hector	male	30-34			0:15:30	(125)	0:03:31	0:29:48	(140)	0:02:12	0:25:42	(213)	1:16:44	1:16:44
177	282	3Bolton	Kinny	female	40-44			0:13:37	(66)	0:02:36	0:32:10	(235)	0:01:28	0:27:01	(249)	1:16:52	1:16:52
178	270	3oran	female	35-39	Wicklow TC			0:14:02	(73)	0:02:41	0:30:18	(163)	0:01:28	0:25:33	(72)	1:16:56	1:16:56
179	263	3But	Chris	male	35-39			0:15:26	(120)	0:02:47	0:32:14	(239)	0:01:12	0:25:18	(186)	1:16:57	1:16:57
180	336	4Keyes	Philip	male	45-49	Belpark TC		0:15:50	(138)	0:02:29	0:28:58	(110)	0:01:40	0:28:04	(277)	1:17:02	1:17:02
181	315	3McMahon	Simon	male	40-44			0:13:46	(73)	0:02:12	0:32:13	(237)	0:01:28	0:27:27	(264)	1:17:06	1:17:06
182	200	2Butler	Tom	male	40-44	Carrick-on-Suir TC		0:16:28	(160)	0:03:11	0:32:03	(223)	0:00:56	0:24:38	(165)	1:17:16	1:17:16
183	181	2Howard	Katherine	female	30-34	Belpark TC		0:16:46	(175)	0:02:17	0:30:50	(188)	0:01:37	0:25:47	(214)	1:17:17	1:17:17
184	142	2Hogan	Jennifer	female	30-34	Belpark TC		0:16:33	(167)	0:02:20	0:32:47	(256)	0:02:05	0:23:35	(112)	1:17:19	1:17:19
185	280	3weir	jonathan	male	18-19			0:15:28	(122)	0:02:13	0:29:36	(130)	0:01:12	0:28:52	(293)	1:17:22	1:17:22
186	355	4Golczak	Beata	female	30-34	Pulse TC		0:15:59	(142)	0:02:09	0:30:19	(168)	0:00:59	0:27:59	(274)	1:17:26	1:17:26
187	243	3Edgar	Stanley	male	50-54	Lisburn TC		0:18:01	(221)	0:03:19	0:31:29	(207)	0:01:56	0:22:42	(81)	1:17:26	1:17:26
188	122	2Baxter	Damien	male	40-44	Pulse TC		0:18:03	(224)	0:02:11	0:31:18	(203)	0:01:14	0:24:46	(171)	1:17:32	1:17:32
189	168	2Graham	Alan	male	40-44			0:17:50	(211)	0:02:40	0:28:40	(98)	0:01:37	0:26:47	(241)	1:17:33	1:17:33
190	199	2Tengney	Nicola	female	30-34			0:16:15	(152)	0:02:36	0:32:08	(200)	0:01:17	0:25:26	(205)	1:17:41	1:17:41
191	101	1Breseton	Robert	male	40-44			0:18:40	(253)	0:02:59	0:29:42	(135)	0:01:13	0:25:14	(194)	1:17:48	1:17:48
192	185	2Murrin	Paul	male	35-39			0:17:48	(210)	0:03:04	0:31:02	(196)	0:01:19	0:24:39	(168)	1:17:52	1:17:52
193	96	1Kilpatrick	Mark	male	35-39			0:18:33	(248)	0:02:32	0:31:26	(206)	0:01:42	0:23:40	(114)	1:17:52	1:17:52
194	117	2mccrystal	conor	male	40-44	Virginia TC		0:20:08	(296)	0:02:29	0:29:40	(134)	0:01:24	0:24:12	(142)	1:17:53	1:17:53
195	60	1Connolly	Tom	male	35-39	3D TC		0:22:55	(333)	0:03:23	0:29:25	(123)	0:01:00	0:21:10	(32)	1:17:53	1:17:53
196	150	2Byrne	Michael	male	45-49	Midland TC		0:19:22	(274)	0:03:18	0:29:40	(132)	0:01:00	0:24:35	(163)	1:17:56	1:17:56
197	213	3kerr	conor	male	18-19			0:18:15	(231)	0:02:47	0:31:48	(216)	0:00:55	0:24:12	(143)	1:17:57	1:17:57
198	131																

250	354	4	Aherne	Aoife	female	30-34			0.16:03 (145)	0.02:22	0.34:27 (288)	0.01:56	0.29:07 (298)	1.23:54		1.23:54
251	123	2	Ryan	Kevin	male	35-39			0.19:08 (269)	0.03:55	0.31:19 (204)	0.02:25	0.27:09 (252)	1.23:55		1.23:55
252	7	1	Brennan	Declan	male	35-39	3D TC		0.22:53 (332)	0.02:56	0.32:05 (224)	0.02:13	0.23:52 (126)	1.23:59		1.23:59
253	444	4	Bennett	Louise	relay	30-34	Piranha TC	zz -Team Bennettoni	0.16:52 (177)	0.01:28	0.38:41 (347)	0.00:53	0.28:08 (224)	1.24:01		1.24:01
254	40	1	Croke	Tony	male	35-39			0.22:56 (334)	0.03:09	0.32:24 (249)	0.01:26	0.24:06 (137)	1.24:01		1.24:01
255	98	1	Doyle	Michelle	female	35-39	Naas TC		0.20:21 (300)	0.02:56	0.32:48 (257)	0.01:45	0.26:13 (228)	1.24:02		1.24:02
256	24	1	Egan	Darren	male	40-44			0.19:44 (289)	0.03:35	0.32:08 (231)	0.01:12	0.27:30 (266)	1.24:09		1.24:09
257	183	2	O'Gorman	Alison	female	35-39			0.17:19 (189)	0.02:45	0.34:36 (292)	0.01:27	0.28:03 (275)	1.24:10		1.24:10
258	352	4	Convery	Lieeen	female	40-44			0.13:37 (67)	0.03:51	0.37:35 (335)	0.01:10	0.27:58 (273)	1.24:11		1.24:11
259	228	3	Kennedy	mark	male	40-44	3D TC		0.15:35 (129)	0.06:14	0.34:11 (283)	0.01:36	0.28:39 (237)	1.24:15		1.24:15
260	220	3	Bowe	Eithne	female	50-54			0.17:37 (203)	0.02:27	0.31:42 (213)	0.01:26	0.31:06 (320)	1.24:18		1.24:18
261	138	2	Bradshaw	Eilish	female	30-34	Wicklow TC		0.18:41 (256)	0.02:39	0.31:16 (202)	0.01:30	0.30:16 (316)	1.24:22		1.24:22
262	107	2	Tormey	glenn	male	40-44			0.24:44 (351)	0.02:52	0.32:06 (228)	0.01:39	0.23:02 (88)	1.24:24		1.24:24
263	155	2	Anshasi	sam	male	45-49			0.18:12 (230)	0.03:31	0.32:54 (260)	0.01:30	0.28:15 (280)	1.24:24		1.24:24
264	32	1	CONVEY	LISA	female	30-34			0.23:38 (344)	0.02:03	0.32:58 (262)	0.01:53	0.23:54 (129)	1.24:25		1.24:25
265	250	3	o'malley	jennifer	female	30-34			0.20:25 (302)	0.02:57	0.35:19 (301)	0.00:52	0.24:52 (177)	1.24:25		1.24:25
266	104	1	Glennon-Harris	Sobhan	female	40-44			0.19:29 (279)	0.03:07	0.33:02 (264)	0.01:31	0.27:18 (259)	1.24:27		1.24:27
267	229	3	Ryker	Maura	female	40-44			0.17:34 (189)	0.02:58	0.34:02 (285)	0.01:11	0.28:45 (290)	1.24:30		1.24:30
268	305	3	Brown	Keith	male	30-34			0.15:34 (128)	0.03:36	0.33:18 (272)	0.01:56	0.30:09 (313)	1.24:34		1.24:34
269	12	1	Schaler	Reinhard	male	50-54			0.19:55 (294)	0.05:04	0.30:34 (178)	0.01:23	0.27:46 (289)	1.24:44		1.24:44
270	169	2	Harris	Ann-Marie	female	50-54			0.14:29 (89)	0.03:07	0.36:50 (326)	0.01:35	0.28:52 (292)	1.24:53		1.24:53
271	29	1	Hughes	Ken	male	45-49			0.21:26 (318)	0.04:29	0.31:31 (210)	0.02:06	0.25:22 (201)	1.24:54		1.24:54
272	236	3	seacroft	paul	male	50-54			0.17:55 (217)	0.03:35	0.36:40 (322)	0.01:24	0.25:23 (203)	1.24:57		1.24:57
273	191	2	stephens	steve	male	50-54			0.16:31 (164)	0.03:31	0.34:12 (284)	0.02:02	0.29:00 (295)	1.25:16		1.25:16
274	73	1	perry	ronan	male	35-39	3D TC		0.19:52 (292)	0.04:41	0.32:22 (246)	0.02:28	0.26:02 (221)	1.25:25		1.25:25
275	56	1	Donoghue	Liam	male	30-34			0.24:31 (349)	0.03:32	0.33:11 (268)	0.01:09	0.23:22 (102)	1.25:46		1.25:46
276	130	2	Mooney	Andrew	male	30-34	Wicklow TC		0.19:44 (288)	0.02:54	0.33:03 (265)	0.01:27	0.28:49 (291)	1.25:57		1.25:57
277	67	1	Maguire	Terry	male	35-39			0.20:24 (301)	0.03:39	0.30:46 (186)	0.01:59	0.29:08 (300)	1.25:57		1.25:57
278	47	1	Gorman	Eoin	male	35-39	Naas TC		0.24:49 (352)	0.02:53	0.30:39 (183)	0.01:43	0.25:56 (217)	1.26:01		1.26:01
279	152	2	Clifford	Olivia	female	25-29	3D TC		0.19:34 (282)	0.03:32	0.35:25 (303)	0.02:00	0.25:56 (216)	1.26:27		1.26:27
280	45	1	White bale	Anne	female	45-49			0.22:52 (311)	0.03:01	0.32:43 (253)	0.01:32	0.28:24 (231)	1.26:32		1.26:32
281	48	1	Montgomery	lan	male	45-49			0.22:47 (328)	0.03:13	0.31:58 (220)	0.01:39	0.26:55 (248)	1.26:33		1.26:33
282	170	2	Butler	Antoinette	female	45-49	Midland TC		0.17:46 (209)	0.02:46	0.33:16 (270)	0.01:34	0.31:11 (323)	1.26:34		1.26:34
283	290	3	Healy	Oonagh	female	40-44			0.18:34 (250)	0.02:12	0.32:35 (252)	0.01:15	0.32:09 (331)	1.26:45		1.26:45
284	55	1	Kirwan	Shane	male	30-34			0.24:02 (347)	0.03:44	0.32:46 (254)	0.01:48	0.24:39 (166)	1.26:59		1.26:59
285	124	2	McKinley	Anthony	male	45-49			0.18:27 (242)	0.03:40	0.35:45 (309)	0.01:50	0.27:20 (261)	1.27:02		1.27:02
286	156	2	McCarthy	Sean	male	25-29			0.18:26 (241)	0.02:43	0.34:57 (298)	0.01:50	0.29:10 (301)	1.27:06		1.27:06
287	91	1	Byrne	James	male	40-44			0.21:31 (321)	0.03:22	0.32:34 (251)	0.01:52	0.27:49 (270)	1.27:09		1.27:09
288	178	2	Glennon	Jean	female	45-49			0.16:59 (180)	0.03:04	0.32:05 (225)	0.01:23	0.33:42 (341)	1.27:13		1.27:13
289	85	1	Crean	Deborah	female	30-34	Wicklow TC		0.21:01 (313)	0.03:14	0.30:15 (158)	0.01:38	0.31:12 (324)	1.27:20		1.27:20
290	127	2	Conwell	Brian	male	50-54	Wicklow TC		0.19:33 (280)	0.02:43	0.34:46 (286)	0.01:57	0.29:25 (282)	1.27:24		1.27:24
291	88	1	Mc Donald	Fiona	female	30-34			0.16:07 (148)	0.04:30	0.35:46 (310)	0.01:16	0.29:49 (308)	1.27:27		1.27:27
292	16	1	Fox	Lynn	female	30-34			0.19:46 (290)	0.03:34	0.34:43 (294)	0.01:11	0.28:14 (279)	1.27:28		1.27:28
293	402	4	Mateos	Cesar	male	35-39			0.17:21 (192)	0.03:57	0.35:40 (307)	0.02:15	0.28:17 (281)	1.27:30		1.27:30
294	39	1	Rooney	Sofie	female	20-24			0.24:00 (346)	0.04:05	0.33:21 (273)	0.01:14	0.24:58 (183)	1.27:38		1.27:38
295	80	1	Fallon	Conor	male	40-44			0.15:46 (133)	0.02:49	0.35:06 (300)	0.02:09	0.31:50 (330)	1.27:39		1.27:39
296	62	1	RICE	CAROLINE	female	45-49			0.20:30 (304)	0.03:05	0.33:05 (266)	0.01:34	0.29:39 (306)	1.27:53		1.27:53
297	177	2	Holmes	Jason	male	40-44			0.18:25 (239)	0.03:47	0.35:05 (299)	0.02:07	0.28:41 (288)	1.28:04		1.28:04
298	75	1	Andrews	Aisling	female	25-29	Activmultisport		0.21:52 (323)	0.02:42	0.35:56 (311)	0.01:43	0.26:09 (225)	1.28:22		1.28:22
299	172	2	Jones	Claire	female	25-29			0.17:15 (188)	0.03:36	0.39:50 (354)	0.01:38	0.26:13 (227)	1.28:32		1.28:32
300	46	1	Curtis	Tommy	male	35-39			0.23:15 (337)	0.02:47	0.33:24 (275)	0.00:53	0.28:31 (286)	1.28:49		1.28:49
301	258	3	Anne	Christophe	male	35-39			0.19:34 (282)	0.03:32	0.35:25 (303)	0.02:00	0.25:56 (216)	1.29:17		1.29:17
302	6	1	liadour	christophe	male	35-39			0.20:38 (308)	0.02:52	0.32:18 (241)	0.02:08	0.31:22 (277)	1.29:19		1.29:19
303	59	1	brown	sinead	female	45-49			0.23:17 (339)	0.03:19	0.34:15 (285)	0.01:11	0.27:19 (260)	1.29:21		1.29:21
304	8	1	Mullen	John	male	40-44			0.21:29 (320)	0.04:48	0.32:23 (247)	0.01:58	0.29:04 (296)	1.29:41		1.29:41
305	1	1	Murphy	Paul	male	45-49			0.19:15 (272)	0.02:55	0.36:07 (317)	0.01:41	0.29:53 (310)	1.29:52		1.29:52
306	151	2	Mahon	Miriam	female	45-49	Wicklow TC		0.19:37 (284)	0.03:16	0.38:56 (348)	0.01:14	0.26:54 (247)	1.29:58		1.29:58
307	115	2	Collins	Catherine	female	45-49			0.19:15 (273)	0.03:03	0.36:17 (318)	0.01:19	0.30:10 (314)	1.30:03		1.30:03
308	145	2	Tobin	Laura	female	25-29	Activmultisport		0.18:24 (237)	0.02:42	0.35:41 (308)	0.01:36	0.31:40 (328)	1.30:05		1.30:05
309	350	4	O'Neill	Edel	female	30-34	Piranha TC		0.16:34 (170)	0.02:40	0.36:42 (323)	0.01:09	0.33:12 (340)	1.30:17		1.30:17
310	310	3	Breghony	Aidan	male	40-44	Naas TC		0.15:08 (111)	0.04:31	0.36:04 (315)	0.01:58	0.32:49 (338)	1.30:29		1.30:29
311	160	2	Ring	Berad	male	45-49			0.24:57 (353)	0.03:16	0.36:06 (316)	0.01:01	0.25:19 (199)	1.30:40		1.30:40
312	13	1	Nolan	Gemma	female	25-29			0.18:19 (235)	0.02:34	0.37:48 (338)	0.01:29	0.30:38 (319)	1.30:48		1.30:48
313	23	1	O'Reilly	Domin	male	50-54			0.22:41 (327)	0.03:11	0.33:42 (279)	0.02:11	0.29:12 (302)	1.30:49		1.30:49
314	50	1	McMenamin	Conor	male	35-39			0.23:03 (336)	0.03:44	0.34:19 (287)	0.01:15	0.28:28 (285)	1.30:49		1.30:49
315	68	1	Killoran	Cerenna	female	30-34	Fingal TC		0.20:16 (299)	0.03:17	0.38:09 (345)	0.01:44	0.27:24 (262)	1.30:49		1.30:49
316	105	2	Seery	Suzanna	female	35-39	3D TC		0.19:26 (277)	0.03:17	0.36:17 (319)	0.01:54	0.29:56 (311)	1.30:51		1.30:51
317	159	2	Doyle	Gemma	female	30-34			0.16:30 (162)	0.03:39	0.38:03 (344)	0.01:47	0.31:08 (322)	1.31:06		1.31:06
318	26	1	O'Donoghue	Emma	female	25-29			0.19:25 (276)	0.03:23	0.36:46 (325)	0.01:33	0.30:00 (312)	1.31:07		1.31:07
319	176	2	Kidney	Isabelle	female	45-49			0.16:58 (179)	0.03:46	0.37:38 (337)	0.01:49	0.31:07 (321)	1.31:18		1.31:18
320	21	1	lynch	ciara	female	20-24			0.20:11 (298)	0.04:28	0.34:43 (295)	0.01:50	0.30:20 (317)	1.31:31		1.31:31
321	28	1	Tormey	Ken	male	40-44			0.22:30 (325)	0.03:23	0.37:55 (339)	0.01:01	0.26:51 (245)	1.31:41		1.31:41
322	133	2	Gahan	Conor	male	30-34	Piranha TC		0.19:39 (286)	0.03:19	0.34:32 (290)	0.02:03	0.32:24 (334)	1.31:57		1.31:57
323	42	1	Dowdall	Helen	female	45-49			0.22:50 (329)	0.04:55	0.35:28 (305)	0.02:38	0.26:41 (238)	1.32:33		1.32:33
324	41	1	Mee	David	male	45-49			0.24:39 (350)	0.05:34	0.33:47 (280)	0.01:40	0.26:5			