

Jog In The Bog
Super 7 Results (10km Bog Run + Super 6 Course)

Bib	Name	Surname	Gender	AG	Bog Run 10km	Cycle 2	Hill Run	Cycle 4	Kayak	Cycle 6	Total
483	Michael	Flannagan	Male		0:45:37	0:48:18	0:20:41	0:11:44	0:12:24	0:42:09	3:00:52
406	rory	conroy	Male	30 - 39	0:46:07	0:51:17	0:21:18	0:12:28	0:11:52	0:44:43	3:07:45
482	Enda	Higgins	Male		0:48:15	0:51:19	0:20:02	0:12:27	0:11:27	0:45:40	3:09:11
396	philip	kavanagh	Male	30 - 39	0:44:40	0:53:41	0:21:13	0:12:54	0:10:12	0:48:29	3:11:08
326	Thomas	Geoghegan	Male	18 - 29	0:46:12	0:53:43	0:20:29	0:12:35	0:13:29	0:45:59	3:12:26
476	william	burke	Male	30 - 39	0:45:18	0:54:32	0:19:13	0:13:24	0:13:09	0:48:45	3:14:25
378	Kevin	Conlon	Male	30 - 39	0:47:51	0:55:28	0:23:29	0:13:20	0:09:36	0:49:33	3:19:18
331	Eamonn	Fitzsimons	Male	18 - 29	0:44:59	0:58:11	0:21:38	0:14:35	0:11:01	0:50:51	3:21:15
330	Padraig	Ruane	Male	18 - 29	0:45:57	1:00:52	0:22:44	0:15:13	0:15:07	0:55:31	3:35:38
478	Jean	O'Connor	Female	30 - 39	0:53:03	1:06:39	0:25:16	0:18:12	0:16:37	1:00:59	4:00:45
401	Damian	Moran	Male	30 - 39	1:05:45	1:33:33	0:35:43	0:14:48	0:13:28	0:51:29	4:34:46
379	john	fahy	Male	30 - 39	1:07:26	1:49:13	0:39:17	0:16:37	0:23:16	1:00:11	5:16:00