

| Place | Bib | Name | Surname | Sex | Cat | Club | Wave | Swim | Rank | T1 | 1 st 10km | 2 nd 10km | Cycle | Rank | T2 | Run | Rank | Finish |
|-------|-----|-----------|-----------|--------|-----|-------------|-------|---------|------|---------|----------------------|----------------------|---------|------|---------|---------|------|---------|
| 1 | 1 | Aidan | Mc Glynn | male | PT4 | | PT_W2 | 0:11:02 | (1) | 0:01:11 | 0:17:32 | 0:17:19 | 0:34:51 | (4) | 0:00:52 | 0:19:23 | (1) | 1:07:18 |
| 2 | 13 | bryce | irvine | male | PT4 | Hi-Elbow TC | PT_W2 | 0:14:57 | (3) | 0:01:10 | 0:16:22 | 0:16:05 | 0:32:27 | (1) | 0:01:11 | 0:20:12 | (2) | 1:09:57 |
| 3 | 4 | Catherine | Walsh | female | PT5 | | PT_W3 | 0:16:58 | (7) | 0:01:55 | 0:16:11 | 0:16:38 | 0:32:49 | (2) | 0:01:09 | 0:23:28 | (9) | 1:16:19 |
| 4 | 11 | Nicolas | Dewalque | male | PT5 | Belpark TC | PT_W3 | 0:17:22 | (8) | 0:03:31 | 0:16:57 | 0:16:47 | 0:33:44 | (3) | 0:01:19 | 0:22:33 | (7) | 1:18:28 |
| 5 | 5 | Denton | Howard | male | PT4 | | PT_W2 | 0:14:06 | (2) | 0:02:27 | 0:19:27 | 0:19:33 | 0:39:00 | (8) | 0:01:09 | 0:22:32 | (6) | 1:19:15 |
| 6 | 7 | Garrett | Turbett | male | PT3 | | PT_W2 | 0:18:42 | (9) | 0:01:52 | 0:19:21 | 0:19:30 | 0:38:51 | (7) | 0:01:20 | 0:20:18 | (3) | 1:21:03 |
| 7 | 12 | Tojo | Lazzari | male | PT4 | Swinford TC | PT_W2 | 0:19:42 | (10) | 0:02:39 | 0:18:25 | 0:18:12 | 0:36:37 | (6) | 0:01:22 | 0:21:53 | (4) | 1:22:12 |
| 8 | 9 | Mark | Phillips | male | PT4 | | PT_W2 | 0:15:20 | (5) | 0:01:49 | 0:21:14 | 0:21:41 | 0:42:56 | (10) | 0:00:53 | 0:25:50 | (10) | 1:26:47 |
| 9 | 3 | Andrew | Nicholson | male | PT3 | | PT_W1 | 0:15:11 | (4) | 0:03:38 | 0:17:07 | 0:17:45 | 0:34:52 | (5) | 0:02:11 | 0:36:33 | (13) | 1:32:25 |
| 10 | 2 | amanda | crotty | female | PT5 | | PT_W3 | 0:23:19 | (12) | 0:03:09 | 0:22:28 | 0:19:48 | 0:42:15 | (9) | 0:01:22 | 0:23:16 | (8) | 1:33:21 |
| 11 | 10 | Martin | O'Shea | male | PT3 | Athy TC | PT_W2 | 0:21:00 | (11) | 0:01:48 | 0:23:23 | 0:23:57 | 0:47:20 | (11) | 0:01:16 | 0:31:18 | (11) | 1:42:43 |
| 12 | 8 | karol | Doherty | male | PT1 | | PT_W1 | 0:34:59 | (13) | 0:04:18 | 0:23:35 | 0:26:14 | 0:49:49 | (12) | | 0:22:28 | (5) | 1:51:34 |
| 13 | 6 | Fiona | McCormack | female | PT1 | | PT_W1 | 0:15:35 | (6) | 0:04:36 | 0:28:03 | 0:32:54 | 1:00:57 | (13) | | 0:34:45 | (12) | 1:55:53 |