

Place	Bib	Surname	Name	Sex	Run1	T1	Cycle	T2	Run2	Finish
1	752	Higgins	Gary	Male	0:08:00	0:00:44	0:26:02	0:00:25	0:08:45	0:43:56
2	846	ryan	ben	male	0:08:01	0:00:30	0:27:17	0:00:27	0:08:25	0:44:40
3	828	burke	tiernan	male	0:08:30	0:00:32	0:26:55	0:00:19	0:08:45	0:45:02
4	729	Cuddy	Gerard	Male	0:08:52	0:00:35	0:27:17	0:00:30	0:08:55	0:46:08
5	727	Cotter	Martin	Male	0:08:46	0:00:39	0:27:16	0:00:56	0:09:27	0:47:05
6	749	Hession	Micheal	Male	0:09:10	0:00:38	0:27:36	0:00:35	0:09:29	0:47:28
7	826	mchugh	morgan	male	0:09:32	0:00:27	0:27:24	0:00:31	0:10:27	0:48:21
8	776	McInerney	Sean	Male	0:09:44	0:00:46	0:27:19	0:00:29	0:10:21	0:48:38
9	829	mcdermott	sean	male	0:08:38	0:00:57	0:30:31	0:00:32	0:09:08	0:49:46
10	733	Ryan	Caron	Female	0:09:34	0:00:30	0:29:48	0:00:30	0:09:48	0:50:11
11	764	Mahon	Declan	Male	0:10:08	0:00:51	0:29:34	0:00:32	0:09:48	0:50:52
12	796	Quinn	Darren	Male	0:09:25	0:00:32	0:31:04	0:00:21	0:09:37	0:50:59
13	716	Baynes	Cian	Male	0:09:33	0:00:32	0:31:09	0:00:34	0:09:46	0:51:34
14	736	Egan	Padraig	Male	0:11:02	0:00:50	0:28:26	0:00:39	0:10:42	0:51:38
15	790	O'Connor	Jean	Female	0:09:36	0:00:35	0:31:13	0:00:33	0:10:15	0:52:12
16	815	Waldron	Ruth	Female	0:10:09	0:00:46	0:30:36	0:00:34	0:10:24	0:52:29
17	816	Waldron	Paul	Male	0:10:09	0:00:55	0:31:01	0:00:45	0:09:45	0:52:35
18	775	McGlynn	Dylan	Male	0:09:56	0:00:35	0:30:41	0:00:32	0:11:33	0:53:17
19	784	Noone	Cian	Male	0:10:36	0:00:35	0:31:10	0:00:24	0:10:42	0:53:27
20	759	Lohan	Brendan	Male	0:10:45	0:00:36	0:31:01	0:00:28	0:11:17	0:54:06
21	757	Lavery	Andy	Male	0:09:37	0:00:33	0:32:50	0:00:32	0:10:47	0:54:18
22	724	Connolly	Ryan	Male	0:11:55	0:00:32	0:29:52	0:00:33	0:11:46	0:54:38
23	748	Healy	Ronan	Male	0:10:56	0:00:45	0:30:37	0:00:43	0:11:39	0:54:39
24	798	reynolds	michele	Female	0:11:18	0:00:56	0:30:58	0:00:45	0:10:59	0:54:56
25	721	Bruton	Emily	Female	0:11:09	0:00:37	0:31:25	0:00:21	0:11:29	0:55:01
26	780	molloy	Richard	Male	0:11:20	0:01:05	0:29:37	0:00:48	0:12:13	0:55:04
27	717	Beuster	Ciara	Female	0:10:25	0:00:58	0:32:55	0:00:43	0:10:22	0:55:23
28	726	Cormican	John	Male	0:10:54	0:00:50	0:32:24	0:00:27	0:11:03	0:55:38
29	844	McDermott	Eoin	Relay	0:10:00	0:08:01	0:27:06	0:00:35	0:09:59	0:55:42
30	747	Hanniffy	Paul	Male	0:09:56	0:00:42	0:34:25	0:00:30	0:10:14	0:55:47
31	725	Coppinger	Brian	Male	0:10:18	0:01:04	0:31:51	0:00:50	0:11:47	0:55:51
32	728	Coyle	James	Male	0:10:04	0:00:58	0:32:25	0:00:55	0:11:38	0:56:00
33	824	boyle	emma	female	0:10:31	0:00:38	0:33:42	0:00:25	0:11:28	0:56:44
34	783	Noone	Stephen	Male	0:10:27	0:00:58	0:33:39	0:00:47	0:10:54	0:56:45
35	739	Finn	Shane	Male	0:09:58	0:00:45	0:34:53	0:00:35	0:11:01	0:57:11
36	772	McDonnell	John	Male	0:11:19	0:01:10	0:30:43	0:01:49	0:12:19	0:57:19
37	722	Burke	Brian	Male	0:11:01	0:00:39	0:34:10	0:00:32	0:11:02	0:57:24
38	842	Flaherty	Caroline	Relay	0:12:43	0:00:34	0:31:34	0:00:19	0:12:20	0:57:29
39	797	Rafoery	Eoin	Male	0:10:00	0:00:56	0:35:24	0:00:29	0:10:53	0:57:42
40	818	wilson	justin	Male	0:10:52	0:00:45	0:35:07	0:00:36	0:11:21	0:58:41
41	825	Noone	dwayne	male	0:11:39	0:00:43	0:34:15	0:00:33	0:11:33	0:58:44
42	745	geoghegan	louise	Female	0:11:48	0:00:52	0:32:59	0:00:46	0:12:42	0:59:07
43	791	O'Connor	Anne	Female	0:11:42	0:00:55	0:34:22	0:00:42	0:12:02	0:59:44
44	811	Testa	Luciano	Male	0:11:27	0:00:55	0:34:20	0:00:38	0:12:52	1:00:12
45	781	Murtagh	James	Male	0:11:41	0:01:08	0:35:03	0:00:49	0:11:41	1:00:21
46	792	O'Donnell	Brian	Male	0:11:05	0:01:26	0:35:22	0:01:23	0:11:32	1:00:48
47	821	leavy	jason	male	0:11:13	0:01:08	0:35:13	0:01:28	0:11:59	1:01:01
48	782	Neenan	Andrew	Male	0:11:12	0:00:33	0:36:22	0:00:27	0:12:39	1:01:13
49	735	Duff	Stephen	Male	0:11:23	0:00:48	0:36:18	0:00:30	0:12:14	1:01:13
50	751	Higgins	Jason	Male	0:11:23	0:00:45	0:37:16	0:00:31	0:11:42	1:01:37
51	761	Lydon	Gary	Male	0:11:06	0:02:46	0:34:08		0:13:37	1:01:37
52	788	O'Brien	Killian	Male	0:11:42	0:01:02	0:36:18	0:00:54	0:12:09	1:02:05
53	741	Flaherty	Mark	Male	0:10:04	0:00:42	0:38:44	0:00:28	0:12:09	1:02:08
54	719	Boyle	Maurice	Male	0:11:54	0:00:39	0:36:54	0:00:43	0:12:20	1:02:29

55	750	Hession	Mikhael	Male	0:12:17	0:01:49	0:34:30	0:01:06	0:13:02	1:02:44
56	804	Scanlon	Maedhbh	Female	0:10:50	0:00:55	0:38:20	0:01:08	0:11:31	1:02:44
57	737	egan	gerry	Male	0:11:20	0:00:53			0:50:36	1:02:48
58	770	Mc Cormack	Alan	Male	0:11:20	0:00:52	0:38:54	0:00:32	0:11:10	1:02:48
59	803	Scanlon	Maedhbh	Female	0:12:03	0:00:57	0:37:53	0:00:35	0:12:15	1:03:43
60	742	Fortune	Martin	Male	0:12:21	0:00:56	0:35:40	0:02:00	0:12:49	1:03:47
61	758	Leahy	Esther	Female	0:11:30	0:01:34	0:38:16	0:01:20	0:11:10	1:03:50
62	755	Kelly	Vivienne	Female	0:12:30	0:00:54	0:36:44	0:00:42	0:13:16	1:04:07
63	812	timothy	john	Male	0:11:36	0:00:47	0:38:11	0:00:32	0:13:23	1:04:29
64	795	Quinn	Elaine	Female	0:13:32	0:00:48	0:35:38	0:00:54	0:13:43	1:04:35
65	805	Shaughnessy	Myriam	Female	0:14:00	0:00:41	0:34:37	0:00:47	0:14:48	1:04:53
66	771	McDermott	Helen	Female	0:13:31	0:00:54	0:35:31	0:00:45	0:14:21	1:05:02
67	808	slattery	valerie	Female	0:13:24	0:00:45	0:38:17	0:00:45	0:13:39	1:06:51
68	769	Mattsson	Sarah	Female	0:13:11	0:00:43	0:38:59	0:00:37	0:14:04	1:07:34
69	809	Smith	Sandra	Female	0:12:00	0:00:47	0:42:10	0:00:50	0:12:09	1:07:57
70	730	Curtin	Susanne	Female	0:13:09	0:00:41	0:39:46	0:00:41	0:13:49	1:08:06
71	720	Brackpool	Kate	Female	0:13:17	0:00:52	0:38:27	0:00:50	0:14:42	1:08:08
72	793	O'Driscoll	Aoife	Female	0:12:31	0:01:11	0:40:35	0:00:54	0:13:00	1:08:10
73	744	Garvin	Mary	Female	0:12:19	0:00:49	0:41:29	0:00:53	0:13:48	1:09:17
74	802	Savage	Brian	Male	0:12:31	0:01:47	0:41:03	0:00:55	0:13:02	1:09:17
75	740	finnegan	heidi	Female	0:12:23	0:01:06	0:42:05	0:00:47	0:12:58	1:09:18
76	823	Beirne	James	Male	0:13:12	0:01:05	0:41:33	0:00:59	0:12:56	1:09:45
77	777	Mitchell	Paul	Male	0:14:23	0:00:55	0:36:19	0:01:37	0:16:38	1:09:53
78	800	Rohan	Vincent	Male	0:10:55	0:00:55	0:42:38	0:00:50	0:14:40	1:09:58
79	774	McGahon	Hugh	Male	0:13:19	0:01:11	0:40:16	0:01:19	0:14:20	1:10:25
80	819	Woods	Peter	Male	0:14:37	0:00:42	0:38:47	0:00:38	0:16:07	1:10:50
81	731	Daley	Cepta	Female	0:13:17	0:01:06	0:34:51	0:00:52	0:20:47	1:10:53
82	827	flanagan	tara	Female	0:14:33	0:00:39	0:40:56	0:00:53	0:14:59	1:12:00
83	767	Martin	Georgina	Female	0:13:25	0:00:46	0:41:55	0:00:36	0:16:31	1:13:14
84	766	Martin	Neil	Male	0:13:26	0:01:26	0:41:11	0:00:52	0:16:21	1:13:15
85	734	Donohue	Aisling	Female	0:14:49	0:00:58	0:43:25	0:00:56	0:15:17	1:15:26
86	786	O Dowd	Liam	Male	0:15:18	0:01:51	0:40:24	0:00:54	0:16:59	1:15:27
87	778	Mitchell	Caroline	Female	0:13:52	0:00:44	0:46:04	0:00:37	0:14:30	1:15:47
88	810	Stone	Sarah	Female	0:14:51	0:01:09	0:47:23	0:00:51	0:15:14	1:19:28
89	718	blade	emma	Female	0:14:39	0:01:30	0:47:40	0:00:59	0:16:16	1:21:04
90	794	osullivan	alice	Female	0:14:33	0:01:26	0:47:38	0:01:09	0:16:18	1:21:04
91	743	Gallagher	Andrea	Female	0:14:45	0:01:16	0:48:44	0:01:07	0:15:58	1:21:50
92	756	Lally	Dawn	Female	0:14:46	0:01:16	0:48:45	0:01:05	0:15:57	1:21:50
93	787	O Driscoll	Louise	Female	0:15:55	0:00:50	0:52:50			DNF
	765	Malone	Kevin	Male	0:20:17	0:01:05	0:39:44	0:01:22	0:24:13	DNF
	768	Martyn	Padraig	Male	0:14:51	0:01:07	0:47:24	0:00:52		DNF
	785	Noone	Martin	Male	0:00:43					DNF