

## Grantham Tri 2019

Pos	Gndr pos	Age grp	Age grp pos	Name	M/F	Race number	Club	Wave time	Overall time	Swim	T1	Bike	T2	Run	Lincs Tri Series
Super Sprint															
1	1	F40-49	1	Caroline Hogg	F	389	Flying Monk Tri Club	10:40	0:41:20	0:04:11	1:15	0:19:41	0:59	0:15:13	
2	2	F50-59	1	Nicky Burt	F	374		09:00	0:45:43	0:07:00	1:26	0:19:05	0:47	0:17:22	
3	1	MU40	1	Fabio Eustaquio	M	386	Belvoir Tri Club	10:13	0:49:02	0:05:33	1:31	0:20:55	0:52	0:20:08	
4	3	F40-49	2	Adele O'Connor	F	377		09:20	0:51:09	0:06:10	2:17	0:24:29	1:08	0:17:03	
5	4	FU40	1	Amy Hazard	F	382	Bingham Tri Club	09:36	0:51:21	0:05:12	1:53	0:24:09	0:49	0:19:18	
6	5	FU40	2	Kim Wakefield	F	375	UK Run Chat	09:04	0:54:19	0:06:30	2:24	0:22:31	1:31	0:21:21	
7	6	F40-49	3	Elspeth Watson	F	384		09:48	0:55:04	0:06:48	2:20	0:24:15	1:39	0:20:01	
8	7	FU40	3	Kerrie Brookes	F	383		09:48	0:55:11	0:06:39	2:30	0:24:17	1:36	0:20:07	
9	2	M60+	1	John George	M	378		09:24	0:59:42	0:08:46	2:28	0:26:00	1:12	0:21:14	
10	8	FU40	4	Claire Murphy	F	357		10:16	0:59:53	0:05:16	2:16	0:24:53	2:12	0:25:14	
11	9	F50-59	2	Pamela Oliver	F	373	UK Triathlon	08:55	1:28:40	0:06:50	3:05	0:48:26	2:19	0:27:57	
12	10	F40-49	4	Catherine Jackson	F	380		09:28	DNF	0:05:51	2:05	0:21:10	0:45	0:07:03	
13	11	F60+	1	Rose Reid	F	379		09:24	DNF	0:07:49	3:48	0:22:22	0:46	0:07:30	