

Race Date
September 23, 2018

2018 3 for 3 Triathlon

Overall Results

Team Swim

<u>Place</u>	<u>Name</u>	<u>Swim</u>			<u>Trans 1</u>			<u>Bike</u>			<u>Trans 2</u>			<u>Run</u>			<u>Total Time</u>		
		<u>Age</u>	<u>Gnd</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Rnk</u>	<u>Time</u>	<u>Rate</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Rnk</u>		<u>Time</u>	<u>Pace</u>
1	Naked and Afraid	39	M	1	3:41.1		2	0:26.4		1	25:19.6	23.7	1	0:20.5		1	21:02.7	8:25	50:50.3
2	Polish Power	46	M	2	4:07.4											4	52:41.2	21:04	56:48.6
3	FOP 155	30	F	3	5:22.0		1	0:24.1		2	29:29.5	20.4	2	0:22.6		2	23:18.5	9:19	58:56.7
4	Team M&M	42	F	4	5:22.3		3	0:41.5		3	34:44.2	17.3	3	0:40.3		3	26:19.0	10:32	1:07:47.3

Team Kayak

<u>Place</u>	<u>Name</u>	<u>Kayak</u>			<u>Trans 1</u>			<u>Bike</u>			<u>Trans 2</u>			<u>Run</u>			<u>Total Time</u>		
		<u>Age</u>	<u>Gnd</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Rnk</u>	<u>Time</u>	<u>Rate</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Rnk</u>		<u>Time</u>	<u>Pace</u>
1	Last Minute Squad	49	M	1	4:01.5		1	0:23.0		1	34:33.8	17.4	1	0:45.3		1	19:17.9	7:43	59:01.5