Impulse Cycles Try a Tri

Emu Point Date 18/12/2016

Name	Swim Split	Swim Time	Cycle Split	Cycle time	Finish split	Run time	Overall time	Place	Swim Pace	Speed cycle	Run Pace
Distances		350		9.7		2.5			Per 100m	km/h	min/km
Jason Smeed	0:08:07	0:08:07	0:28:21	0:20:14	0:40:10	0:11:49	0:40:10	1	0:02:19	28.8	0:04:44
Cornelius Le Grange	0:08:45	0:08:45	0:27:14	0:18:29	0:42:21	0:15:07	0:42:21	2	0:02:30	31.5	0:06:03
Louisa Bell	0:08:22	0:08:22	0:28:42	0:20:20	0:42:26	0:13:44	0:42:26	3	0:02:23	28.6	0:05:30
Alexander Poulton	0:08:13	0:08:13	0:30:21	0:22:08	0:42:56	0:12:35	0:42:56	4	0:02:21	26.3	0:05:02
Peter De Leo	0:08:43	0:08:43	0:29:47	0:21:04	0:43:53	0:14:06	0:43:53	5	0:02:29	27.6	0:05:38
Glen Tranter	0:08:11	0:08:11	0:30:41	0:22:30	0:45:27	0:14:46	0:45:27	6	0:02:20	25.9	0:05:54
Maz Hearn	0:09:27	0:09:27	0:32:35	0:23:08	0:46:07	0:13:32	0:46:07	7	0:02:42	25.2	0:05:25
Lucy Wellstead	0:09:54	0:09:54	0:31:45	0:21:51	0:47:29	0:15:44	0:47:29	8	0:02:50	26.6	0:06:18
Richard Menezie	0:09:01	0:09:01	0:34:08	0:25:07	0:49:10	0:15:02	0:49:10	9	0:02:35	23.2	0:06:01
Ranee Wilson	0:08:39	0:08:39	0:38:07	0:29:28	0:50:27	0:12:20	0:50:27	10	0:02:28	19.8	0:04:56
Katie Ridden	0:09:43	0:09:43	0:34:28	0:24:45	0:51:33	0:17:05	0:51:33	11	0:02:47	23.5	0:06:50
Short Course		180		9.7		1.0					
Abigail Jasper	0:04:38	0:04:38	0:31:48	0:27:10	0:40:05	0:08:17	0:40:05	1	0:02:34	21.4	0:08:17
Mitchell Monaghan	0:04:45	0:04:45	0:32:46	0:28:01	0:42:13	0:09:27	0:42:13	2	0:02:38	20.8	0:09:27
Teams		350		10		2.5					
Team Le Grange	0:09:33	0:09:33	0:31:21	0:21:48	0:48:00	0:16:39	0:48:00		0:02:44	26.7	0:06:40