

2013-08-11 Tri-The-Lough results

Pos	Bib	Name	Cat	Swim	T1	Bike	T2	Run	Finish
1	86	Kris Muldoon	M25-29	00:10:10	00:00:33	00:30:33	00:00:34	00:17:46	00:59:35
2	1	Eamon Mc Andrew	M35-39	00:11:07	00:00:53	00:30:32	00:00:43	00:17:12	01:00:24
3	76	Aidan Callaghan	M30-34	00:09:58	00:00:41	00:31:22	00:00:31	00:18:23	01:00:54
4	58	Ross McLynn	M30-34	00:11:09	00:00:38	00:31:01	00:00:41	00:17:48	01:01:16
5	90	Kevin Egan	M25-29	00:11:48	00:00:41	00:31:38	00:00:44	00:17:40	01:02:30
6	34	Gavin Crawford	M35-39	00:11:46	00:00:42	00:31:41	00:00:51	00:17:39	01:02:37
7	52	Neville O'Neill	M30-34	00:10:44	00:00:46	00:31:12	00:00:42	00:19:27	01:02:49
8	151	peter savage	M45-49	00:12:01	00:01:05	00:31:09	00:00:41	00:18:05	01:02:59
9	97	Lorcan Healy	M20-24	00:11:13	00:00:49	00:31:52	00:00:40	00:18:30	01:03:02
10	186	Peter Neill	M40-44	00:12:09	00:00:45	00:31:42	00:00:38	00:18:02	01:03:15
11	195	Fergal Henry	M40-44	00:12:18	00:00:42	00:31:04	00:00:43	00:18:36	01:03:22
12	100	Bernard McCullagh	M20-24	00:11:48	00:00:33	00:31:03	00:00:39	00:19:30	01:03:32
13	106	Gavin Corey	M16-19	00:11:57	00:00:46	00:31:43	00:00:42	00:18:42	01:03:48
14	144	Niall McDonnell	M45-49	00:11:22	00:01:00	00:32:22	00:00:44	00:18:31	01:03:57
15	7	colm casey	M35-39	00:11:08	00:00:36	00:31:04	00:00:42	00:20:32	01:04:00
16	101	daniel quigley	M20-24	00:11:32	00:00:31	00:31:44	00:00:39	00:19:45	01:04:09
17	11	Adam Kelly	M35-39	00:11:38	00:00:40	00:30:59	00:00:45	00:20:12	01:04:12
18	67	Chris Speers	M30-34	00:10:56	00:00:44	00:33:22	00:00:37	00:18:52	01:04:30
19	71	Alvaro San Miguel	M30-34	00:10:52	00:00:33	00:32:16	00:00:39	00:20:19	01:04:36
20	156	Clifford Rodgers	M40-44	00:10:29	00:00:33	00:32:29	00:00:43	00:20:24	01:04:36
21	173	Ian Barrett	M40-44	00:12:08	00:00:49	00:31:38	00:00:46	00:19:22	01:04:41
22	210	Peter Barry	M35-39	00:11:36	00:00:42	00:32:20	00:00:57	00:19:15	01:04:49
23	33	Aaron Deane	M35-39	00:11:46	00:00:48	00:31:04	00:01:00	00:20:21	01:04:58
24	94	Brian Kinsella	M25-29	00:11:55	00:00:41	00:33:06	00:00:40	00:18:56	01:05:17
25	191	Matthew Molloy	M40-44	00:12:14	00:00:54	00:31:55	00:00:37	00:20:00	01:05:38
26	140	Chris McGuigan	M45-49	00:13:21	00:00:43	00:31:02	00:00:46	00:19:49	01:05:39
27	103	Michael Crawley	M20-24	00:11:35	00:00:55	00:33:46	00:00:44	00:18:46	01:05:45
28	9	Graham Barr	M35-39	00:12:33	00:00:47	00:33:16	00:00:43	00:18:49	01:06:07
29	221	peter morrison	M35-39	00:13:00	00:00:49	00:31:52	00:00:39	00:20:00	01:06:18
30	32	gary millar	M35-39	00:12:44	00:01:09	00:33:10	00:00:53	00:18:29	01:06:24
31	81	Eoin Gorman	M25-29	00:12:49	00:00:46	00:32:11	00:00:44	00:20:04	01:06:32
32	325	michael macken	M50-54	00:12:06	00:00:50	00:32:22	00:00:40	00:20:40	01:06:37

2013-08-11 Tri-The-Lough results

Pos	Bib	Name	Cat	Swim	T1	Bike	T2	Run	Finish
33	54	Michael Duffy	M30-34	00:13:05	00:00:58	00:32:24	00:00:44	00:19:39	01:06:48
34	83	Michael McLernon	M25-29	00:12:36	00:01:17	00:33:28	00:00:44	00:18:48	01:06:52
35	98	Aidan Borchers	M20-24	00:13:20	00:00:50	00:32:35	00:00:42	00:19:44	01:07:09
36	158	kevin gilmore	M40-44	00:11:24	00:00:52	00:33:51	00:00:45	00:20:36	01:07:27
37	192	Paul Rutherford	M40-44	00:12:58	00:00:56	00:32:34	00:01:04	00:20:10	01:07:41
38	264	Caoimhe Ni Mhurchu	F35-39	00:10:44	00:00:38	00:33:58	00:00:39	00:21:45	01:07:42
39	176	nicholas fowell	M40-44	00:12:23	00:00:41	00:33:17	00:00:36	00:21:08	01:08:02
40	56	Chris Fleming	M30-34	00:12:15	00:00:44	00:33:46	00:00:54	00:20:30	01:08:08
41	292	Siobhan Gallagher	F20-24	00:10:32	00:00:41	00:34:35	00:00:35	00:21:57	01:08:17
42	109	Mark Murray	M16-19						01:08:20
43	113	Chris Surgeoner	M16-19	00:12:10	00:00:57	00:33:28	00:00:44	00:21:04	01:08:22
44	147	alan McElhinney	M45-49	00:11:38	00:00:59	00:34:16	00:00:51	00:20:47	01:08:29
45	287	Katie Fitzgerald	F25-29	00:11:40	00:00:46	00:34:12	00:00:43	00:21:10	01:08:30
46	159	shane mc gale	M40-44	00:10:53	00:00:45	00:35:42	00:00:48	00:20:25	01:08:32
47	160	bryce irvine	M40-44	00:14:01	00:00:56	00:32:45	00:00:56	00:19:59	01:08:34
48	63	gerald lockard	M30-34	00:13:12	00:00:49	00:33:01	00:00:43	00:20:55	01:08:38
49	3	Oliver Harkin	M35-39	00:12:01	00:00:47	00:33:54	00:00:44	00:21:27	01:08:50
50	154	Tony McNulty	M45-49	00:11:54	00:00:56	00:34:33	00:01:07	00:20:27	01:08:55
51	30	jonathan wilson	M35-39	00:12:33	00:01:22	00:34:05	00:00:50	00:20:08	01:08:56
52	196	Domnic Teague	M40-44	00:10:45	00:00:55	00:33:43	00:00:51	00:22:50	01:09:03
53	215	Hugh Gallagher	M35-39	00:13:13	00:00:53	00:35:01	00:00:44	00:19:20	01:09:09
54	46	Michael McCambridge	M30-34	00:13:10	00:00:42	00:33:38	00:00:51	00:20:53	01:09:13
55	87	Eoghan Rooney	M25-29	00:13:24	00:01:00	00:34:26	00:00:42	00:20:04	01:09:35
56	201	Eamon Doherty	M35-39	00:14:18	00:00:58	00:34:01	00:00:46	00:19:54	01:09:54
57	17	Thomas McCallion	M35-39	00:13:33	00:00:42	00:34:45	00:00:42	00:20:21	01:10:01
58	254	Jennifer O'Connell	F35-39	00:11:26	00:01:08	00:35:28	00:00:53	00:21:30	01:10:23
59	169	David Calvert	M40-44	00:11:50	00:01:03	00:34:03	00:00:45	00:22:45	01:10:24
60	305	leslie wilkinson	M55-59	00:14:12	00:01:05	00:34:35	00:00:39	00:20:00	01:10:28
61	2	DARRAN LAGAN	M35-39	00:15:38	00:00:49	00:33:28	00:00:45	00:19:55	01:10:33
62	69	Thomas Long	M30-34	00:12:26	00:01:05	00:36:50	00:00:53	00:19:23	01:10:34
63	57	Eoin George	M30-34	00:11:42	00:00:49	00:34:50	00:00:42	00:22:34	01:10:35
64	48	paul slavin	M30-34	00:12:58	00:01:01	00:34:02	00:00:58	00:21:40	01:10:37

2013-08-11 Tri-The-Lough results

Pos	Bib	Name	Cat	Swim	T1	Bike	T2	Run	Finish
65	108	Emmett Mullan	M16-19	00:11:23	00:00:36	00:36:49	00:00:44	00:21:07	01:10:38
66	315	Paul McConnellogue	M45-49	00:12:17	00:00:46	00:34:15	00:00:41	00:22:45	01:10:42
67	163	Dermot McElhinney	M40-44	00:15:04	00:01:43	00:34:50	00:00:47	00:18:29	01:10:51
68	214	Gary McDonald	M35-39	00:14:24	00:01:18	00:34:05	00:00:50	00:20:18	01:10:53
69	300	Gary Swenarton	M60-64	00:13:27	00:00:59	00:33:38	00:00:42	00:22:09	01:10:54
70	44	CONOR MCKENNA	M30-34	00:10:10	00:00:48	00:37:03	00:00:45	00:22:11	01:10:55
71	267	Kim Hickey	F30-34	00:13:27	00:00:51	00:34:54	00:00:40	00:21:07	01:10:57
72	189	Joe McConnellogue	M40-44	00:12:32	00:00:47	00:33:50	00:00:57	00:22:53	01:10:57
73	105	Diarmuid Griffen	M25-29	00:13:25	00:00:56	00:34:56	00:00:43	00:21:03	01:11:02
74	92	kevin Smyth	M25-29	00:14:32	00:00:44	00:33:48	00:00:34	00:21:26	01:11:03
75	146	Ciaran McKenny	M45-49	00:12:34	00:01:05	00:35:36	00:00:44	00:21:07	01:11:04
76	203	Paddy Heaney	M35-39	00:13:20	00:01:23	00:34:31	00:01:07	00:20:51	01:11:09
77	42	Joe Mallon	M30-34	00:13:56	00:00:57	00:35:39	00:00:54	00:19:46	01:11:11
78	207	Jonathan McLaren	M35-39	00:12:56	00:01:00	00:35:26	00:00:48	00:21:05	01:11:13
79	16	Kevin Kehily	M35-39	00:12:22	00:01:02	00:35:23	00:00:55	00:21:41	01:11:21
80	177	Colum Caughey	M40-44	00:11:52	00:01:40	00:36:08	00:01:07	00:20:51	01:11:37
81	211	Mark Heron	M35-39	00:13:57	00:00:43	00:34:18	00:00:39	00:22:08	01:11:43
82	120	Brendan Connor	M45-49	00:14:13	00:00:59	00:33:55	00:00:46	00:21:53	01:11:44
83	180	Damian Cox	M40-44	00:16:30	00:01:40	00:34:04	00:00:53	00:18:47	01:11:52
84	219	Stefan Treacy	M35-39	00:13:12	00:01:48	00:34:59	00:00:54	00:21:06	01:11:57
85	279	Eimear Fitzmaurice	F30-34	00:14:59	00:00:37	00:35:41	00:00:44	00:20:00	01:12:00
86	274	Kerry Speers	F30-34	00:12:54	00:01:07	00:35:22	00:00:52	00:21:47	01:12:01
87	148	Michael Grimes	M45-49	00:15:09	00:00:45	00:32:58	00:00:51	00:22:29	01:12:09
88	6	Brendan Mulligan	M35-39	00:15:50	00:01:10	00:35:19	00:00:45	00:19:10	01:12:12
89	162	Colin Mc Cartan	M40-44	00:13:33	00:00:52	00:34:54	00:00:49	00:22:08	01:12:14
90	312	Dermot Connolly	M50-54	00:15:05	00:00:47	00:35:38	00:00:43	00:20:03	01:12:14
91	125	GRAEME MONTGOMERY	M45-49	00:13:34	00:00:58	00:34:51	00:00:50	00:22:08	01:12:19
92	152	Austin Cutliffe	M45-49	00:14:20	00:00:56	00:33:20	00:00:48	00:23:14	01:12:36
93	260	Suzy Macken	F35-39	00:13:37	00:00:52	00:36:28	00:00:48	00:21:16	01:12:59
94	298	Emma Rice	F20-24	00:12:02	00:00:56	00:38:32	00:00:42	00:20:53	01:13:03
95	82	James Northridge	M25-29	00:14:56	00:00:58	00:36:21	00:00:51	00:20:01	01:13:04
96	251	Ellen Shilling	F35-39	00:11:42	00:01:07	00:37:32	00:00:41	00:22:06	01:13:05

2013-08-11 Tri-The-Lough results

Pos	Bib	Name	Cat	Swim	T1	Bike	T2	Run	Finish
97	239	Julie Lewis	F40-44	00:11:13	00:01:09	00:34:55	00:02:08	00:23:45	01:13:08
98	205	Declan O'Brien	M35-39	00:14:12	00:00:48	00:35:16	00:00:42	00:22:15	01:13:10
99	165	Roger Harkness	M40-44	00:14:45	00:02:00	00:34:32	00:01:11	00:20:49	01:13:14
100	179	Paul O'Gara	M40-44	00:14:15	00:00:46	00:35:51	00:00:55	00:21:29	01:13:14
101	323	mike ryan	M50-54	00:14:13	00:01:11	00:36:39	00:00:58	00:20:17	01:13:15
102	133	norman wilson	M45-49	00:14:44	00:01:01	00:33:19	00:00:52	00:23:28	01:13:22
103	302	James Cooke	M55-59	00:13:40	00:01:21	00:35:17	00:00:51	00:22:16	01:13:24
104	149	Stephen Smartt	M45-49	00:12:39	00:01:34	00:36:26	00:00:40	00:22:10	01:13:27
105	61	eoin bradley	M30-34	00:14:51	00:00:56	00:34:45	00:01:03	00:21:55	01:13:29
106	111	Stephen Ballard	M16-19	00:12:04	00:01:11	00:36:56	00:00:51	00:22:31	01:13:31
107	121	stephen turner	M45-49	00:14:07	00:01:16	00:35:28	00:00:52	00:21:49	01:13:31
108	286	Jenny Algar	F25-29	00:11:18	00:01:03	00:39:55	00:00:44	00:20:34	01:13:32
109	168	Roger Poland	M40-44	00:13:58	00:00:58	00:34:17	00:00:44	00:23:47	01:13:42
110	202	Edward O'Reilly	M35-39	00:13:30	00:00:51	00:36:33	00:00:47	00:22:44	01:14:24
111	246	Rosaleen Mc Cartan	F35-39	00:14:05	00:01:00	00:35:48	00:00:52	00:22:46	01:14:28
112	102	keelan gallagher	M20-24	00:15:05	00:00:40	00:36:00	00:00:41	00:22:08	01:14:33
113	316	Kevin Murphy	M50-54	00:13:15	00:01:15	00:37:42	00:01:00	00:21:23	01:14:33
114	209	Michael Anderson	M35-39	00:15:10	00:01:12	00:35:14	00:00:57	00:22:04	01:14:34
115	79	Kevin Holly	M30-34	00:12:40	00:01:48	00:37:19	00:00:51	00:22:01	01:14:38
116	243	Alison Rankin	F40-44	00:15:00	00:01:11	00:36:18	00:00:42	00:21:39	01:14:48
117	139	Ciaran Carolan	M45-49	00:13:49	00:01:15	00:36:52	00:00:52	00:22:04	01:14:50
118	38	Brain Bradley	M35-39	00:14:49	00:01:08	00:36:15	00:00:48	00:21:55	01:14:53
119	142	Jack McDonnell	M45-49	00:16:12	00:01:01	00:34:32	00:01:09	00:22:03	01:14:55
120	132	tommy kerrigan	M45-49	00:16:29	00:01:11	00:34:46	00:00:46	00:21:48	01:14:58
121	23	CONOR TOMAN	M35-39	00:17:38	00:00:56	00:35:53	00:00:44	00:19:57	01:15:06
122	321	Bobby Nicholson	M50-54	00:14:27	00:00:59	00:36:03	00:00:53	00:22:46	01:15:06
123	20	Gavin O'Kane	M35-39	00:13:09	00:01:19	00:37:35	00:01:11	00:21:57	01:15:09
124	204	Stephen Murtagh	M35-39	00:16:10	00:00:55	00:35:15	00:01:06	00:21:46	01:15:09
125	170	Martin Donnelly	M40-44	00:13:38	00:01:17	00:37:24	00:01:11	00:21:43	01:15:11
126	294	Catrina McCorkell	F30-34	00:13:42	00:01:28	00:39:09	00:00:39	00:20:20	01:15:16
127	197	Peter Coulahan	M40-44	00:12:48	00:01:43	00:37:43	00:01:29	00:21:36	01:15:17
128	70	PETER MC CAMPHILL	M30-34	00:13:03	00:00:48	00:37:25	00:00:50	00:23:15	01:15:18

2013-08-11 Tri-The-Lough results

Pos	Bib	Name	Cat	Swim	T1	Bike	T2	Run	Finish
129	161	Mark McLaughlin	M40-44	00:12:55	00:00:51	00:35:56	00:00:59	00:24:41	01:15:20
130	306	James Taylor	M55-59	00:14:01	00:01:18	00:37:00	00:00:45	00:22:21	01:15:23
131	93	Ciarán McGuiggan	M25-29	00:14:05	00:01:38	00:36:08	00:01:02	00:22:38	01:15:29
132	110	Eamon Logue	M16-19	00:16:10	00:01:13	00:36:19	00:01:14	00:20:37	01:15:31
133	131	james lemon	M45-49	00:15:19	00:01:13	00:34:41	00:00:55	00:23:25	01:15:31
134	26	andrew maguire	M35-39	00:15:01	00:01:08	00:38:08	00:00:50	00:20:30	01:15:36
135	65	Joe Coyle	M30-34	00:14:01	00:01:08	00:36:45	00:00:47	00:22:58	01:15:37
136	36	Jonathan Rooney	M35-39	00:14:59	00:00:56	00:37:05	00:00:58	00:21:44	01:15:40
137	265	Lorraine Carey	F35-39	00:14:22	00:00:52	00:36:13	00:00:50	00:23:27	01:15:43
138	112	Tom Mills	M16-19	00:14:53	00:01:28	00:35:47	00:01:35	00:22:05	01:15:46
139	235	Joanne Bingham	F45-49	00:14:33	00:00:39	00:37:20	00:00:37	00:22:42	01:15:48
140	332	Chris McNevison	M30-34	00:12:08	00:00:57	00:35:07	00:00:44	00:27:00	01:15:54
141	217	Mark Kelly	M35-39	00:13:44	00:00:53	00:37:14	00:00:42	00:23:26	01:15:59
142	116	Paul McGilloway	M45-49	00:13:51	00:00:56	00:37:59	00:00:52	00:22:25	01:16:01
143	319	Adrian McKinney	M50-54	00:11:38	00:00:48	00:38:28	00:00:53	00:24:17	01:16:03
144	114	Gordon Wilkinson	M45-49	00:15:38	00:01:03	00:36:00	00:01:03	00:22:22	01:16:05
145	309	Peter Mclaughlin	M55-59	00:15:04	00:01:21	00:36:45	00:00:43	00:22:21	01:16:11
146	250	Fiona Goor	F35-39	00:13:57	00:01:28	00:37:38	00:00:47	00:22:27	01:16:17
147	107	Mark Stephens	M16-19	00:15:10	00:01:54	00:37:41	00:00:48	00:20:51	01:16:22
148	200	Richard Hart	M40-44	00:14:04	00:01:39	00:34:46	00:01:34	00:24:28	01:16:30
149	73	Chris McCaffrey	M30-34	00:15:36	00:01:38	00:36:45	00:01:17	00:21:18	01:16:31
150	291	Rose McGovern	F20-24	00:12:11	00:01:33	00:37:35	00:01:08	00:24:08	01:16:32
151	29	Angus Monteith	M35-39	00:16:33	00:01:54	00:35:05	00:00:51	00:22:12	01:16:32
152	171	Andrew Mulholland	M40-44	00:13:30	00:01:20	00:39:18	00:00:55	00:21:31	01:16:32
153	247	louise morgan	F35-39	00:13:35	00:01:20	00:37:52	00:01:02	00:22:47	01:16:34
154	303	keith scott	M55-59	00:12:40	00:01:04	00:36:43	00:00:51	00:25:16	01:16:34
155	55	steven bloomer	M30-34	00:12:56	00:01:01	00:36:40	00:00:49	00:25:13	01:16:37
156	75	Eoin Mullan	M30-34	00:13:22	00:02:34	00:38:04	00:00:39	00:22:06	01:16:43
157	95	Nelson Shanks	M25-29	00:14:50	00:01:33	00:35:58	00:00:40	00:23:44	01:16:44
158	167	Damian O'Donnell	M40-44	00:15:33	00:01:35	00:37:15	00:01:12	00:21:11	01:16:44
159	127	Gareth Yule	M45-49	00:15:59	00:01:21	00:35:07	00:01:08	00:23:11	01:16:44
160	138	Gerry Mc Dermott	M45-49	00:12:38	00:01:03	00:37:21	00:00:49	00:24:56	01:16:44

2013-08-11 Tri-The-Lough results

Pos	Bib	Name	Cat	Swim	T1	Bike	T2	Run	Finish
161	59	Francis Loye	M30-34	00:14:45	00:01:18	00:37:38	00:01:06	00:22:09	01:16:54
162	19	Gavin McAllister	M35-39	00:13:36	00:01:13	00:37:08	00:01:04	00:23:57	01:16:55
163	313	Michael Phillips	M30-34	00:15:39	00:00:48	00:35:41	00:00:40	00:24:16	01:17:01
164	258	aisling irvine	F35-39	00:13:05	00:01:06	00:37:21	00:00:42	00:24:50	01:17:02
165	181	Eugene Haigney	M40-44	00:15:43	00:01:05	00:37:17	00:01:01	00:22:04	01:17:08
166	80	CONOR MCNALLY	M25-29	00:13:29	00:01:29	00:38:22	00:00:57	00:23:00	01:17:15
167	49	John Bates	M30-34	00:16:23	00:01:47	00:37:50	00:01:19	00:19:59	01:17:15
168	174	Ciaran Campbell	M40-44	00:15:22	00:01:31	00:35:14	00:00:57	00:24:16	01:17:18
169	157	Brian Ward	M40-44	00:17:05	00:01:12	00:35:35	00:01:36	00:21:56	01:17:22
170	301	Gerard Turbitt	M60-64	00:14:05	00:01:22	00:37:37	00:00:48	00:23:33	01:17:24
171	166	Mark McIntyre	M40-44	00:14:31	00:01:32	00:36:46	00:00:56	00:23:54	01:17:36
172	270	Catherine McAteer	F35-39	00:15:18	00:00:52	00:36:04	00:00:49	00:24:46	01:17:47
173	190	Darren Devine	M40-44	00:11:55	00:01:42	00:36:08	00:01:06	00:27:20	01:18:09
174	289	Emma Walker	F25-29	00:13:36	00:01:30	00:38:28	00:00:35	00:24:05	01:18:12
175	183	ronan murphy	M40-44	00:15:56	00:01:32	00:37:13	00:00:54	00:22:40	01:18:13
176	248	Jennifer Bill	F35-39	00:15:41	00:01:11	00:37:18	00:00:42	00:23:25	01:18:15
177	187	Matthew Coyle	M45-49	00:14:32	00:01:37	00:37:26	00:01:08	00:23:46	01:18:27
178	275	Emma Kerr	F30-34	00:15:23	00:01:12	00:36:45	00:00:47	00:24:37	01:18:43
179	115	conleth doherty	M45-49	00:12:42	00:01:41	00:37:31	00:01:19	00:25:46	01:18:58
180	4	john o neill	M35-39	00:16:04	00:01:26	00:36:46	00:00:51	00:24:11	01:19:15
181	261	Bronagh O'Gara	F35-39	00:15:32	00:01:25	00:38:22	00:01:02	00:22:57	01:19:16
182	10	Brendan Kelly	M35-39	00:17:08	00:01:33	00:37:46	00:00:49	00:22:03	01:19:18
183	244	Helen Murray	F40-44	00:15:05	00:01:24	00:37:42	00:00:57	00:24:15	01:19:20
184	208	Brian Sinclair	M35-39	00:14:11	00:01:02	00:38:21	00:00:51	00:25:04	01:19:28
185	220	Colin Dean	M35-39	00:14:23	00:00:47	00:42:54	00:01:41	00:19:45	01:19:29
186	276	Andrea Thompson	F30-34	00:14:39	00:01:11	00:37:25	00:00:49	00:25:28	01:19:30
187	256	Sinead McCann	F35-39	00:16:29	00:01:13	00:37:38	00:00:57	00:23:25	01:19:40
188	74	Conor Preshaw	M30-34	00:13:28	00:01:10	00:39:45	00:01:01	00:24:28	01:19:50
189	310	Thomas Linton	M50-54	00:14:59	00:01:17	00:38:13	00:01:05	00:24:23	01:19:54
190	47	James McLoughlin	M30-34	00:16:10	00:01:37	00:37:58	00:01:16	00:22:59	01:19:57
191	50	Shaun Logue	M30-34	00:15:59	00:01:21	00:36:43	00:00:50	00:25:07	01:19:59
192	331	Gavin Corrigan	M30-34	00:17:48	00:01:20	00:36:45	00:01:14	00:22:53	01:19:59

2013-08-11 Tri-The-Lough results

Pos	Bib	Name	Cat	Swim	T1	Bike	T2	Run	Finish
193	234	Kate Hawney	F35-39	00:14:58	00:01:24	00:38:53	00:00:51	00:23:58	01:20:02
194	272	Deirdre O'Connor	F30-34	00:14:19	00:01:34	00:39:01	00:00:56	00:24:21	01:20:09
195	21	Richard Patterson	M35-39	00:13:17	00:01:30	00:39:38	00:00:54	00:25:01	01:20:18
196	230	Martina Colville	F45-49	00:16:08	00:01:05	00:38:21	00:00:41	00:24:14	01:20:27
197	324	david mcconnell	M50-54	00:17:12	00:01:40	00:37:37	00:00:54	00:23:09	01:20:30
198	194	David Freeman	M40-44	00:16:09	00:01:27	00:37:38	00:01:21	00:24:23	01:20:55
199	222	Roisin Lynch	F60-64	00:15:02	00:01:27	00:39:35	00:00:55	00:24:00	01:20:58
200	259	Maeve Cieslik	F35-39	00:13:45	00:01:40	00:37:11	00:01:07	00:27:19	01:21:00
201	64	Fergal O'Donnell	M30-34	00:16:26	00:01:54	00:39:39	00:00:47	00:22:16	01:21:00
202	213	Colm Hasson	M35-39	00:15:53	00:00:59	00:36:23	00:01:42	00:26:18	01:21:13
203	119	Pauric Quinn	M45-49	00:17:02	00:01:18	00:38:31	00:01:03	00:23:26	01:21:17
204	14	ray doherty	M35-39	00:16:37	00:01:32	00:35:59	00:01:02	00:26:17	01:21:24
205	241	shauna mullan	F40-44	00:14:39	00:01:31	00:38:06	00:00:52	00:26:27	01:21:32
206	136	Sean Curran	M45-49	00:16:58	00:01:05	00:36:43	00:01:09	00:25:46	01:21:39
207	285	Deirdre Duggan	F25-29	00:11:54	00:01:26	00:41:41	00:00:50	00:25:54	01:21:43
208	311	paul mcguinness	M50-54	00:13:52	00:01:14	00:40:46	00:01:08	00:24:56	01:21:53
209	236	Cathy Cunningham	F40-44	00:12:00	00:01:18	00:40:59	00:00:55	00:26:50	01:22:00
210	8	Padraig McKaigue	M35-39	00:16:49	00:01:14	00:37:46	00:01:23	00:24:52	01:22:03
211	62	mark meehan	M30-34	00:14:34	00:01:32	00:41:05	00:01:03	00:23:57	01:22:08
212	297	Emma Joe McConnellogue	F20-24	00:10:50	00:00:49	00:41:40	00:00:47	00:28:07	01:22:10
213	128	Dominic Clarke	M45-49	00:15:54	00:01:47	00:41:32	00:00:53	00:22:07	01:22:12
214	51	Liam Wilson	M30-34	00:14:07	00:01:17	00:41:26	00:00:54	00:24:44	01:22:26
215	281	Sharon McGuire	F25-29	00:14:34	00:01:14	00:39:47	00:00:52	00:26:07	01:22:32
216	145	Trevor Mills	M45-49	00:17:09	00:01:58	00:38:58	00:00:55	00:23:35	01:22:34
217	308	Rhys Henderson	M55-59	00:15:50	00:02:38	00:39:45	00:01:19	00:23:07	01:22:37
218	18	Michael McMullan	M35-39	00:15:32	00:01:25	00:40:33	00:01:06	00:24:04	01:22:39
219	198	Terry Mullan	M40-44	00:19:47	00:01:45	00:39:47	00:00:56	00:20:31	01:22:44
220	117	paul Duddy	M45-49	00:16:07	00:01:42	00:38:52	00:01:09	00:24:56	01:22:44
221	126	Colin McEvoy	M45-49	00:16:41	00:01:16	00:38:45	00:01:18	00:24:51	01:22:50
222	218	TONY GRAY	M35-39	00:14:17	00:00:49	00:42:51	00:00:43	00:24:15	01:22:53
223	206	Ciarán Mc Cavana	M35-39	00:17:23	00:01:10	00:41:27	00:01:06	00:22:11	01:23:16
224	122	Stephen Rice	M45-49	00:17:29	00:01:44	00:39:32	00:01:10	00:23:36	01:23:29

2013-08-11 Tri-The-Lough results

Pos	Bib	Name	Cat	Swim	T1	Bike	T2	Run	Finish
225	225	Heather Bamford	F55-59	00:13:49	00:00:59	00:40:09	00:00:53	00:27:43	01:23:32
226	155	Michael Jenkins	M40-44	00:17:34	00:02:02	00:40:10	00:00:47	00:23:07	01:23:38
227	45	Liam Heavin	M30-34	00:16:58	00:01:26	00:39:27	00:01:01	00:25:13	01:24:03
228	307	Eamon Melaugh	M30-34	00:14:56	00:01:30	00:39:58	00:00:57	00:26:46	01:24:05
229	104	Michael Stephens	M20-24	00:13:49	00:01:15	00:44:26	00:00:46	00:23:52	01:24:07
230	28	Neil McFlynn	M35-39	00:16:40	00:01:17	00:39:19	00:01:30	00:25:25	01:24:09
231	150	Nigel Mullan	M45-49	00:16:43	00:01:45	00:39:28	00:01:01	00:25:14	01:24:09
232	193	Jeff Curry	M40-44	00:17:03	00:02:20	00:39:40	00:01:08	00:24:07	01:24:17
233	137	David Gault	M45-49	00:14:14	00:01:09	00:42:30	00:00:52	00:25:39	01:24:21
234	184	Sean Fox	M40-44	00:18:31	00:00:54	00:39:56	00:00:49	00:24:14	01:24:22
235	178	tommy stevenson	M40-44	00:18:22	00:01:04	00:40:22	00:00:56	00:23:42	01:24:25
236	228	geraldine sweeney	F50-54	00:17:41	00:01:27	00:39:50	00:00:58	00:24:32	01:24:26
237	320	barry mc cann	M50-54	00:18:15	00:01:33	00:38:19	00:02:00	00:24:22	01:24:28
238	317	Thomas Cassidy	M50-54	00:13:29	00:01:54	00:39:55	00:01:13	00:28:04	01:24:33
239	238	Maria Curran	F40-44	00:17:21	00:01:10	00:40:12	00:00:51	00:25:10	01:24:41
240	43	Conor McKay	M30-34	00:15:04	00:01:38	00:40:50	00:00:49	00:26:25	01:24:44
241	164	Michael Hackett	M40-44	00:15:44	00:03:50	00:41:27	00:00:47	00:23:47	01:25:33
242	227	JACINTA DOYLE	F50-54	00:15:50	00:01:25	00:42:20	00:01:07	00:24:54	01:25:34
243	231	ANNE HANNAN	F45-49	00:17:58	00:01:03	00:38:38	00:00:52	00:27:18	01:25:48
244	118	Brian Durnin	M45-49	00:17:03	00:01:27	00:41:13	00:00:58	00:25:13	01:25:52
245	37	Paul Hanna	M35-39	00:15:52	00:02:03	00:41:00	00:01:00	00:26:14	01:26:07
246	12	Eoghan Devlin	M35-39	00:17:44	00:01:53	00:41:42	00:00:55	00:24:19	01:26:30
247	262	Lisa Dalton	F35-39	00:13:34	00:00:57	00:42:58	00:00:54	00:28:18	01:26:39
248	153	Jarlath Burns	M45-49	00:16:08	00:01:35	00:41:33	00:00:59	00:26:32	01:26:45
249	255	Ann Morrow	F50-54	00:16:52	00:00:52	00:42:02	00:00:50	00:26:29	01:27:04
250	134	Gary Mitchell	M45-49	00:19:14	00:02:21	00:41:46	00:00:43	00:23:30	01:27:33
251	182	Mel Boyle	M40-44	00:16:39	00:01:50	00:42:05	00:01:14	00:25:52	01:27:38
252	60	Keith Lydon	M30-34	00:18:14	00:02:10	00:38:12	00:01:34	00:27:32	01:27:41
253	226	Anne Mageean	F50-54	00:13:11	00:01:41	00:44:59	00:01:08	00:27:27	01:28:24
254	290	Emma McCann	F25-29	00:19:32	00:01:21	00:40:18	00:00:51	00:26:26	01:28:26
255	273	Deborah Hayden	F30-34	00:14:37	00:02:28	00:45:51	00:00:54	00:24:38	01:28:26
256	15	Paul Watson	M35-39	00:18:07	00:01:19	00:41:58	00:00:55	00:26:59	01:29:16

2013-08-11 Tri-The-Lough results

Pos	Bib	Name	Cat	Swim	T1	Bike	T2	Run	Finish
257	299	Sam Gordon	M70-74	00:15:24	00:02:00	00:36:17	00:01:51	00:33:53	01:29:23
258	130	Paul Conlon	M45-49	00:16:41	00:02:52	00:41:48	00:00:55	00:27:13	01:29:27
259	252	Anne Duffy	F35-39	00:14:27	00:01:36	00:42:30	00:01:00	00:30:06	01:29:37
260	135	Eamon Rush	M45-49	00:18:55	00:01:17	00:40:09	00:01:07	00:28:21	01:29:47
261	327	Conor Murphy	M50-54	00:17:35	00:01:48	00:42:13	00:01:23	00:26:59	01:29:56
262	175	Sean McElroy	M40-44	00:17:08	00:01:56	00:41:00	00:01:04	00:29:09	01:30:16
263	318	Patrick Cunningham	M50-54	00:15:52	00:01:27	00:44:28	00:01:09	00:27:28	01:30:22
264	233	Helen Rose	F45-49	00:14:36	00:01:38	00:44:08	00:01:40	00:29:07	01:31:07
265	185	Robert Harkin	M45-49	00:18:15	00:01:42	00:41:49	00:00:56	00:28:26	01:31:07
266	66	Sean O'Neill	M30-34	00:19:13	00:01:56	00:42:45	00:01:22	00:26:04	01:31:19
267	88	Sean Treanor	M25-29	00:17:23	00:02:10	00:42:50	00:00:52	00:28:41	01:31:54
268	143	Justin Hamill	M45-49	00:22:29	00:01:27	00:41:24	00:01:55	00:24:50	01:32:03
269	253	sharon curran	F35-39	00:20:08	00:01:20	00:43:42	00:01:08	00:26:07	01:32:22
270	27	Gareth Devine	M35-39	00:19:30	00:02:07	00:41:46	00:01:51	00:27:31	01:32:42
271	296	Clare Crampsey	F20-24	00:16:51	00:02:19	00:45:03	00:01:01	00:28:02	01:33:14
272	237	Carmel Quigley	F40-44	00:19:13	00:01:18	00:43:45	00:01:02	00:28:06	01:33:21
273	223	Brenda Cosgrove	F55-59	00:14:27	00:01:29	00:46:27	00:01:19	00:29:49	01:33:29
274	124	john Ryan	M45-49	00:14:23	00:02:11	00:44:51	00:01:43	00:31:15	01:34:21
275	280	Emma McLaughlin	F25-29	00:19:58	00:01:34	00:45:09	00:00:44	00:27:25	01:34:49
276	91	kieran byrne	M25-29	00:16:57	00:01:05	00:50:04	00:00:59	00:26:06	01:35:10
277	293	Aileen Skeffington	F20-24	00:20:04	00:01:42	00:41:36	00:01:14	00:30:40	01:35:14
278	266	Joanne Mcgranaghan	F30-34	00:15:39	00:01:28	00:46:46	00:00:48	00:30:55	01:35:34
279	257	Noelle Toner	F35-39	00:17:26	00:01:32	00:44:40	00:01:42	00:30:19	01:35:37
280	77	Mark Franey	M30-34	00:16:30	00:02:01	00:46:54	00:01:27	00:28:49	01:35:39
281	242	Nicola Duffy	F40-44	00:15:17	00:02:01	00:50:21	00:01:09	00:28:47	01:37:33
282	278	Susan McGowan	F30-34	00:19:22	00:01:22	00:46:52	00:01:11	00:29:32	01:38:16
283	268	Rachael McGinn	F30-34	00:18:03	00:01:44	00:46:05	00:00:42	00:32:43	01:39:15
284	249	Karen Neill	F35-39	00:18:19	00:02:25	00:48:12	00:01:11	00:30:51	01:40:55
285	229	Dymphna Healy	F50-54	00:17:33	00:01:40	00:49:36	00:00:58	00:31:26	01:41:12
286	53	Patrick kelly	M30-34	00:21:45	00:02:06	00:47:38	00:01:02	00:29:03	01:41:32
287	288	Lesley Davis	F25-29	00:15:36	00:01:39	00:51:54	00:00:58	00:31:34	01:41:39
288	240	Edele Curran	F40-44	00:15:09	00:01:49	00:45:51	00:01:37	00:37:43	01:42:07

2013-08-11 Tri-The-Lough results

Pos	Bib	Name	Cat	Swim	T1	Bike	T2	Run	Finish
289	277	NIAMH COSTIGAN	F30-34	00:18:27	00:02:52	00:52:44	00:01:10	00:26:57	01:42:08
290	232	Anne Logue	F45-49	00:27:01	00:01:55	00:45:30	00:01:19	00:29:04	01:44:46
291	31	Declan morris	M35-39	00:18:02	00:02:10	00:41:30	00:01:51	00:41:40	01:45:11
292	129	Charles O'Neill	M45-49	00:16:58	00:04:00	00:49:34	00:02:04	00:34:15	01:46:49
293	283	Sinead Gormley	F25-29	00:22:16	00:01:48	00:52:17	00:00:41	00:31:42	01:48:42
294	245	michelle o kane	F40-44	00:25:38	00:02:34	00:45:25	00:01:18	00:36:33	01:51:25
295	224	Majella Mc Cullagh	F55-59	00:23:50	00:01:34	00:50:00	00:00:51	00:37:42	01:53:56
296	295	Aishling Service	F20-24	00:23:03	00:01:57	00:51:53	00:01:36	00:36:18	01:54:46
297	85	William Devine	M25-29	00:22:37	00:03:24	00:52:40	00:01:15	00:39:58	01:59:52
DNF	271	Gillian Armstrong	F30-34	00:13:38	00:00:54	00:39:35	00:00:57		
DNF	172	Dermott McElhone	M40-44	00:12:07	00:00:50	00:35:07	00:00:40		
1	329	Team Caldwell Cycles Omagh	Relay	00:10:41	00:00:55	00:30:40	00:00:35	00:16:27	00:59:17
2	330	Team Omagh TC	Relay	00:14:55	00:00:42	00:35:07	00:00:52	00:29:11	01:20:46
3	328	Team The Fast and Furious	Relay	00:21:48	00:00:57	00:41:09	00:01:24	00:18:30	01:23:46