

# 2025-10-19 Yorkeys Knob Tri du Triple

## Triathlon MEDIO

Athlete Split Times - By Surname

<b>Arong, Christopher - 60</b>	<b>Race Time</b>	<b>Split Time</b>	<b>Danton, Leigh - 64</b>	<b>Race Time</b>	<b>Split Time</b>
Swim 1	00:09:48	00:09:48	Swim 1	00:13:48	00:13:48
T1	00:12:19	00:02:30	T1	00:17:38	00:03:50
Cycle 1	00:30:14	00:17:55	Cycle 1	00:42:15	00:24:36
T2	00:32:07	00:01:53	T2	00:44:33	00:02:18
Run 1	00:45:20	00:13:12	Run 1	00:57:55	00:13:21
T3	00:47:21	00:02:00	T3	01:00:03	00:02:07
Swim 2	00:58:05	00:10:44	Swim 2	01:13:29	00:13:26
T4	01:00:48	00:02:43	T4	01:17:03	00:03:34
Cycle 2	01:18:53	00:18:05	Cycle 2	01:41:51	00:24:48
T5	01:20:48	00:01:54	T5	01:43:57	00:02:05
Run 2	01:35:28	00:14:40	Run 2	01:57:17	00:13:20
<b>Baker, Gabriella - 61</b>	<b>Race Time</b>	<b>Split Time</b>	<b>Erbilek, Eray - 65</b>	<b>Race Time</b>	<b>Split Time</b>
T1	00:12:46	00:12:46	Swim 1	00:08:43	00:08:43
Cycle 1	00:33:19	00:20:32	T1	00:12:23	00:03:40
T2	00:35:12	00:01:52	Cycle 1	00:33:01	00:20:38
T3	00:45:30	00:10:18	T2	00:36:08	00:03:06
Swim 2	00:55:55	00:10:24	Run 1	00:48:55	00:12:46
T4	00:59:38	00:03:42	T3	00:50:52	00:01:57
Cycle 2	01:21:03	00:21:24	Swim 2	00:59:40	00:08:47
T5	01:22:44	00:01:40	T4	01:04:13	00:04:32
<b>Cunningham, Quentin - 62</b>	<b>Race Time</b>	<b>Split Time</b>	<b>Harris, Aaron - 67</b>	<b>Race Time</b>	<b>Split Time</b>
Swim 1	00:10:05	00:10:05	Swim 1	00:07:31	00:07:31
T1	00:12:28	00:02:22	T1	00:09:30	00:01:58
Cycle 1	00:31:37	00:19:09	Cycle 1	00:28:24	00:18:53
T2	00:32:58	00:01:21	T2	00:29:46	00:01:22
Run 1	00:44:46	00:11:47	Run 1	00:43:03	00:13:16
T3	00:46:27	00:01:41	T3	00:44:08	00:01:04
Swim 2	00:57:44	00:11:16	Swim 2	00:52:38	00:08:30
T4	00:59:52	00:02:08	T4	00:55:02	00:02:23
Cycle 2	01:19:15	00:19:23	Cycle 2	01:13:53	00:18:51
T5	01:20:32	00:01:16	T5	01:15:24	00:01:30
Run 2	01:30:14	00:09:41	Run 2	01:27:34	00:12:10
<b>D'addona, Charlie - 63</b>	<b>Race Time</b>	<b>Split Time</b>	<b>Hatch, Derek - 68</b>	<b>Race Time</b>	<b>Split Time</b>
T1	00:07:42	00:07:42	Swim 1	00:08:37	00:08:37
Cycle 1	00:27:57	00:20:14	T1	00:11:08	00:02:31
T2	00:28:55	00:00:58	Cycle 1	00:33:07	00:21:58
Run 1	00:39:23	00:10:27	T2	00:35:18	00:02:11
T3	00:39:51	00:00:28	Run 1	00:48:26	00:13:07
T4	00:48:10	00:08:19	T3	00:49:28	00:01:01
Cycle 2	01:08:00	00:19:49	Swim 2	00:58:58	00:09:29
T5	01:08:49	00:00:48	T4	01:01:49	00:02:51
Run 2	01:19:51	00:11:02	Cycle 2	01:24:19	00:22:30
			T5	01:25:41	00:01:21
			Run 2	01:37:57	00:12:16

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<b>Jackson, Tamara - 69</b>	<b>Race Time</b>	<b>Split Time</b>	<b>White, Chloe - 73</b>	<b>Race Time</b>	<b>Split Time</b>			
Swim 1	00:08:28	00:08:28	Swim 1	00:06:39	00:06:39			
T1	00:10:56	00:02:27	T1	00:08:03	00:01:23			
Cycle 1	00:33:25	00:22:29	Cycle 1	00:27:36	00:19:33			
T2	00:34:58	00:01:32	T2	00:28:32	00:00:56			
Run 1	00:51:59	00:17:00	Run 1	00:40:06	00:11:34			
T3	00:53:07	00:01:07	T3	00:40:52	00:00:45			
Swim 2	01:02:17	00:09:10	Swim 2	00:48:32	00:07:40			
T4	01:04:58	00:02:41	T4	00:50:18	00:01:45			
Cycle 2	01:29:16	00:24:17	Cycle 2	01:10:19	00:20:01			
T5	01:30:50	00:01:33	T5	01:11:07	00:00:47			
Run 2	01:48:56	00:18:05	Run 2	01:21:54	00:10:47			
<b>Lee, Nathan - 70</b>	<b>Race Time</b>	<b>Split Time</b>	<b>Whiteside, Oliver - 74</b>	<b>Race Time</b>	<b>Split Time</b>			
T1	00:11:27	00:11:27	Swim 1	00:07:00	00:07:00			
Cycle 1	00:32:29	00:21:02	T1	00:08:27	00:01:26			
T2	00:34:53	00:02:23	Cycle 1	00:27:56	00:19:28			
Run 1	00:45:09	00:10:15	T2	00:28:47	00:00:51			
T3	00:46:49	00:01:40	Run 1	00:39:22	00:10:34			
Swim 2	00:56:25	00:09:35	T3	00:39:55	00:00:33			
T4	01:00:10	00:03:44	Swim 2	00:47:41	00:07:45			
Cycle 2	01:21:58	00:21:48	T4	00:49:23	00:01:41			
T5	01:24:23	00:02:25	Cycle 2	01:11:19	00:21:55			
Run 2	01:35:33	00:11:10	T5	01:12:10	00:00:51			
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<b>Pembroke, Michael - 71</b>	<b>Race Time</b>	<b>Split Time</b>	<b>Run 2</b>	<b>Race Time</b>	<b>Split Time</b>			
Swim 1	00:08:28	00:08:28		01:24:54	00:12:43			
T1	00:10:51	00:02:23	<hr/>					
Cycle 1	00:33:24	00:22:32	<hr/>					
T2	00:35:44	00:02:19	<hr/>					
Run 1	00:49:57	00:14:12	<hr/>					
T3	00:51:14	00:01:17	<hr/>					
Swim 2	01:00:26	00:09:12	<hr/>					
T4	01:02:56	00:02:29	<hr/>					
Cycle 2	01:26:05	00:23:08	<hr/>					
T5	01:27:20	00:01:15	<hr/>					
Run 2	01:40:17	00:12:57	<hr/>					
<b>Renfree, Mark - 72</b>	<b>Race Time</b>	<b>Split Time</b>	<b>Run 2</b>	<b>Race Time</b>	<b>Split Time</b>			
Swim 1	00:07:02	00:07:02		01:43:30	00:13:50			
T1	00:09:42	00:02:40	<hr/>					
Cycle 1	00:29:04	00:19:22	<hr/>					
T2	00:30:31	00:01:27	<hr/>					
Run 1	00:44:00	00:13:28	<hr/>					
T3	00:45:06	00:01:05	<hr/>					
Swim 2	00:52:57	00:07:51	<hr/>					
T4	00:56:14	00:03:17	<hr/>					
Cycle 2	01:16:42	00:20:28	<hr/>					
T5	01:18:13	00:01:30	<hr/>					
Run 2	01:32:18	00:14:05	<hr/>					
<b>Williams, Amy - 75</b>	<b>Race Time</b>	<b>Split Time</b>	<b>Run 2</b>	<b>Race Time</b>	<b>Split Time</b>			
Swim 1	00:09:26	00:09:26		01:43:30	00:13:50			
T1	00:12:46	00:03:20	<hr/>					
Cycle 1	00:34:07	00:21:20	<hr/>					
T2	00:35:34	00:01:26	<hr/>					
Run 1	00:49:26	00:13:52	<hr/>					
T3	00:50:37	00:01:11	<hr/>					
Swim 2	01:02:12	00:11:35	<hr/>					
T4	01:05:16	00:03:03	<hr/>					
Cycle 2	01:27:58	00:22:41	<hr/>					
T5	01:29:39	00:01:41	<hr/>					
<b>Wills, Jordan - 76</b>	<b>Race Time</b>	<b>Split Time</b>	<b>Run 2</b>	<b>Race Time</b>	<b>Split Time</b>			
Swim 1	00:08:34	00:08:34		01:43:30	00:13:50			
T1	00:10:33	00:01:58	<hr/>					
Cycle 1	00:28:05	00:17:32	<hr/>					
T2	00:29:05	00:01:00	<hr/>					
Run 1	00:38:14	00:09:09	<hr/>					
T3	00:39:04	00:00:50	<hr/>					
Swim 2	00:48:15	00:09:10	<hr/>					
T4	00:50:22	00:02:07	<hr/>					
Cycle 2	01:08:05	00:17:43	<hr/>					
T5	01:09:00	00:00:54	<hr/>					
Run 2	01:18:36	00:09:36	<hr/>					

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## Triathlon MEDIO

Athlete Split Times - By Surname

<b>Wills, Matt - 77</b>	<b>Race Time</b>	<b>Split Time</b>
T1	00:11:31	00:11:31
Cycle 1	00:31:27	00:19:55
T2	00:32:28	00:01:01
Run 1	00:44:46	00:12:17
T3	00:46:25	00:01:39
Swim 2	00:57:18	00:10:52
T4	01:00:24	00:03:06
Cycle 2	01:20:58	00:20:34
T5	01:21:44	00:00:45
Run 2	01:33:53	00:12:08