

Adjusted Individual Event Times

Swim

	Time		Handicap	Adjusted Time	Rank
Thos Foley	0:11:50	-	0:02:00	0:09:50	1
Joe Smyth	0:11:56	-	0:02:00	0:09:56	2
Clive Johnston	0:13:05	-	0:03:00	0:10:05	3
Robert Whyte	0:11:57		0:00:00	0:11:57	4
Paul Tanner	0:06:10	+	0:06:00	0:12:10	5
Colm Horgan	0:08:15	+	0:04:00	0:12:15	6
Lisa Stapelbroek	0:08:16	+	0:04:00	0:12:16	7
Ryan Langlely	0:09:28	+	0:03:00	0:12:28	8
Ellen Vitting	0:07:40	+	0:05:00	0:12:40	9
Paul Kelly	0:09:57	+	0:03:00	0:12:57	10

Cycle 1

	Time		Handicap	Adjusted Time	Rank
Clive Johnston	0:56:28	-	0:07:00	0:49:28	1
Ryan Langlely	0:59:02	-	0:08:00	0:51:02	2
Paul Tanner	0:46:06	+	0:08:00	0:54:06	3
Ellen Vitting	0:47:36	+	0:08:00	0:55:36	4
Paul Kelly	1:11:37	-	0:15:00	0:56:37	5
Colm Horgan	0:51:32	+	0:07:00	0:58:32	6
Robert Whyte	0:58:33		0:00:00	0:58:33	7
Lisa Stapelbroek	0:53:33	+	0:05:00	0:58:33	8
Joe Smyth	0:54:50	+	0:04:00	0:58:50	9
Thos Foley	0:56:35	+	0:03:00	0:59:35	10

Run

	Time		Handicap	Adjusted Time	Rank
Paul Kelly	0:30:34	-	0:17:00	0:13:34	1
Clive Johnston	0:23:39	-	0:07:00	0:16:39	2
Ryan Langlely	0:25:40	-	0:07:00	0:18:40	3
Lisa Stapelbroek	0:19:59	-	0:01:00	0:18:59	4
Paul Tanner	0:17:21	+	0:02:00	0:19:21	5
Robert Whyte	0:20:29		0:00:00	0:20:29	6
Joe Smyth	0:16:32	+	0:04:00	0:20:32	7
Colm Horgan	0:17:47	+	0:03:00	0:20:47	8
Ellen Vitting	0:16:53	+	0:04:00	0:20:53	9
Thos Foley	0:19:57	+	0:02:00	0:21:57	10

Cycle 2

	Time		Handicap	Adjusted Time	Rank
Paul Tanner	0:08:01		0:00:00	0:08:01	1
Ellen Vitting	0:08:17		0:00:00	0:08:17	2
Joe Smyth	0:09:04		0:00:00	0:09:04	3
Lisa Stapelbroek	0:09:05		0:00:00	0:09:05	4
Colm Horgan	0:09:15		0:00:00	0:09:15	5
Robert Whyte	0:10:04		0:00:00	0:10:04	6
Ryan Langlely	0:10:04		0:00:00	0:10:04	7
Clive Johnston	0:10:56		0:00:00	0:10:56	8
Thos Foley	0:11:14		0:00:00	0:11:14	9
Paul Kelly	0:12:21		0:00:00	0:12:21	10