

Sheet1

Border Triathletes Off Road Duathlon 10th February 2019

Name	Run		Bike	Run	Total
David Nightingale	00:07:17	00:29:41	00:22:24	00:07:43	00:37:24
Graham Turnbull	00:07:56	00:35:06	00:27:10	00:09:11	00:44:17
Scott Anderson	00:07:48	00:31:26	00:23:38	00:08:24	00:39:50
Keith MacLure	00:07:01	00:28:10	00:21:09	00:07:23	00:35:33
Leonie Cairns	00:07:31	00:29:52	00:22:21	00:08:48	00:38:40
Jenny Routley	00:08:31	00:32:53	00:24:22	00:09:52	00:42:45