

## Winter Duathlon 1 - October 29th 2017

### Sprint

	Run 1	T1	Bike	T2	Run 2	Total
Matt Jones	00:12:32	00:01:11	00:43:11	00:00:50	00:13:08	01:10:52
Patrick Haston	00:12:34	00:00:38	00:45:42	00:00:36	00:13:22	01:12:52
Rob Clarke	00:15:56	00:01:24	00:51:39	00:01:00	00:18:51	01:28:50
Martin Gordon	00:12:36	00:00:46	01:05:56	00:00:59	00:13:22	01:33:39



### Super Sprint

Alan Lowe	00:14:30	00:00:42	00:27:09	00:00:17	00:14:36	00:57:14
Laura wright	00:15:16	00:01:48	00:27:51	00:00:42	00:15:44	01:01:21
Catie Clark	00:14:42	00:01:08	00:29:50	00:00:30	00:15:13	01:01:23
Nicola Lowe	00:16:20	00:01:21	00:30:43	00:00:22	00:14:10	01:02:56
Rosie Murton	00:15:55	00:00:43	00:37:02	00:00:42	00:15:37	01:09:59

	Run 1	T1 exit	T1	T2 in	Cycle	T2 out	T2		Run 2	Total
Rob Clarke	00:15:56	00:17:20	00:01:24	01:08:59	00:51:39	01:09:59	00:01:00	01:28:50	00:18:51	01:28:50
Matt Jones	00:12:32	00:13:43	00:01:11	00:56:54	00:43:11	00:57:44	00:00:50	01:10:52	00:13:08	01:10:52
Martin Gordon	00:12:36	00:13:22	00:00:46	01:19:18	01:05:56	01:20:17	00:00:59	01:33:39	00:13:22	01:33:39
Patrick Haston	00:12:34	00:13:12	00:00:38	00:58:54	00:45:42	00:59:30	00:00:36	01:12:52	00:13:22	01:12:52

Laura wright	00:15:16	00:17:04	00:01:48	00:44:55	00:27:51	00:45:37	00:00:42	01:01:21	00:15:44	01:01:21
Rosie Murton	00:15:55	00:16:38	00:00:43	00:53:40	00:37:02	00:54:22	00:00:42	01:09:59	00:15:37	01:09:59
Alan Lowe	00:14:30	00:15:12	00:00:42	00:42:21	00:27:09	00:42:38	00:00:17	00:57:14	00:14:36	00:57:14
Nicola Lowe	00:16:20	00:17:41	00:01:21	00:48:24	00:30:43	00:48:46	00:00:22	01:02:56	00:14:10	01:02:56
Catie Clark	00:14:42	00:15:50	00:01:08	00:45:40	00:29:50	00:46:10	00:00:30	01:01:23	00:15:13	01:01:23

triathlon inverness

MULTI-SPORTS IN THE HIGHLANDS