

PEMBROKESHIRE TRISTARS TRIATHLON

PEMBROKE LEISURE CENTRE

17th MAY 2009

RESULTS

CATEGORY: TRISTAR 2 FEMALE

(200m swim | 4km cycle | 1.6km run)

POS	NAME	CLUB	NO.	CAT.	M/F	SWIM	T1	BIKE	RUN (incl T2)	TOTAL TIME
1	Alice Russell-Stretch	Pembrokeshire Tri	257	T2	F	02:59	01:21	14:27	07:17	26:04
2	Robyn Saunders	Tri Cycle NW	255	T2	F	02:51	01:32	17:48	06:49	29:00
3	Sophie Rees	Pembrokeshire Tri	252	T2	F	03:33	01:28	16:23	07:52	29:16
4	Lucy Buck	Pembrokeshire Tri	251	T2	F	03:19	01:13	17:31	07:57	30:00
5	Melissa Edmonds	Taf Ely Tri	253	T2	F	03:21	01:47	17:14	08:06	30:28
6	Carys Wilkinson	Celtic Tri	254	T2	F	03:42	01:40	18:03	08:15	31:40
7	Megan Jones	Haverfordwest Swim Club	259	T2	F	04:07	01:46	17:24	08:34	31:51
8	Ffion Mather		260	T2	F	03:40	02:13	18:27	08:13	32:33
9	Francesca Llewellyn	Pembrokeshire Tri	258	T2	F	04:17	01:52	21:06	09:01	36:16
10	Ffion Smith		262	T2	F	05:17	02:05	24:32	10:52	42:46
	Molly Edmonds		261	T2	F					DNS
	Alicia Jones	Pembrokeshire Tri	256	T2	F					DNS