

**PEMBROKESHIRE TRISTARS TRIATHLON**

**PEMBROKE LEISURE CENTRE**

**17th MAY 2009**

**RESULTS**

**CATEGORY: TRISTAR 3 FEMALE**

**(300m swim / 6km cycle / 2.4k run)**

POS	NAME	CLUB	NO.	CAT.	M/F	SWIM	T1	BIKE	RUN (incl T2)	TOTAL TIME
1	Megan Withers	Pembrokeshire Tri	278	T3	F	04:30	00:56	18:51	10:16	34:33
2	Kate Matchett	Pembrokeshire Tri	277	T3	F	04:30	00:58	20:25	13:03	38:56
3	Caitlin Thompson	Pembrokeshire Tri	275	T3	F	04:48	01:10	23:17	11:48	41:03
4	Ffion-Haf Harrett	Celtic Tri	276	T3	F	04:05	01:19	22:14	14:31	42:09
5	Laura Miles	Celtic Tri	274	T3	F	05:10	00:50	28:32	13:42	48:14
6	Fleur Buck	Pembrokeshire Tri	273	T3	F	05:00	01:25	28:43	14:12	49:20