

PEMBROKESHIRE TRISTARS TRIATHLON

PEMBROKE LEISURE CENTRE

17th MAY 2009

RESULTS

CATEGORY: TRISTAR START FEMALE

(50m swim | 800m cycle | 600m run)

POS	NAME	CLUB	NO.	CAT.	M/F	SWIM	T1	BIKE	RUN (incl T2)	TOTAL TIME
1	Sara Bevan	Pembrokeshire Tri	226	TS	F	00:44	02:16	02:15	02:29	07:44
2	Victoria Crawford	Pembroke Swim Club	227	TS	F	00:51	00:00	05:16	04:12	10:19