

2024 Run Duathlon Splits

Rank	Name	Category	Time	Run 1	TA1	Bike	TA2	Run 2
1	Spencer Summerfield 308	Male	1:40:31	0:12:36	0:13:34	1:10:03	1:11:05	1:40:31
				0:12:36	0:00:58	0:56:29	0:01:02	0:29:26
2	Fazal Ahmad 305	Male	2:14:33	0:14:51	0:16:35	1:31:47	1:33:21	2:14:33
				0:14:51	0:01:44	1:15:12	0:01:34	0:41:12
3	Tamara Schwass 303	Female	2:18:23	0:16:35	0:17:32	1:40:29	1:41:03	2:18:23
				0:16:35	0:00:57	1:22:57	0:00:34	0:37:20
4	Rick MacCleod Farley 307	Male	2:25:12	0:21:12	0:22:58	1:34:32	1:35:34	2:25:12
				0:21:12	0:01:46	1:11:34	0:01:02	0:49:38
5	Crystal Oliver 302	Female	2:29:43	0:17:58	0:19:02	1:45:18	1:46:06	2:29:43
				0:17:58	0:01:04	1:26:16	0:00:48	0:43:37
6	Brooke Crawford 301	Female	2:32:41	0:19:03	0:20:17	1:42:19	1:43:22	2:32:41
				0:19:03	0:01:14	1:22:02	0:01:03	0:49:19
7	Trish Tworek 304	Female	2:47:44	0:20:14	0:21:34	1:54:35	1:55:41	2:47:44
				0:20:14	0:01:20	1:33:01	0:01:06	0:52:03