

Pos	Bib	Firstname	Lastname	Gender	GenderPos	FinishTime	Lap1	Rest1	Lap2	Rest2	Lap3	Rest3	Lap4	Rest4	Lap5	Rest5	Lap6	Rest6	Lap7	Rest7	Lap8	Rest8	Lap9	Rest9	Lap10
1	75	David	Skinner	M	1	2:38:49.55	0:14:13.55	0:00:15.75	0:14:47.65	0:00:16.25	0:14:53.45	0:00:14.50	0:15:12.70	0:00:15.60	0:15:26.80	0:00:23.25	0:16:11.45	0:00:15.85	0:16:16.95	0:00:25.95	0:16:24.55	0:00:25.75	0:16:22.10	0:00:14.85	0:16:12.60
2	79	Jonathan	yates	M	2	2:53:01.20	0:14:54.35	0:00:22.70	0:16:00.45	0:00:24.80	0:16:13.95	0:00:23.80	0:16:38.50	0:00:27.45	0:16:56.70	0:00:35.15	0:17:03.55	0:00:26.95	0:17:09.30	0:00:36.90	0:17:29.55	0:00:33.40	0:17:41.30	0:00:31.55	0:18:30.85
3	78	Greg	Wood	M	3	2:56:41.35	0:15:28.95	0:00:25.25	0:16:24.00	0:00:23.35	0:16:59.65	0:00:31.35	0:17:24.20	0:00:36.30	0:17:26.05	0:00:42.70	0:17:33.60	0:00:37.70	0:17:40.75	0:00:40.20	0:17:41.20	0:00:43.30	0:17:06.60	0:00:36.00	0:17:40.20
4	67	Haydn	Jones	M	4	2:58:40.80	0:16:13.25	0:00:21.30	0:17:08.55	0:00:26.35	0:17:17.60	0:00:29.80	0:17:07.70	0:00:35.15	0:17:15.85	0:00:35.65	0:17:25.45	0:00:34.60	0:17:42.70	0:00:36.75	0:17:35.90	0:00:41.85	0:17:35.85	0:00:24.65	0:18:31.85
5	68	Samantha	Marshall	F	1	3:27:59.40	0:17:28.45	0:00:38.05	0:18:39.05	0:00:43.10	0:19:21.00	0:00:54.85	0:19:37.75	0:00:51.60	0:20:01.25	0:01:31.95	0:20:01.70	0:00:59.35	0:20:22.75	0:01:08.30	0:20:28.85	0:01:17.90	0:20:43.45	0:01:35.90	0:21:34.15
6	69	Matthew	Morgan	M	5	3:42:27.75	0:19:03.95	0:00:47.55	0:19:54.70	0:00:58.90	0:20:29.40	0:01:21.25	0:21:00.85	0:01:20.70	0:20:53.05	0:02:08.75	0:21:07.30	0:01:28.40	0:00:19.65	0:20:57.45	0:03:49.80	0:20:57.60	0:01:31.35	0:21:10.90	0:23:06.20
7	72	Helen	Oakes	F	2	3:45:08.70	0:19:14.05	0:00:45.50	0:20:02.45	0:00:38.50	0:21:04.25	0:00:43.35	0:21:17.60	0:00:53.95	0:21:03.15	0:00:54.45	0:21:34.35	0:00:54.70	0:21:54.10	0:04:18.55	0:21:49.25	0:00:48.05	0:23:23.80	0:00:57.90	0:22:50.75
8	77	Alan	Thomson	M	6	3:45:44.95	0:17:34.05	0:00:40.45	0:19:36.05	0:00:43.65	0:20:07.75	0:00:41.60	0:00:00.00	0:00:00.00	0:20:01.35	0:00:40.50	0:46:53.70	0:00:55.90	0:22:55.60	0:01:18.75	0:23:41.15	0:00:49.45	0:24:34.65	0:00:52.55	0:23:37.80
9	66	Andrew	Hunt	M	7	3:56:37.05	0:19:07.75	0:01:03.75	0:20:00.80	0:01:12.95	0:20:43.20	0:01:51.60	0:20:55.70	0:01:45.75	0:21:28.85	0:01:53.45	0:22:26.15	0:02:43.55	0:22:09.50	0:02:16.05	0:22:32.15	0:02:58.70	0:23:39.90	0:04:08.55	0:23:38.70
10	61	Paul	Atkinson	M	8	3:58:23.50	0:19:14.70	0:00:58.20	0:19:55.85	0:01:21.75	0:20:44.75	0:01:51.65	0:20:48.80	0:01:45.55	0:21:33.50	0:01:59.05	0:22:26.50	0:02:37.85	0:22:00.90	0:02:36.10	0:22:29.20	0:02:48.35	0:24:33.50	0:03:38.75	0:24:58.55
11	64	Nick	Cornforth	M	9	4:08:00.35	0:19:48.75	0:00:37.80	0:22:35.35	0:01:18.75	0:22:18.00	0:01:08.10	0:22:23.05	0:02:13.90	0:23:31.90	0:01:26.50	0:24:14.80	0:02:09.80	0:24:42.95	0:00:49.90	0:24:41.35	0:02:25.70	0:26:17.75	0:00:36.25	0:24:39.75
73	paula	perry		F	7km Swim	3:34:17.05	0:25:24.05	0:01:01.10	0:27:34.45	0:01:17.90	0:28:24.55	0:01:23.05	0:28:29.60	0:01:08.45	0:29:31.45	0:03:30.00	0:30:01.15	0:02:55.75	0:32:50.90	0	0	0	0	0	0
76	Daniel	Slowly		M	9km Swim	3:51:47.30	0:21:03.25	0:00:18.50	0:23:08.95	0:00:19.85	0:23:57.95	0:00:35.35	0:25:25.35	0:00:35.15	0:26:01.10	0:00:43.10	0:25:13.60	0:00:52.75	0:26:14.35	0:00:53.35	0:27:00.75	0:00:48.40	0:27:16.80	0	0