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| Anderton, Jordan - 34 | Race Time | Split Time | Camilleri, Jonathan - 47 | Race Time | Split Tin |
|-------------------------------|-----------|------------|--------------------------------|-------------|-----------|
| Run1-T1 | 00:21:42 | 00:21:42 | Run1-T1 | 00:19:50 | 00:19:5 |
| Cycle | 01:02:18 | 00:40:35 | Cycle | 00:53:55 | 00:13:0 |
| T2 | 01:03:19 | 00:01:01 | T2 | 00:54:38 | 00:00:4 |
| Finish | 01:15:13 | 00:11:54 | Finish | 01:04:37 | 00:09:5 |
| Arong, Christopher - 35 | Race Time | Split Time | Carlsson, Brett - 48 | Race Time | Split Tim |
| Run1-T1 | 00:28:31 | 00:28:31 | Run1-T1 | 00:24:55 | 00:24:5 |
| Cycle | 01:07:25 | 00:38:53 | Cycle | 01:01:54 | 00:36:5 |
| T2 | 01:07:23 | 00:01:29 | T2 | 01:01:34 | 00:00:5 |
| Finish | 01:06:54 | 00:01:29 | Finish | 01:02:40 | 00:00:5 |
| | | | _ | | |
| Azzopardi, Al - 36 Run1-T1 | Race Time | Split Time | Cassie, Deacon-Casey - Run1-T1 | Race Time | Split Tim |
| | 00:20:59 | 00:20:59 | | 00:24:34 | 00:24:3 |
| Cycle | 00:56:41 | 00:35:41 | Cycle | 01:02:28 | 00:37:5 |
| T2 | 00:57:19 | 00:00:37 | T2 | 01:03:13 | 00:00:4 |
| Finish | 01:08:49 | 00:11:30 | Finish | 01:16:24 | 00:13:1 |
| Bakurski, Daniel - 37 | Race Time | Split Time | Cockrem, Teneale - 51 | Race Time | Split Tim |
| Run1-T1 | 00:25:29 | 00:25:29 | Run1-T1 | 00:29:16 | 00:29:1 |
| Cycle | 01:00:49 | 00:35:19 | Cycle | 01:17:57 | 00:48:4 |
| T2 | 01:01:40 | 00:00:50 | T2 | 01:20:00 | 00:02:0 |
| Finish | 01:14:09 | 00:12:29 | Finish | 01:35:59 | 00:15:5 |
| Bam, Team - 412 | Race Time | Split Time | Cormack, Charlotte - 54 | Race Time | Split Tim |
| Run1-T1 | 00:21:07 | 00:21:07 | Run1-T1 | 00:25:10 | 00:25:1 |
| Cycle | 00:59:14 | 00:38:06 | Cycle | 01:10:50 | 00:45:3 |
| Finish | 01:10:18 | 00:11:04 | T2 | 01:12:05 | 00:01:1 |
| Barter, Juanita - 38 | Race Time | Split Time | Finish | 01:26:55 | 00:14:5 |
| Run1-T1 | 00:25:19 | 00:25:19 | Currie, Luke - 55 | Race Time | Split Tim |
| Cycle | 01:01:04 | 00:35:45 | Run1-T1 | 00:23:28 | 00:23:2 |
| Finish | 01:15:26 | 00:14:22 | Cycle | 01:04:45 | 00:41:1 |
| Pilmov Ion 20 | | Split Time | — т <u>2</u> | 01:06:03 | 00:01:1 |
| Bilney, lan - 39 | Race Time | - | Finish | 01:18:25 | 00:12:2 |
| Run1-T1 | 00:27:15 | 00:27:15 | | | |
| Cycle | 01:07:58 | 00:40:42 | Davis, Geoff - 56 | Race Time | Split Tim |
| T2 | 01:09:03 | 00:01:05 | Run1-T1 | 00:25:05 | 00:25:0 |
| Finish | 01:23:46 | 00:14:42 | Cycle | 01:04:34 | 00:39:2 |
| Bizant, Tracie - 40 | Race Time | Split Time | — T2 | 01:05:49 | 00:01:1 |
| Run1-T1 | 00:27:47 | 00:27:47 | Finish | 01:19:04 | 00:13:1 |
| Cycle | 01:16:02 | 00:48:14 | Doyle, Eleanor - 57 | Race Time | Split Tim |
| T2 | 01:17:41 | 00:01:39 | Run1-T1 | 00:29:13 | 00:29:1 |
| Finish | 01:33:50 | 00:16:08 | Cycle | 01:10:42 | 00:41:2 |
| Brown, Leigh - 42 | Race Time | Split Time | — т2 | 01:11:48 | 00:01:0 |
| Run1-T1 | 00:23:52 | 00:23:52 | Finish | 01:26:55 | 00:15:0 |
| Cycle | 00:23:32 | 00:34:43 | Doyle, Jay - 58 | Race Time | Split Tim |
| T2 | 00:56:55 | 00:34.43 | Run1-T1 | 00:26:47 | 00:26:4 |
| Finish | 00.39.21 | 00:00:43 | Cycle | 00.20.47 | 00:28:4 |
| | | | - T2 | 01:05:37 | 00:38:4 |
| Bullen, Ruth - 46 | Race Time | Split Time | Finish | | |
| Run1-T1 | 00:26:13 | 00:26:13 | | 01:19:45 | 00:13:0 |
| Cycle | 01:08:16 | 00:42:02 | Duavata Cairns, Team - 4 | 1 Race Time | Split Tim |
| T2 | 01:09:07 | 00:00:51 | Run1-T1 | 00:33:55 | 00:33:5 |
| Finish | 01:23:52 | 00:14:44 | Cycle | 01:24:26 | 00:50:3 |
| | | | T2 | 01:25:12 | 00:00:4 |
| | | | | | |

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| Durose, Kevin - 59 | Race Time | Split Time | Guy, Carmon - 72 | Race Time | Split Time |
|------------------------|----------------------------------|----------------------------------|--------------------------|----------------------------------|---------------------------------|
| Run1-T1 | 00:23:12 | 00:23:12 | Run1-T1 | 00:28:21 | 00:28:2 |
| Cycle | 01:01:57 | 00:38:45 | Cycle | 01:16:03 | 00:47:42 |
| T2 | 01:02:45 | 00:00:47 | T2 | 01:17:39 | 00:01:3 |
| Finish | 01:14:56 | 00:12:10 | Finish | 01:31:29 | 00:13:50 |
| Earsman, Lauren - 60 | Race Time | Split Time | Harrison, Debra - 73 | Race Time | Split Tim |
| Run1-T1 | 00:34:44 | 00:34:44 | Run1-T1 | 00:30:20 | 00:30:2 |
| Cycle | 01:21:50 | 00:47:05 | Cycle | 01:18:55 | 00:48:3 |
| T2 | 01:23:48 | 00:01:58 | T2 | 01:20:34 | 00:01:3 |
| Finish | 01:44:10 | 00:20:22 | Finish | 01:38:03 | 00:17:2 |
| Edwards, Scott - 61 | Race Time | Split Time | Hession, Sarah - 75 | Race Time | Split Tim |
| Run1-T1 | 00:30:05 | 00:30:05 | Run1-T1 | 00:24:28 | 00:24:2 |
| Cycle | 01:12:59 | 00:42:53 | Cycle | 01:08:49 | 00:44:2 |
| T2 | 01:14:14 | 00:01:15 | T2 | 01:09:39 | 00:00:4 |
| Finish | 01:28:37 | 00:14:23 | Finish | 01:22:16 | 00:12:3 |
| aeta, Marco - 63 | Race Time | Split Time | Hickey, Alistair - 77 | Race Time | Split Tim |
| Run1-T1 | 00:24:09 | 00:24:09 | Run1-T1 | 00:21:59 | 00:21:5 |
| Cycle | 01:05:43 | 00:41:34 | Cycle | 01:01:44 | 00:39:4 |
| T2 | 01:06:36 | 00:00:53 | T2 | 01:02:23 | 00:00:3 |
| Finish | 01:00:50 | 00:00:33 | Finish | 01:14:03 | 00:00:3 |
| Sanjour, Maryam - 65 | Race Time | Split Time | Ho, Ariel - 78 | Race Time | Split Tim |
| Run1-T1 | 00:26:04 | 00:26:04 | Run1-T1 | 00:25:13 | 00:25:1 |
| Cycle | 01:14:10 | 00:48:06 | Cycle | 01:11:28 | 00:25:1 |
| T2 | 01:14:10 | 00:00:55 | T2 | 01:11:20 | 00:40:1 |
| Finish | 01:13:00 | 00:00:33 | Finish | 01:12:11 | 00:00:4 |
| | | | | | |
| Sarnett, Josh - 67 | Race Time | Split Time | Johnston, Alexander - 80 | Race Time | Split Tim |
| Run1-T1 | 00:23:29 | 00:23:29 | Run1-T1 | 00:27:00 | 00:27:0 |
| Cycle | 01:01:09 | 00:37:40 | Cycle | 01:15:10 | 00:48:0 |
| T2 | 01:02:05 | 00:00:55 | T2 | 01:15:54 | 00:00:4 |
| Finish | 01:14:15 | 00:12:10 | Finish | 01:32:55 | 00:17:0 |
| Geddes, Mark - 68 | Race Time | Split Time | Johnston, Stephanie - 81 | Race Time | Split Tim |
| Run1-T1 | 00:27:25 | 00:27:25 | Run1-T1 | 00:27:59 | 00:27:59 |
| Cycle | 01:03:21 | 00:35:55 | Cycle | 01:10:15 | 00:42:1 |
| T2 | 01:04:35 | 00:01:13 | T2 | 01:11:22 | 00:01:00 |
| Finish | 01:20:22 | 00:15:47 | Finish | 01:25:42 | 00:14:20 |
| Georgouras, Elise - 69 | Race Time | Split Time | Jones, lan - 82 | Race Time | Split Tim |
| Run1-T1 | 00:25:33 | 00:25:33 | Run1-T1 | 00:20:27 | 00:20:2 |
| Cycle | 01:13:32 | 00:47:59 | Cycle | 00:53:34 | 00:33:00 |
| T2 | 01:15:04 | 00:01:32 | T2 | 00:54:27 | 00:00:5 |
| Finish | 01:26:58 | 00:11:53 | Finish | 01:05:53 | 00:11:20 |
| Gibbs, Daniel - 70 | Race Time | Split Time | Kelly, Dj - 83 | Race Time | Split Tim |
| Run1-T1 | 00:26:18 | 00:26:18 | Run1-T1 | 00:25:10 | 00:25:1 |
| Cycle | 01:10:00 | 00:43:42 | Cycle | 01:01:20 | 00:36:0 |
| T2 | 01:11:24 | 00:01:23 | T2 | 01:03:06 | 00:01:4 |
| Finish | 01:24:50 | 00:13:26 | Finish | 01:17:20 | 00:14:1 |
| Greven, Peter - 71 | Race Time | Split Time | Kenny, Nick - 84 | Race Time | Split Time |
| 5.010.1, 1.010. 7.1 | | | | 00.40.00 | 00.40.0 |
| Run1-T1 | 00:25:01 | 00:25:01 | Run1-T1 | 00:19:39 | 00:19:3 |
| Run1-T1 | | | | | |
| | 00:25:01 01:04:57 01:06:02 | 00:25:01 00:39:56 00:01:04 | Cycle T2 | 00:19:39 00:54:18 00:55:12 | 00:19:39 00:34:39 00:00:5 |

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|-------------------------|----------------------|----------------------|-------------------------|-----------|------------|
| Kentish, Bill - 85 | Race Time | Split Time | Olley, Tamara - 97 | Race Time | Split Time |
| Run1-T1 | 00:27:05 | 00:27:05 | Run1-T1 | 00:32:47 | 00:32:47 |
| Cycle | 01:03:04 | 00:35:58 | Cycle | 01:16:48 | 00:44:01 |
| T2 | 01:03:53 | 00:00:48 | T2 | 01:18:36 | 00:01:47 |
| Finish | 01:17:16 | 00:13:22 | Finish | 01:36:27 | 00:17:51 |
| Kirby, Helen - 86 | Race Time | Split Time | Perucich, Darnelle - 98 | Race Time | Split Time |
| Run1-T1 | 00:28:25 | 00:28:25 | Run1-T1 | 00:32:48 | 00:32:48 |
| Cycle | 01:14:56 | 00:46:30 | Cycle | 01:22:06 | 00:49:18 |
| T2 | 01:16:31 | 00:01:35 | T2 | 01:23:47 | 00:01:41 |
| Finish | 01:31:22 | 00:14:51 | Finish | 01:40:48 | 00:17:01 |
| _angham, Heather - 87 | Race Time | Split Time | Quarroz, Leanne - 99 | Race Time | Split Time |
| Run1-T1 | 00:24:15 | 00:24:15 | Run1-T1 | 00:38:08 | 00:38:08 |
| Cycle | 01:05:12 | 00:40:57 | Cycle | 01:31:00 | 00:52:51 |
| T2 | 01:06:09 | 00:00:56 | T2 | 01:33:22 | 00:02:21 |
| Finish | 01:19:23 | 00:13:14 | Finish | 01:55:57 | 00:22:35 |
| Macfarlane, Robert - 88 | Race Time | Split Time | Quarroz, Yohann - 400 | Race Time | Split Time |
| Run1-T1 | 00:23:23 | 00:23:23 | Run1-T1 | 00:32:30 | 00:32:30 |
| Cycle | 00:58:32 | 00:35:08 | Cycle | 01:23:51 | 00:51:21 |
| T2 | 00:59:15 | 00:00:43 | T2 | 01:24:36 | 00:00:44 |
| Finish | 01:12:11 | 00:12:56 | Finish | 01:45:00 | 00:20:23 |
| Mackenzie, Robert - 89 | Race Time | Split Time | Rath, Suzanne - 401 | Race Time | Split Time |
| Run1-T1 | 00:25:24 | 00:25:24 | , Run1-T1 | 00:24:48 | 00:24:48 |
| Cycle | 01:07:46 | 00:42:21 | Cycle | 01:09:23 | 00:44:35 |
| T2 | 01:08:43 | 00:00:56 | T2 | 01:10:28 | 00:01:05 |
| Finish | 01:22:02 | 00:13:18 | Finish | 01:23:09 | 00:12:40 |
| Mcintyre, Ava - 90 | Race Time | Split Time | Richards, Rebecca - 402 | Race Time | Split Time |
| Run1-T1 | 00:24:52 | 00:24:52 | , Run1-T1 | 00:24:11 | 00:24:11 |
| Cycle | 01:10:54 | 00:46:02 | Cycle | 01:10:24 | 00:46:13 |
| T2 | 01:11:40 | 00:00:45 | T2 | 01:12:08 | 00:01:43 |
| Finish | 01:24:35 | 00:12:54 | Finish | 01:23:44 | 00:11:36 |
| Milligan, Claire - 91 | Race Time | Split Time | Saggers, Louise - 403 | Race Time | Split Time |
| Run1-T1 | 00:31:08 | 00:31:08 | Run1-T1 | 00:20:54 | 00:20:54 |
| Cycle | 01:17:06 | 00:45:57 | Cycle | 00:56:39 | 00:35:45 |
| T2 | 01:17:00 | 00:43:37 | T2 | 00:50:59 | 00:00:35 |
| Finish | 01:16:47 | 00:16:16 | Finish | 00:37:13 | 00:00:53 |
| Molina, Russell - 92 | Race Time | Split Time | Scherer, Charline - 404 | Race Time | Split Time |
| Run1-T1 | 00:24:06 | 00:24:06 | Run1-T1 | 00:24:56 | 00:24:56 |
| Cycle | 01:00:39 | 00:36:33 | Cycle | 00.24.30 | 00:24:30 |
| Finish | 01:00:39 | 00:30:35 | T2 | 01:08:50 | 00:43.06 |
| | | | Finish | 01:06:30 | 00:00:44 |
| Moore, Heather - 93 | Race Time | Split Time | | | |
| Run1-T1 | 00:29:00 | 00:29:00 | Scherer, Wilfrid - 405 | Race Time | Split Time |
| Cycle | 01:11:35 | 00:42:35 | Run1-T1 | 00:22:46 | 00:22:46 |
| T2 | 01:13:07 | 00:01:32 | Cycle | 01:01:22 | 00:38:35 |
| Finish | 01:27:28 | 00:14:21 | T2 — Finish | 01:02:18 | 00:00:56 |
| Ogilvie, James - 96 | Race Time | Split Time | Finish | 01:14:32 | 00:12:13 |
| Run1-T1 | 00:24:13 | 00:24:13 | Schnell, Tobi - 406 | Race Time | Split Time |
| Cycle | 00:57:49 | 00:33:35 | Run1-T1 | 00:23:32 | 00:23:32 |
| | | 00 00 55 | Cycle | 01:01:25 | 00:37:52 |
| T2 | 00:58:45 | 00:00:55 | | 01.01.23 | |
| T2 Finish | 00:58:45 01:11:33 | 00:00:55 00:12:48 | T2 Finish | 01:02:09 | 00:00:44 |

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| Senior, Michelle - 408 | Race Time | Split Time | Tram Bucky, Team - 45 | Race Time | Split Time |
|---|--|--|--------------------------|-----------|------------|
| Run1-T1 | 00:27:21 | 00:27:21 | Run1-T1 | 00:33:53 | 00:33:53 |
| Cycle | 01:37:33 | 01:10:12 | Cycle | 01:26:20 | 00:52:27 |
| T2 | 01:38:49 | 00:01:15 | T2 | 01:27:24 | 00:01:03 |
| Finish | 01:53:58 | 00:15:08 | Finish | 01:45:00 | 00:17:36 |
| Shah, Soraya - 409 | Race Time | Split Time | Tunevitsch, Mischa - 424 | Race Time | Split Time |
| Run1-T1 | 00:32:41 | 00:32:41 | Run1-T1 | 00:22:32 | 00:22:32 |
| Cycle | 01:17:39 | 00:44:57 | Cycle | 00:56:26 | 00:33:54 |
| T2 | 01:19:13 | 00:01:33 | T2 | 00:57:08 | 00:00:41 |
| Finish | 01:35:25 | 00:16:12 | Finish | 01:08:32 | 00:11:24 |
| Steinhofer, Deb - 411 | Race Time | Split Time | Versang, Karine - 426 | Race Time | Split Time |
| Run1-T1 | 00:34:21 | 00:34:21 | Run1-T1 | 00:29:27 | 00:29:27 |
| Cycle | 01:21:28 | 00:47:07 | Cycle | 01:16:04 | 00:46:36 |
| T2 | 01:22:47 | 00:01:18 | T2 | 01:17:48 | 00:01:43 |
| Finish | 01:42:23 | 00:19:36 | Finish | 01:33:31 | 00:15:43 |
| Stevens, Melanie - 413 | Race Time | Split Time | Wagner, Guruji - 427 | Race Time | Split Time |
| Run1-T1 | 00:27:28 | 00:27:28 | Run1-T1 | 00:20:42 | 00:20:42 |
| Cycle | 01:13:29 | 00:46:01 | Cycle | 01:00:53 | 00:40:10 |
| T2 | 01:15:05 | 00:01:35 | T2 | 01:01:45 | 00:00:51 |
| Finish | 01:30:03 | 00:14:58 | Finish | 01:13:34 | 00:11:49 |
| Sullivan, Muriel - 415 | Race Time | Split Time | White, Hannah - 428 | Race Time | Split Time |
| Run1-T1 | 00:27:47 | 00:27:47 | Run1-T1 | 00:24:44 | 00:24:44 |
| Cycle | 01:10:47 | 00:42:59 | Cycle | 01:05:45 | 00:41:00 |
| T2 | 01:12:04 | 00:01:16 | T2 | 01:06:19 | 00:00:33 |
| Finish | 01:27:16 | 00:15:12 | Finish | 01:18:54 | 00:12:35 |
| Szedlak-Kun, Rubina - 410 | 6 Race Time | Split Time | Wroot, Abbey - 429 | Race Time | Split Time |
| Run1-T1 | 00:33:18 | 00:33:18 | Run1-T1 | 00:31:53 | 00:31:53 |
| Cycle | 01:20:38 | 00:47:20 | Cycle | 01:25:20 | 00:53:27 |
| T2 | 01:21:56 | 00:01:17 | T2 | 01:26:27 | 00:01:06 |
| Finish | 01:40:00 | 00:18:04 | Finish | 01:43:43 | 00:17:16 |
| Taylor, (Jack) John - 417 | Race Time | Split Time | | | |
| Run1-T1 | 00:19:59 | 00:19:59 | | | |
| Cycle | 00:54:48 | 00:34:48 | | | |
| T2 | 00:55:58 | 00:01:10 | | | |
| Finish | 01:05:45 | 00:09:47 | | | |
| Taylor, Meg - 418 | Race Time | Split Time | | | |
| Run1-T1 | | | | | |
| Cycle | | - | | | |
| • | 00:23:03 | 00:23:03 | | | |
| T2 | 00:23:03 01:00:44 | 00:23:03 00:37:40 | | | |
| T2 Finish | 00:23:03 | 00:23:03 | | | |
| Finish | 00:23:03 01:00:44 01:01:45 01:13:37 | 00:23:03 00:37:40 00:01:01 00:11:52 | | | |
| | 00:23:03 01:00:44 01:01:45 | 00:23:03 00:37:40 00:01:01 | | | |
| Finish Thomas, Sarah - 419 | 00:23:03 01:00:44 01:01:45 01:13:37 Race Time 00:20:02 | 00:23:03 00:37:40 00:01:01 00:11:52 Split Time 00:20:02 | | | |
| Finish Thomas, Sarah - 419 Run1-T1 | 00:23:03 01:00:44 01:01:45 01:13:37 Race Time 00:20:02 00:55:58 | 00:23:03 00:37:40 00:01:01 00:11:52 Split Time 00:20:02 00:35:56 | | | |
| Finish Thomas, Sarah - 419 Run1-T1 Cycle | 00:23:03 01:00:44 01:01:45 01:13:37 Race Time 00:20:02 | 00:23:03 00:37:40 00:01:01 00:11:52 Split Time 00:20:02 | | | |
| Finish Thomas, Sarah - 419 Run1-T1 Cycle T2 Finish | 00:23:03 01:00:44 01:01:45 01:13:37 Race Time 00:20:02 00:55:58 00:56:29 01:07:09 | 00:23:03 00:37:40 00:01:01 00:11:52 Split Time 00:20:02 00:35:56 00:00:31 00:10:39 | | | |
| Finish Thomas, Sarah - 419 Run1-T1 Cycle T2 | 00:23:03 01:00:44 01:01:45 01:13:37 Race Time 00:20:02 00:55:58 00:56:29 01:07:09 | 00:23:03 00:37:40 00:01:01 00:11:52 Split Time 00:20:02 00:35:56 00:00:31 00:10:39 Split Time | | | |
| Finish Thomas, Sarah - 419 Run1-T1 Cycle T2 Finish Tindall, Stuart - 420 Run1-T1 | 00:23:03 01:00:44 01:01:45 01:13:37 Race Time 00:20:02 00:55:58 00:56:29 01:07:09 Race Time 00:21:49 | 00:23:03 00:37:40 00:01:01 00:11:52 Split Time 00:20:02 00:35:56 00:00:31 00:10:39 Split Time 00:21:49 | | | |
| Finish Thomas, Sarah - 419 Run1-T1 Cycle T2 Finish Tindall, Stuart - 420 | 00:23:03 01:00:44 01:01:45 01:13:37 Race Time 00:20:02 00:55:58 00:56:29 01:07:09 | 00:23:03 00:37:40 00:01:01 00:11:52 Split Time 00:20:02 00:35:56 00:00:31 00:10:39 Split Time | | | |