

# Port Dickson International Triathlon '09

(2009-July-12)

Men 30 - 39 years

| Overall | RkCat | Bib | Name                                      | Country        | Swim    |
|---------|-------|-----|---|----------------|---------|
| 8       | 1     | 265 | Jens Wilken                               | Germany        | 0:28:34 |
| 11      | 2     | 358 | Shahrom Bin Abdullah                      | Malaysia       | 0:32:15 |
| 20      | 3     | 272 | Jusery bin Gani                           | Malaysia       | 0:33:33 |
| 22      | 4     | 329 | Muhammad Hafiz Wong bin Abdullah Wong     | Malaysia       | 0:34:53 |
| 25      | 5     | 373 | Wei Kuo Hau                               | Malaysia       | 0:28:53 |
| 30      | 6     | 252 | Frankie Ambrose                           | Malaysia       | 0:28:45 |
| 36      | 7     | 384 | Chadarat Chaicomchon                      | Thailand       | 0:39:35 |
| 38      | 8     | 360 | Shem Leong                                | Singapore      | 0:32:30 |
| 39      | 9     | 284 | Kohing bin Antak                          | Malaysia       | 0:28:34 |
| 40      | 10    | 264 | Jeffery Ak Mujah                          | Malaysia       | 0:34:26 |
| 43      | 11    | 221 | Andy Foo                                  | Malaysia       | 0:30:27 |
| 47      | 12    | 222 | Anthony Yeap Jin Ghee                     | Malaysia       | 0:32:32 |
| 48      | 13    | 215 | Alan Yeap Jin Teong                       | Malaysia       | 0:33:41 |
| 49      | 14    | 379 | Yeo Kim Hong                              | Singapore      | 0:36:25 |
| 53      | 15    | 313 | Mark Williams                             | United Kingdom | 0:41:31 |
| 55      | 16    | 279 | Kevin Chan Wai Ming                       | Malaysia       | 0:32:17 |
| 57      | 17    | 288 | Lawrence Ng                               | Singapore      | 0:32:36 |
| 60      | 18    | 368 | Tate van Hamburg                          | Australia      | 0:29:23 |
| 64      | 19    | 347 | Randy Tan                                 | Malaysia       | 0:31:37 |
| 68      | 20    | 338 | Oliver Jung                               | Germany        | 0:35:33 |
| 71      | 21    | 386 | Murin Majana                              | Malaysia       | 0:39:38 |
| 74      | 22    | 218 | Alvin Lim                                 | Singapore      | 0:39:09 |
| 75      | 23    | 255 | Grant O'Halloran                          | Australia      | 0:31:39 |
| 80      | 25    | 331 | Ng Kai Wai                                | Macau          | 0:35:55 |
| 81      | 26    | 380 | Yip Weng Tak                              | Malaysia       | 0:36:28 |
| 84      | 27    | 356 | Sean Danny Tan                            | Singapore      | 0:38:28 |
| 86      | 28    | 235 | Chin Wui Mon                              | Malaysia       | 0:36:12 |
| 87      | 29    | 256 | Hahimoto Tomohiro                         | Japan          | 0:37:51 |
| 88      | 30    | 261 | Hoi Man Wai                               | Macau          | 0:36:18 |
| 94      | 31    | 361 | Simon Lau Chee Kin                        | Malaysia       | 0:41:39 |
| 98      | 32    | 382 | Zabil Ihram bin Zainol                    | Malaysia       | 0:38:08 |
| 99      | 33    | 230 | Chang Siew Kien , Eddie                   | Singapore      | 0:42:46 |
| 100     | 34    | 223 | Asun Entaban                              | Malaysia       | 0:36:16 |
| 101     | 35    | 251 | Foo Chuen Hou                             | Malaysia       | 0:32:08 |
| 102     | 36    | 226 | Ben Munroe                                | United Kingdom | 0:40:45 |
| 108     | 37    | 267 | Jim Finnamore                             | United Kingdom | 0:38:31 |
| 118     | 38    | 253 | Frederic Ruesche                          | France         | 0:40:29 |
| 120     | 39    | 378 | Yeo Jia Chyang                            | Singapore      | 0:32:43 |
| 124     | 40    | 214 | Adrian Lim Kian Peng                      | Singapore      | 0:41:13 |
| 126     | 41    | 269 | Jordi Maluquer de Motes                   | Spain          | 0:39:12 |
| 128     | 42    | 287 | Larry Pee Kah Liang                       | Singapore      | 0:39:27 |
| 138     | 44    | 353 | Roger Dean McGregor Grant                 | Ireland        | 0:37:08 |
| 139     | 45    | 212 | Abu Soffian Azzahari B. Abu Hasan Sazalli | Malaysia       | 0:43:28 |
| 141     | 46    | 210 | A L Soares De Albergaria                  | Portugal       | 0:43:51 |
| 143     | 47    | 351 | Raymond Tan                               | Malaysia       | 0:31:22 |
| 151     | 48    | 326 | Mohd Khafiz Bachok                        | Malaysia       | 0:42:08 |
| 152     | 49    | 217 | Alvin Aloysius Goh Chye Sun               | Singapore      | 0:37:51 |
| 158     | 50    | 292 | Lee Kian Hwee                             | Malaysia       | 0:36:09 |
| 159     | 51    | 320 | Zain Azraai Salan                         | Malaysia       | 0:43:23 |
| 164     | 52    | 254 | Gerald Yong Khin Chuen                    | Singapore      | 0:37:58 |

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| 168     | 53    | 298 | Leow How Kiat                    | Singapore      | 0:43:30 |
| 170     | 54    | 366 | Tan Kok Aik                      | Malaysia       | 0:38:45 |
| 171     | 55    | 352 | Richard Tang                     | Malaysia       | 0:46:23 |
| 172     | 56    | 327 | Mohd Shahnom Bin Ismail          | Malaysia       | 0:50:07 |
| 173     | 57    | 276 | Karl Fredericks                  | Malaysia       | 0:39:35 |
| 174     | 58    | 239 | Dennis Tee                       | Singapore      | 0:42:25 |
| 175     | 59    | 309 | Luke Millar                      | United Kingdom | 0:41:01 |
| 176     | 60    | 216 | Alex Tan                         | Singapore      | 0:45:53 |
| 177     | 61    | 363 | Stuart Farmer                    | United Kingdom | 0:38:18 |
| 183     | 62    | 296 | Leonard Lim                      | Malaysia       | 0:36:28 |
| 184     | 63    | 348 | Raymond Borromeo                 | Philippines    | 0:40:45 |
| 186     | 64    | 314 | Matthew Wong                     | Singapore      | 0:36:10 |
| 187     | 65    | 305 | Ling Hee Keat                    | Malaysia       | 0:38:22 |
| 193     | 66    | 258 | Han Jen Kwang                    | Singapore      | 0:43:25 |
| 194     | 67    | 238 | Davin Leong                      | Singapore      | 0:40:51 |
| 195     | 68    | 304 | Lim Wee Ching                    | Singapore      | 0:44:33 |
| 196     | 69    | 302 | Lim Sheau Chau                   | Malaysia       | 0:38:32 |
| 199     | 70    | 350 | Raymond Ng                       | Malaysia       | 0:49:42 |
| 202     | 71    | 271 | Julian Loh                       | Singapore      | 0:35:41 |
| 206     | 72    | 311 | Mark Chua                        | Malaysia       | 0:39:20 |
| 211     | 73    | 259 | Hashim Abd. Rahman               | Malaysia       | 0:45:08 |
| 216     | 74    | 283 | Khor Ka Chin                     | Malaysia       | 0:39:31 |
| 220     | 75    | 248 | Esmenn Bin Mohd Mokhtar          | Malaysia       | 0:45:47 |
| 224     | 76    | 341 | Pascal Loux                      | Belgium        | 0:48:55 |
| 225     | 77    | 370 | Toh Wee Chung Ram                | Singapore      | 0:40:55 |
| 228     | 78    | 228 | Chan Wai Onn                     | Malaysia       | 0:36:18 |
| 233     | 79    | 335 | Nik Fahusnaza Bin Nik Mohd Najmi | Malaysia       | 0:45:58 |
| 234     | 80    | 294 | Lee Wei Kong                     | Malaysia       | 0:45:10 |
| 237     | 81    | 229 | Chan Yew Wah                     | Malaysia       | 0:45:46 |
| 240     | 82    | 243 | Douglas Tay                      | Singapore      | 0:42:25 |
| 245     | 83    | 260 | Ho Hee Shen                      | Malaysia       | 0:41:09 |
| 246     | 84    | 383 | Ariffin Abdul Manan              | Malaysia       | 0:47:32 |
| 255     | 85    | 364 | Syed Salim Bin S Hood Almutahar  | Singapore      | 0:49:46 |
| 256     | 86    | 281 | Khairul Nizam Abdul Samad        | Malaysia       | 0:46:36 |
| 257     | 87    | 375 | Woo Ming Jin                     | Malaysia       | 0:31:52 |
| 260     | 88    | 322 | Mohd Azman Mansor                | Malaysia       | 0:46:12 |
| 261     | 89    | 211 | Abdul Razak bin Muda             | Malaysia       | 0:53:21 |
| 262     | 90    | 367 | Tang Wai Leong                   | Macau          | 0:41:07 |
| 263     | 91    | 233 | Chia Wu Yit                      | Malaysia       | 0:42:06 |
| 265     | 92    | 355 | Seah Ban Kiat                    | Malaysia       | 0:30:14 |
| 270     | 94    | 325 | Mohd Fazrulazim b. Mohamed Azhar | Malaysia       | 0:43:37 |
| 272     | 95    | 300 | Lim Leong, Reeves                | Singapore      | 0:43:57 |
| 274     | 96    | 357 | Shahrin Sapar                    | Singapore      | 0:46:36 |
| 278     | 97    | 381 | Yong Yew Chun Alber              | Singapore      | 0:44:22 |
| 279     | 98    | 240 | Denver Scott                     | New Zealand    | 0:48:51 |
| 281     | 99    | 295 | Lem Yueh Bin                     | Singapore      | 0:44:14 |
| 283     | 100   | 232 | Chia Jiunn Shyong                | Malaysia       | 0:49:10 |
| 285     | 101   | 237 | Christopher Chua Yong Fei        | Singapore      | 0:32:47 |
| 287     | 102   | 303 | Lim Sze King Damian              | Singapore      | 0:41:49 |
| 290     | 103   | 307 | Loke Jin Hien                    | Malaysia       | 0:45:21 |

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|---------|-------|-----|-------------------------------|----------------|---------|
| 293     | 104   | 289 | Lee Chun Siang                | Malaysia       | 0:54:55 |
| 296     | 105   | 241 | Dicky Zulkarnain Bin Mohammad | Malaysia       | 0:52:14 |
| 301     | 106   | 310 | Manoharan                     | Singapore      | 0:47:33 |
| 302     | 108   | 246 | Er Shun Yao                   | Singapore      | 0:44:48 |
| 303     | 107   | 365 | Tan Ghee Beng                 | Malaysia       | 0:45:06 |
| 308     | 109   | 385 | Zulkipli bin Baijuri          | Malaysia       | 0:42:39 |
| 310     | 110   | 273 | Kam Kasturie                  | Malaysia       | 0:50:24 |
| 312     | 111   | 268 | Jonathan Tan                  | Malaysia       | 0:49:13 |
| 315     | 112   | 262 | Hoo Ching Tai                 | Malaysia       | 0:46:47 |
| 316     | 113   | 328 | Mohd Shair bin Abdul Samad    | Malaysia       | 0:41:51 |
| 317     | 114   | 293 | Lee Puh Heng                  | Malaysia       | 0:48:45 |
| 319     | 115   | 354 | Saharil b Abdul Aziz          | Malaysia       | 0:31:51 |
| 326     | 116   | 332 | Ng Lap Huan                   | Malaysia       | 0:52:18 |
| 327     | 118   | 219 | Andre Anthony Baptist         | Malaysia       | 0:47:11 |
| 328     | 117   | 270 | Joseph Tan Ban Keat           | Malaysia       | 0:55:20 |
| 336     | 119   | 299 | Lim Ee-Van                    | Malaysia       | 0:45:43 |
| 341     | 120   | 257 | Hairul Azwan bin Ahmad Zaini  | Malaysia       | 0:45:35 |
| 344     | 121   | 344 | Peh Siong San                 | Singapore      | 0:44:37 |
| 345     | 122   | 249 | Fahmy                         | Singapore      | 0:46:51 |
| 347     | 123   | 297 | Leong Kam Seong               | Malaysia       | 0:43:04 |
| 348     | 124   | 349 | Raymond Lim                   | Malaysia       | 0:49:45 |
| 349     | 125   | 274 | Kan Chan Yew                  | Malaysia       | 0:50:53 |
| 352     | 126   | 376 | Yap Chin Peng                 | Singapore      | 0:45:37 |
| 358     | 127   | 231 | Chew Kar Kin                  | Malaysia       | 0:49:36 |
| 360     | 128   | 333 | Ng Sze Ghee                   | Singapore      | 0:47:04 |
| 363     | 129   | 291 | Lee Jones                     | United Kingdom | 0:50:20 |
| 372     | 130   | 369 | Tin Chee Yee                  | Singapore      | 0:49:47 |
| 374     | 131   | 277 | Kelvin Chua Khong Dee         | Singapore      | 0:48:36 |
| 387     | 132   | 301 | Lim Ming Chiat                | Malaysia       | 1:01:17 |
| 389     | 133   | 318 | Mohamad Zaki bin Musa         | Malaysia       | 0:55:09 |
| 392     | 134   | 247 | Eric Soo                      | Singapore      | 0:46:43 |
| 393     | 135   | 234 | Chin Kian Kun                 | Malaysia       | 0:35:55 |
| 394     | 136   | 286 | Lai Yak Guan                  | Malaysia       | 0:47:18 |
| 397     | 137   | 312 | Mark Mu Wei Seng              | Singapore      | 0:51:35 |
| 401     | 138   | 315 | Mior Arif Iskandar            | Malaysia       | 0:49:04 |
| 402     | 139   | 308 | Low Chie Chong                | Malaysia       | N/A     |
| 406     | 140   | 377 | Yee Wee Chun                  | Malaysia       | 0:42:09 |
| 407     | 141   | 220 | Andy Ching Seng Kiat          | Singapore      | 0:44:15 |
| 414     | 142   | 236 | Chong Kiat Meng               | Singapore      | 0:49:18 |
| 417     | 143   | 319 | Mohammad Firdaus Wahid        | Singapore      | 0:49:05 |
| 427     | 145   | 336 | Norhazry Johari               | Singapore      | 0:48:24 |
| 431     | 146   | 346 | Rafiq Khan                    | Malaysia       | 1:03:51 |
| 432     | 147   | 337 | Nyan Hooi Hwang               | Malaysia       | 0:58:12 |
| 433     | 148   | 324 | Mohd Faizal Bin Zul-Kifli     | Malaysia       | 1:01:56 |
| 439     | 149   | 278 | Kenny Tay                     | Singapore      | 0:39:15 |
| 440     | 150   | 317 | Mohamad Faizal Alawi          | Malaysia       | 0:56:58 |
| 446     | 151   | 250 | Fairul Mizam Zamani           | Malaysia       | 0:51:27 |
| 448     | 152   | 334 | Nik Arif Sidek                | Malaysia       | 0:46:21 |
| 449     | 153   | 224 | Azly Ahmad Anwar              | Malaysia       | 1:02:25 |
| 451     | 154   | 245 | Edwin Ng Heng Chye            | Malaysia       | 0:57:56 |

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| 459     | 155   | 374 | Wong Ming Yew Lionel     | Malaysia | 1:08:35 |
| 460     | 156   | 213 | Adni Dahalan             | Malaysia | 1:12:00 |
| 463     | 157   | 282 | Kharis Idris             | Malaysia | 1:03:39 |
| 464     | 158   | 323 | Mohd Bukhari Bin Ibrahim | Malaysia | 0:51:27 |

| Bike    | Run     | Total    |
|---------|---------|----------|
| 1:00:56 | 0:38:44 | 02:08:57 |
| 1:01:59 | 0:36:58 | 02:12:02 |
| 1:06:09 | 0:39:02 | 02:19:36 |
| 1:03:38 | 0:40:59 | 02:20:23 |
| 1:09:17 | 0:41:43 | 02:20:38 |
| 1:05:09 | 0:47:00 | 02:22:07 |
| 1:06:45 | 0:35:49 | 02:23:11 |
| 1:09:03 | 0:40:45 | 02:23:38 |
| 1:05:27 | 0:48:32 | 02:23:41 |
| 1:07:01 | 0:41:22 | 02:24:06 |
| 1:07:24 | 0:45:38 | 02:24:32 |
| 1:07:02 | 0:45:06 | 02:25:42 |
| 1:05:49 | 0:45:07 | 02:25:43 |
| 1:09:17 | 0:39:07 | 02:25:47 |
| 1:08:27 | 0:35:32 | 02:26:47 |
| 1:07:33 | 0:46:35 | 02:27:15 |
| 1:07:08 | 0:47:21 | 02:27:58 |
| 1:10:11 | 0:48:46 | 02:29:09 |
| 1:08:06 | 0:49:18 | 02:30:16 |
| 1:03:58 | 0:50:57 | 02:31:32 |
| 1:07:32 | 0:43:27 | 02:31:56 |
| 1:07:07 | 0:45:23 | 02:32:37 |
| 1:10:49 | 0:49:13 | 02:32:47 |
| 1:09:33 | 0:48:13 | 02:34:47 |
| 1:10:15 | 0:46:17 | 02:34:53 |
| 1:09:02 | 0:47:17 | 02:35:52 |
| 1:09:13 | 0:49:20 | 02:35:54 |
| 1:10:36 | 0:46:06 | 02:36:02 |
| 1:11:48 | 0:46:52 | 02:36:10 |
| 1:06:09 | 0:48:45 | 02:37:33 |
| 1:07:09 | 0:52:33 | 02:39:04 |
| 1:09:16 | 0:45:27 | 02:39:40 |
| 1:11:15 | 0:51:25 | 02:40:16 |
| 1:12:57 | 0:53:55 | 02:40:22 |
| 1:12:13 | 0:46:11 | 02:40:29 |
| 1:09:42 | 0:52:18 | 02:41:29 |
| 1:11:13 | 0:49:26 | 02:42:51 |
| 1:16:42 | 0:51:56 | 02:43:33 |
| 1:14:00 | 0:47:43 | 02:44:45 |
| 1:08:13 | 0:55:41 | 02:44:59 |
| 1:07:02 | 0:56:52 | 02:45:23 |
| 1:14:54 | 0:54:00 | 02:47:29 |
| 1:08:20 | 0:53:43 | 02:47:45 |
| 1:13:04 | 0:48:49 | 02:47:50 |
| 1:18:20 | 0:56:03 | 02:48:09 |
| 1:09:19 | 0:56:49 | 02:49:42 |
| 1:13:27 | 0:55:49 | 02:49:48 |
| 1:15:42 | 0:56:02 | 02:50:32 |
| 1:06:29 | 0:58:26 | 02:50:37 |
| 1:15:55 | 0:54:20 | 02:51:41 |

| Bike    | Run     | Total    |
|---------|---------|----------|
| 1:13:48 | 0:51:56 | 02:52:07 |
| 1:16:41 | 0:54:50 | 02:52:32 |
| 1:16:43 | 0:48:24 | 02:53:10 |
| 1:12:37 | 0:48:06 | 02:53:22 |
| 1:19:20 | 0:51:54 | 02:53:30 |
| 1:16:39 | 0:51:57 | 02:53:32 |
| 1:15:49 | 0:54:41 | 02:53:41 |
| 1:18:10 | 0:49:00 | 02:54:05 |
| 1:13:59 | 1:00:22 | 02:54:37 |
| 1:09:42 | 1:06:27 | 02:55:05 |
| 1:12:30 | 1:00:04 | 02:55:06 |
| 1:18:03 | 1:00:04 | 02:55:26 |
| 1:18:58 | 0:55:46 | 02:55:27 |
| 1:19:15 | 0:51:24 | 02:56:14 |
| 1:17:35 | 0:55:53 | 02:56:17 |
| 1:19:00 | 0:49:58 | 02:56:22 |
| 1:13:41 | 1:01:51 | 02:56:25 |
| 1:13:53 | 0:51:06 | 02:56:43 |
| 1:13:43 | 1:04:37 | 02:56:53 |
| 1:20:23 | 0:55:08 | 02:57:16 |
| 1:15:41 | 0:54:30 | 02:58:22 |
| 1:19:37 | 0:56:53 | 02:58:44 |
| 1:12:52 | 0:59:12 | 02:59:23 |
| 1:13:09 | 0:55:55 | 02:59:48 |
| 1:25:05 | 0:51:29 | 02:59:56 |
| 1:20:42 | 0:59:58 | 03:00:24 |
| 1:11:59 | 1:00:20 | 03:00:39 |
| 1:13:02 | 1:00:30 | 03:00:52 |
| 1:17:08 | 0:56:41 | 03:01:31 |
| 1:19:19 | 0:56:41 | 03:01:50 |
| 1:20:38 | 0:57:13 | 03:02:18 |
| 1:13:15 | 0:57:01 | 03:02:23 |
| 1:12:55 | 0:59:46 | 03:04:23 |
| 1:16:22 | 0:59:20 | 03:04:29 |
| 1:26:47 | 1:04:27 | 03:05:01 |
| 1:15:32 | 1:00:52 | 03:05:20 |
| 1:12:54 | 0:56:28 | 03:05:23 |
| 1:21:55 | 1:00:01 | 03:05:25 |
| 1:13:48 | 1:07:07 | 03:05:32 |
| 1:21:28 | 1:12:11 | 03:05:54 |
| 1:22:01 | 0:59:11 | 03:07:12 |
| 1:21:11 | 0:59:34 | 03:07:29 |
| 1:19:42 | 0:59:16 | 03:07:41 |
| 1:25:48 | 0:55:25 | 03:08:19 |
| 1:17:36 | 1:00:04 | 03:08:35 |
| 1:31:14 | 0:51:44 | 03:09:03 |
| 1:13:06 | 1:04:27 | 03:09:22 |
| 1:23:18 | 1:09:14 | 03:09:37 |
| 1:29:15 | 0:56:56 | 03:09:41 |
| 1:21:46 | 1:01:36 | 03:10:04 |

| Bike    | Run     | Total    |
|---------|---------|----------|
| 1:17:38 | 0:57:02 | 03:10:50 |
| 1:18:19 | 0:58:59 | 03:11:20 |
| 1:23:10 | 0:58:53 | 03:11:59 |
| 1:26:53 | 0:58:01 | 03:12:14 |
| 1:22:28 | 1:01:28 | 03:12:14 |
| 1:19:11 | 1:10:06 | 03:13:36 |
| 1:17:55 | 1:01:19 | 03:13:53 |
| 1:17:15 | 1:05:28 | 03:14:01 |
| 1:27:55 | 0:56:15 | 03:14:25 |
| 1:15:34 | 1:15:32 | 03:14:47 |
| 1:20:18 | 1:03:23 | 03:15:04 |
| 1:31:32 | 1:06:51 | 03:15:26 |
| 1:20:29 | 1:02:57 | 03:17:08 |
| 1:19:50 | 1:07:46 | 03:17:23 |
| 1:24:06 | 0:56:09 | 03:17:23 |
| 1:23:50 | 1:06:39 | 03:19:01 |
| 1:19:37 | 1:11:08 | 03:19:38 |
| 1:34:09 | 0:58:18 | 03:20:19 |
| 1:27:25 | 1:03:27 | 03:20:29 |
| 1:26:17 | 1:06:49 | 03:20:36 |
| 1:24:22 | 1:04:38 | 03:20:38 |
| 1:22:47 | 1:04:40 | 03:20:48 |
| 1:32:44 | 1:01:39 | 03:21:26 |
| 1:16:16 | 1:13:46 | 03:22:48 |
| 1:25:14 | 1:07:26 | 03:23:04 |
| 1:24:23 | 1:04:54 | 03:23:33 |
| 1:24:21 | 1:08:12 | 03:25:04 |
| 1:27:09 | 1:05:49 | 03:25:34 |
| 1:24:16 | 1:00:19 | 03:27:49 |
| 1:18:04 | 1:10:16 | 03:28:20 |
| 1:38:33 | 1:00:51 | 03:29:03 |
| 1:24:28 | 1:27:56 | 03:29:35 |
| 1:31:55 | 1:08:39 | 03:29:41 |
| 1:31:52 | 1:04:15 | 03:30:16 |
| 1:35:46 | 1:02:27 | 03:30:35 |
| 1:23:36 | 1:13:02 | 03:31:09 |
| 1:28:32 | 1:19:42 | 03:33:54 |
| 1:24:46 | 1:23:01 | 03:34:28 |
| 1:37:10 | 1:08:40 | 03:36:41 |
| 1:27:54 | 1:18:31 | 03:39:14 |
| 1:34:19 | 1:20:36 | 03:46:31 |
| 1:24:28 | 1:18:02 | 03:48:31 |
| 1:37:56 | 1:08:52 | 03:48:50 |
| 1:28:03 | 1:15:42 | 03:49:24 |
| 2:24:36 | 0:48:30 | 03:54:35 |
| 1:38:12 | 1:16:17 | 03:55:04 |
| 1:58:59 | 1:04:53 | 03:57:26 |
| 1:29:31 | 1:42:22 | 04:00:01 |
| 1:34:14 | 1:20:12 | 04:00:02 |
| 1:27:25 | 1:33:06 | 04:01:04 |

| Bike    | Run     | Total    |
|---------|---------|----------|
| 1:48:47 | 1:17:45 | 04:17:49 |
| 1:28:07 | 1:40:56 | 04:24:10 |
| 1:42:34 | 1:45:31 | 04:35:58 |
| 2:03:34 | 2:07:54 | 05:18:03 |