

## NSW Maccabi Triathlon and Cycle Club

	WaveName	TotalTime	5-Run2 Place
1	Open-Male-Sprint Duathlon		
	Alan Kaplan	01:07:11	1
	Mark Haber	01:10:55	2
	Norman Abel	01:12:15	3
	Mark Baker	01:21:52	4
	Malcolm Kofsky	01:23:07	5
	Barry Abkin	01:25:36	6
	Michael Besser	01:27:37	7
	Roy Neumann	01:31:24	8
	Marty Knespal	01:32:33	9
	Stephen Brown	01:41:32	10
	Craig Pager	DNF	11
2	Open-Female-Sprint Duathlon		
	Laura Madeisky	01:40:37	1
	Deborah Shapira	DNF	2

## Results of Duathlon on Sunday 6 Sep 2015

Leg Time	Leg Rank					
	1-Run1	3-Bike	5-Run2	1-Run1	3-Bike	5-Run2
0:10:07	0:36:24	0:20:02	2	1	1	
0:10:42	0:37:47	0:22:26	4	3	2	
0:10:41	0:37:05	0:23:49	3	2	3	
0:11:23	0:44:21	0:24:38	5	7	4	
0:12:48	0:41:28	0:28:12	6	4	7	
0:13:27	0:42:40	0:27:48	8	5	6	
0:14:09	0:43:44	0:27:01	9	6	5	
0:13:22	0:45:54	0:29:43	7	9	9	
0:16:25	0:45:43	0:29:29	11	8	8	
0:15:50	0:46:36	0:37:01	10	10	10	
0:10:01	0:00:00	0:00:00	1	11	11	
0:15:15	0:52:59	0:28:34	1	2	1	
0:18:44	0:50:32	0:00:00	2	1	2	

		1-Run1		
Wave	Name	Run 1 Rank	Run 1	Run1 Pace
1	Open-Male-Sprint Duathlon			
	Craig Pager	1	0:10:01	0:04:00
	Alan Kaplan	2	0:10:07	0:04:03
	Norman Abel	3	0:10:41	0:04:16
	Mark Haber	4	0:10:42	0:04:17
	Mark Baker	5	0:11:23	0:04:33
	Malcolm Kofsky	6	0:12:48	0:05:07
	Roy Neumann	7	0:13:22	0:05:21
	Barry Abkin	8	0:13:27	0:05:23
	Michael Besser	9	0:14:09	0:05:40
	Stephen Brown	10	0:15:50	0:06:20
	Marty Knespal	11	0:16:25	0:06:34
2	Open-Female-Sprint Duathlon			
	Laura Madeisky	1	0:15:15	0:06:06
	Deborah Shapira	2	0:18:44	0:07:30

		3-Bike		
WaveName	Bike Rank	Bike	Average Speed	
1	Open-Male-Sprint Duathlon			
	Alan Kaplan	1	0:36:24	32.97
	Norman Abel	2	0:37:05	32.36
	Mark Haber	3	0:37:47	31.76
	Malcolm Kofsky	4	0:41:28	28.94
	Barry Abkin	5	0:42:40	28.13
	Michael Besser	6	0:43:44	27.44
	Mark Baker	7	0:44:21	27.06
	Marty Knespal	8	0:45:43	26.25
	Roy Neumann	9	0:45:54	26.14
	Stephen Brown	10	0:46:36	25.75
	Craig Pager	11	0:00:00	0.00
2	Open-Female-Sprint Duathlon			
	Deborah Shapira	1	0:50:32	23.75
	Laura Madeisky	2	0:52:59	22.65

		5-Run2		
Wave	Name	Run Rank	Run 2	Avg Pace
1	Open-Male-Sprint Duathlon			
	Alan Kaplan		1	0:20:02
	Mark Haber		2	0:22:26
	Norman Abel		3	0:23:49
	Mark Baker		4	0:24:38
	Michael Besser		5	0:27:01
	Barry Abkin		6	0:27:48
	Malcolm Kofsky		7	0:28:12
	Marty Knespal		8	0:29:29
	Roy Neumann		9	0:29:43
	Stephen Brown		10	0:37:01
	Craig Pager		11	0:00:00
2	Open-Female-Sprint Duathlon			
	Laura Madeisky		1	0:28:34
	Deborah Shapira		2	0:00:00