

WATERLOO TRIADS
 TRIAD #3 - 3/25/2012

200M JAV 800M TRIAD III

DAN O'DWYER M25	31.5	18.78	2:44	
	61.3	19.1	61.7	142.1
RICK CAWLEY M50	DNF	39.69	DNF	
		51.6		51.6
CAROLYN MCCORMICK F65	39	8.76	4:42	
	76.2	23.5	57.2	156.9
AARON CAWLEY M40	32.3	18.01	3:41	
	64.5	20.3	48.1	132.9
JENNIFER CAWLEY F35	35.3	14.17	4:11	
	60.5	19.4	45.1	125
JIM CAWLEY M65	31.6	31.12	4:49	
	78.5	51.3	45.4	175.2
JEFF BROWER M50	27.1	7.9	2:44	
	82.7	10.3	70.9	163.9
PATTI MC F45	39.3	8.62	3:37	
	61.2	14.7	56.1	132
BRUCE MC M50	28.2	18.36	2:42	
	79.5	23.8	71.8	175.1
CARSON Mc F12	39.8	2.97	4:16	
	67.5	6.2	4:48	126.9
EMMA MC F12	49.3	2.89	6:23	
	54.5	6.2	35.4	96.1
LULU F50	33	16.19	3:30	
	77.2	30.3	60.5	168
SARAH BOYD F40	29.3	17.71	3:06	
	77.2	19.4	62.6	159.2
REBECCA F12	38.9	3.88	4:38	
	69.1	8.2	48.8	126.1
RICHARD ELLINGTON M70	40	9.66	4:27	
	64.5	17.3	51.9	133.7
THOMAS DALKE M40	29.7	51.37	3:19	
	70.1	58.9	53.5	182.5