

RED DOG TRIATHLON TRAINING HOT DOGS

			NAME	KOM		NAME	QOM	
BIKE	60km	Nundah	Juan-Carlos Delgado	1:28:32	28/02/2018	Rosie McGeoch	1:28:10	27/02/2019
	40km	Nundah	Laurence Harding	0:50:58	29/01/2020	Rosie McGeoch	0:58:12	27/05/2019
		Murarrie	Michael Boyd	0:59:15	30/03/2016	Michelle Gemmell	1:02:35	30/03/2016
	20km	Nundah	Laurence Harding	0:25:12	27/11/2019	Sarah Crowley	0:28:10	25/02/2015
		Murarrie	Jim Brown	0:27:16	'08-'12	Sarah Crowley	0:27:24	'08-'12
Mt Coot-tha Xmas Classic			Kieran Storch	0:17:05	18/12/2013	Sarah Crowley	0:19:54	18/12/2013
SWIM	1.5km		Kieran Storch	0:20:40	15/10/2020	Briarna Silk	0:20:21	15/10/2020
	1km		Trent Grimsey	0:11:33	8/12/2014	Charlotte Casey	0:12:58	21/10/2017
RUN	10km		Timur Zhumazhan	0:38:47	20/08/2019	Jacque Gravesande	0:43:52	20/08/2019
	6km Gravel Track		Kieran Storch	0:20:18	1/09/2020	Alana Hewish	0:24:07	1/09/2020
	5km		Kieran Storch	0:15:30	5/03/2019	Sarah Crowley	0:17:21	'08-'12
	Tuff laps	3 laps	Kieran Storch	0:15:30	11/10/2018	Briarna Silk	0:18:15	13/08/2015
		4 laps	Kieran Storch	0:20:41	11/10/2018	Briarna Silk	0:25:14	13/04/2017

Date Updated: 30 November 2020