

Men's

	Long Course					Points for improving time					
TRI-DATE & PARTICIPANT NAME	SWIM (300 yrds)	BIKE (10 Miles)	Swim/Bike Overall	RUN (3 Miles)	OVERALL TIME	Participation (5)	Swim (1)	Bike (1)	Run (1)	overall (3)	Total Pts
Mike Duchek	0:08:59	0:30:08	0:41:38	0:45:37	1:28:46	5	1	1	1	3	11
April 8, 2018											
Mike Duchek	0:08:42	0:29:48	0:40:48	0:44:45	1:26:43	5	1	1	1	3	11
April 22, 2018											
Jeremy Adamson	0:09:27	0:35:39	0:48:47	0:54:30	1:34:58	5	1	1	1	3	11
David Dejean	0:10:01	0:33:00	0:45:34	0:42:10	1:28:35	5				3	8