

# TRILADIES 2007

## Super Sprint Distance Individual Categories

### Super Sprint Distance (Individual Under 18 yrs)

Pos.	Bib	Title	Name	Swim	Bike	Run	Total	RankCat	Remark
1	509	Ms	Pamela Chan	0:05:46	0:19:05	0:13:44	0:38:34	1	
2	408	Ms	Ho Debbie	0:06:18	0:20:14	0:13:32	0:40:03	2	
3	468	Ms	Ho Samantha	0:05:55	0:21:25	0:15:58	0:43:17	3	
4	498	Ms	PHAN JOY	0:06:17	0:21:58	0:19:42	0:47:57	4	
5	500	Ms	Elms Alicia	0:08:33	0:23:51	0:16:44	0:49:07	5	

### Super Sprint Distance (Individual 18 - 29 yrs)

Pos.	Bib	Title	Name	Swim	Bike	Run	Total	RankCat	Remark
1	497	Ms	Burnett Chrystal	0:05:59	0:21:07	0:14:35	0:41:40	1	
2	435	Ms	Han Athena	0:09:14	0:19:11	0:15:19	0:43:43	2	
3	495	Ms	Phillips Helen	0:06:38	0:23:44	0:15:08	0:45:29	3	
4	487	Mrs	Cochran Jane	0:06:35	0:22:37	0:17:37	0:46:49	4	
5	434	Ms	Tan Serene	0:09:08	0:19:46	0:18:43	0:47:36	5	
6	464	Mrs	Bell-Anderson Kristy	0:07:50	0:22:35	0:19:00	0:49:24	6	
7	441	Ms	Lung Wen Jie	0:09:27	0:23:51	0:17:28	0:50:46	7	
8	462	Ms	Lee Lynn Lai Ying	0:10:06	0:27:22	0:16:05	0:53:32	8	
9	493	Ms	Chiang Cindy	0:09:33	0:27:18	0:17:10	0:54:00	9	
10	480	Ms	Ng Karen	0:08:16	0:24:47	0:21:01	0:54:03	10	
11	469	Ms	Ngo Cheryl	0:10:04	0:24:17	0:19:50	0:54:09	11	
12	421	Mrs	Ho Angeline	0:08:58	0:23:33	0:21:40	0:54:10	12	
13	428	Ms	Teo SuYin Bernadette	0:10:36	0:27:38	0:16:18	0:54:31	13	
14	431	Ms	Phang Adeline/Ching Yi	0:11:46	0:26:36	0:20:13	0:58:34	14	
15	420	Ms	Teng Yuenning	0:09:00	0:29:11	0:20:54	0:59:05	15	
16	453	Ms	Kwek Li Ling	0:08:27	0:27:32	0:23:34	0:59:32	16	
17	449	Ms	Hussin Noraini	0:13:25	0:24:53	0:21:22	0:59:40	17	
18	433	Ms	Chen Priscilla	0:15:39	0:25:33	0:19:09	1:00:20	18	
19	483	Ms	Koh Donna	0:09:50	0:29:10	0:21:52	1:00:51	19	
20	510	Ms	Elena Lim Tze Yee	0:09:43	0:34:34	0:19:10	1:03:26	20	
21	417	Ms	Lee Agnes	0:15:40	0:28:10	0:19:48	1:03:37	21	
22	436	Ms	Chua Kah Eng	0:10:51	0:33:38	0:23:49	1:08:16	22	
23	482	Ms	Jasni Anin	0:19:34	0:31:21	0:23:13	1:14:07	23	
24	508	Ms	Cindy Tan Sin Yee	0:10:13	0:46:23	0:28:38	1:25:12	24	

### Super Sprint Distance (Individual 30 - 39 yrs)

Pos.	Bib	Title	Name	Swim	Bike	Run	Total	RankCat	Remark
1	432	Ms	Keogh-Peters Gemma	0:05:57	0:18:18	0:13:58	0:38:13	1	
2	503	Ms	Pereles Libia	0:06:44	0:19:17	0:15:10	0:41:10	2	
3	422	Ms	Cornelius Shirley	0:07:59	0:21:05	0:15:17	0:44:21	3	
4	505	Ms	Then Anthea	0:07:06	0:23:58	0:14:20	0:45:23	4	
5	511	Ms	Nicole Nortmann	0:06:48	0:25:22	0:14:49	0:46:59	5	
6	504	Ms	Wikstrom Louise	0:08:21	0:23:31	0:15:08	0:47:00	6	
7	405	Mrs	Hegarty Michelle	0:08:04	0:25:48	0:14:39	0:48:30	7	
8	439	Mdm	Ong Daphne	0:08:01	0:24:47	0:16:07	0:48:54	8	
9	418	Mrs	LIOW ESTHER LOO HWA	0:09:40	0:24:13	0:15:05	0:48:57	9	
10	475	Ms	Werder Jodie	0:07:50	0:25:07	0:16:15	0:49:11	10	
11	443	Ms	Chiam Eleena	0:08:48	0:21:33	0:19:30	0:49:50	11	
12	411	Ms	Quek Sharon Jan Gee	0:09:32	0:23:38	0:16:42	0:49:51	12	
13	425	Ms	Rafman Heidi Kathryn	0:07:57	0:23:22	0:18:33	0:49:51	13	
14	454	Ms	Lui Wan Fern	0:08:42	0:21:56	0:19:27	0:50:05	14	
15	429	Ms	Cornelius Grace Leonora	0:09:57	0:23:14	0:17:25	0:50:35	15	
16	492	Ms	Hoh Eliza	0:12:51	0:21:24	0:16:48	0:51:02	16	

17	502	Mrs	O'Brien Kate	0:07:47	0:25:32	0:17:51	0:51:09	17
18	489	Ms	Dermawan Cinderella	0:11:00	0:22:26	0:18:17	0:51:42	18
19	419	Ms	Kang Corinne	0:08:17	0:26:05	0:18:33	0:52:54	19
20	458	Ms	Quek Hwee Ling	0:09:12	0:23:59	0:20:28	0:53:38	20
21	481	Ms	Neo Linda D Ling Ling	0:09:59	0:26:19	0:17:27	0:53:44	21
22	472	Ms	Galas Josephine	0:09:47	0:29:12	0:15:01	0:53:59	22
23	467	Ms	Nash Laura	0:08:34	0:28:06	0:17:29	0:54:09	23
24	450	Mdm	Teo Susan	0:11:43	0:25:58	0:17:33	0:55:13	24
25	490	Mrs	Tong-Davies Louise	0:08:30	0:27:54	0:18:51	0:55:14	25
26	447	Mdm	Soh Doris, Guek Kim	0:11:24	0:26:31	0:19:26	0:57:19	26
27	452	Ms	Tan Siew Ling	0:11:44	0:25:53	0:19:55	0:57:32	27
28	507	Ms	Ang Susan Soo San	0:09:57	0:30:01	0:17:56	0:57:53	28
29	465	Mrs	Walker Julianne	0:10:06	0:26:31	0:21:44	0:58:20	29
30	406	Ms	Yap Annie Hui Lian	0:12:42	0:26:37	0:22:18	1:01:36	30
31	407	Ms	Heywood Kerensa	0:09:33	0:27:28	0:24:52	1:01:52	31
32	427	Ms	Tan Pauline	0:12:15	0:31:27	0:19:08	1:02:48	32
33	486	Mrs	Beardsley Angela	0:10:54	0:25:43	0:26:41	1:03:17	33
34	473	Ms	Tan Jody	0:11:02	0:31:35	0:21:52	1:04:27	34
35	402	Ms	Doong Corinne	0:09:54	0:29:50	0:24:46	1:04:29	35
36	437	Ms	Yow Karen	0:10:25	0:30:11	0:23:55	1:04:31	36
37	414	Ms	Lee Michelle	0:10:39	0:35:27	0:19:04	1:05:09	37
38	471	Ms	Oh Puay San	0:52:29				0 DNF

### Super Sprint Distance (Individual 40 yrs and above)

Pos.	Bib	Title	Name	Swim	Bike	Run	Total	RankCat	Remark
1	494	Mrs	Lewis Susan	0:09:37	0:23:31	0:16:00	0:49:08	1	
2	440	Mrs	Lung Doris	0:10:36	0:23:14	0:19:10	0:52:59	2	
3	455	Ms	Wong Hong Ying	0:09:53	0:29:57	0:17:28	0:57:17	3	
4	491	Ms	Lee Chay Hwa, Joanne	0:10:24	0:27:55	0:19:10	0:57:29	4	
5	404	Mrs	Petersen Megan	0:08:35	0:25:11	0:24:03	0:57:48	5	
6	412	Mdm	Bong Janet	0:11:27	0:27:28	0:19:19	0:58:12	6	
7	477	Ms	Starkey Linda	0:12:00	0:29:32	0:21:15	1:02:47	7	
8	501	Mrs	Burton Angela	0:16:38	0:28:16	0:20:35	1:05:28	8	
9	466	Mrs	Hill Lisa	0:16:45	0:24:22	0:24:49	1:05:55	9	
10	415	Ms	Kong/Lay Lay	0:11:12	0:35:07	0:25:17	1:11:34	10	

Timing & Results by ChampionChip; 24/09/07 at 12:15:06