









# 2023 World Triathlon SuperSprint Championships Pontevedra

## Results by category

### Female 15-19 Year

Cat.R.	Bib	Name	Country	Swim	1st Transition	Bike	2nd Transition	Run	Finish Time
1	1333	Raphaela Lima	USA 	4:20	2:51	11:22	2:37	6:09	<b>27:18</b>
2	1329	Mili Diddee	GBR 	4:45	2:51	12:02	2:49	6:22	<b>28:47</b>
3	1327	Noelia Rey Gayoso	ESP 	4:36	3:04	11:57	2:46	6:30	<b>28:51</b>
4	1330	Eva Holden	GBR 	4:35	3:05	12:16	2:28	6:42	<b>29:04</b>
5	1335	Frédérique Danis	CAN 	5:14	2:56	12:47	2:59	7:24	<b>31:18</b>
6	1331	Lara Ingram-Weston	GBR 	5:22	3:36	13:10	2:48	7:18	<b>32:12</b>
7	1332	Nikita Coleman	NZL 	5:10	3:14	12:36	3:27	9:11	<b>33:36</b>
8	1336	Becky Vander Haeghe	CAN 	5:14	3:32	13:17	3:34	8:56	<b>34:32</b>

# 2023 World Triathlon SuperSprint Championships Pontevedra

## Results by category


### Male 15-19 Year

Cat.R.	Bib	Name	Country	Swim	1st Transition	Bike	2nd Transition	Run	Finish Time
1	1432	Lucas García Picón	ESP 	3:45	2:28	9:34	2:12	4:54	<b>22:51</b>
2	1439	George Turner	GBR 	3:46	2:18	10:09	2:04	5:16	<b>23:31</b>
3	1446	Julian Barre	USA 	3:40	2:32	9:48	2:26	5:23	<b>23:48</b>
4	1440	Eric Jäger	GER 	4:02	2:39	9:56	2:18	5:16	<b>24:09</b>
5	1438	Ben Sproats	GBR 	4:34	2:15	9:58	2:12	5:11	<b>24:09</b>
6	1448	Carlos Andres Mejía Gallego	AND 	3:44	2:36	10:14	2:21	5:20	<b>24:13</b>
7	1444	Guilherme Neves	POR 	3:49	2:27	10:10	2:24	5:27	<b>24:15</b>
8	1445	Cheng-Hsi Tai	TPE 	4:19	2:35	10:21	2:32	5:38	<b>25:22</b>
9	1449	Alistair Hickey	AUS 	4:22	2:32	11:01	2:33	5:05	<b>25:31</b>
10	1436	Harrison Lee	GBR 	3:59	2:44	10:48	2:27	5:38	<b>25:33</b>
11	1433	Lucas Ribo Miguel	ESP 	3:59	2:32	10:50	2:32	5:50	<b>25:43</b>
12	1443	Edward Fuller	NZL 	4:14	2:40	9:45	2:45	6:32	<b>25:54</b>
13	1442	Héctor González Dueñas	MEX 	4:13	2:29	11:27	2:49	5:30	<b>26:25</b>
14	1437	Isaac Mitcham	GBR 	4:28	2:44	11:04	2:18	5:53	<b>26:27</b>
15	1434	Jarryd Claydon-Folley	GBR 	4:03	3:01	10:52	2:47	6:23	<b>27:04</b>
16	1447	Cooper Gordon	USA 	4:59	3:04	10:53	3:17	5:31	<b>27:43</b>
17	1435	Jacob Gardner	GBR 	4:48	2:46	10:50	3:03	6:46	<b>28:12</b>

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## Results by category













### Female 20-24 Year

Cat.R.	Bib	Name	Country	Swim	1st Transition	Bike	2nd Transition	Run	Finish Time
1	1342	Elizabeth Ordeman	USA 	5:06	2:57	11:12	2:49	5:38	27:39
2	1345	Ashleigh Lawson	AUS 	4:31	3:12	11:44	2:49	6:28	28:42
3	1339	Peta Jarvis	GBR 	4:51	3:03	11:58	2:54	7:05	29:50
4	1338	Esther Frawley	GBR 	5:24	3:41	11:39	3:22	7:04	31:08
5	1344	Georgia Kool	AUS 	5:39	3:12	12:45	2:56	7:33	32:03
6	1337	Kelly Brick	GBR 	5:30	3:23	13:31	3:13	7:47	33:23
7	1343	Annabel Baster	AUS 	6:07	4:45	15:05	4:29	9:21	39:46

# 2023 World Triathlon SuperSprint Championships Pontevedra

## Results by category

### Male 20-24 Year

Cat.R.	Bib	Name	Country	Swim	1st Transition	Bike	2nd Transition	Run	Finish Time
1	1455	Julian Becker	GER 	3:39	2:39	9:02	2:20	5:19	<b>22:58</b>
2	1457	Liam Miller	NZL 	4:06	2:20	9:31	2:34	5:22	<b>23:50</b>
3	1450	Marcos Gómez Rilo	ESP 	3:54	2:33	10:01	2:21	5:20	<b>24:07</b>
4	1458	Ryan Williams	NZL 	4:41	2:38	9:47	2:10	5:01	<b>24:15</b>
5	1459	Karol Nivette	POL 	4:14	2:33	9:39	2:37	5:47	<b>24:48</b>
6	1461	Quentin Fantoli	SUI 	4:34	3:01	9:52	2:32	5:15	<b>25:11</b>
7	1454	Ollie Greensill	GBR 	4:02	2:49	10:05	2:37	5:48	<b>25:18</b>
8	1451	Arthur Arblade	FRA 	4:31	2:49	10:01	2:21	6:06	<b>25:45</b>
9	1460	Piotr Zwadlo	POL 	4:09	2:54	10:53	2:49	5:36	<b>26:18</b>
10	1462	Jacob Bray	CAN 	5:15	2:36	10:22	2:41	5:46	<b>26:39</b>
11	1453	Daniel Durkin	GBR 	5:09	3:14	11:30	2:41	5:28	<b>28:01</b>
12	1452	Jayson Wersy	FRA 	4:52	3:24	10:54	2:53	6:01	<b>28:02</b>

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## Results by category










### Female 25-29 Year

Cat.R.	Bib	Name	Country	Swim	1st Transition	Bike	2nd Transition	Run	Finish Time
1	1351	Aleksandra Bańbor	POL 	4:03	2:44	10:50	2:44	6:04	<b>26:23</b>
2	1353	Jenny Gormley	USA 	4:21	2:49	11:21	2:46	5:45	<b>26:58</b>
3	1352	Olivia Christmann	USA 	5:24	3:14	11:17	2:57	6:07	<b>28:58</b>
4	1350	Cho Ieng Lei	MAC	5:09	3:07	11:46	2:57	6:48	<b>29:46</b>
5	1349	Eva Russell	GBR 	5:09	3:01	12:08	2:52	6:57	<b>30:05</b>
6	1347	Tilly Bland	GBR 	6:30	3:05	11:31	2:54	6:24	<b>30:22</b>
7	1355	Anny Vargas	COL 	5:52	3:15	11:39	3:06	6:37	<b>30:27</b>
8	1346	Cristina Cuevas Reinaldo	ESP 	5:10	3:34	12:38	2:53	6:45	<b>30:56</b>
9	1354	Melanie Bouchard	CAN 	5:20	4:04	13:37	3:58	8:31	<b>35:28</b>
10	1348	Courtney Brick	GBR 	5:12	3:39	14:12	3:41	8:55	<b>35:37</b>

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## Results by category















### Male 25-29 Year

Cat.R.	Bib	Name	Country	Swim	1st Transition	Bike	2nd Transition	Run	Finish Time
1	1468	Bradley Janse van Rensburg	RSA 	4:23	2:47	9:48	2:56	5:22	<b>25:14</b>
2	1469	Andrew Miano	AUS 	4:36	2:39	10:12	2:34	5:45	<b>25:45</b>
3	1470	Julien Vanbellaiengh	BEL 	4:11	3:11	10:41	2:34	5:19	<b>25:54</b>
4	1471	Julián Esteban Villate Camargo	COL 	5:03	3:02	10:04	2:44	5:24	<b>26:15</b>
5	1467	Andrew Berry	RSA 	4:58	3:17	9:52	2:45	5:44	<b>26:34</b>
6	1466	Charles Mugglestone	GBR 	5:20	2:43	10:43	2:30	6:00	<b>27:14</b>
7	1464	Ben Flower	GBR 	5:08	2:45	9:50	2:45	7:23	<b>27:49</b>
8	1465	Thomas James	GBR 	5:06	3:19	11:10	2:53	6:38	<b>29:04</b>
9	1463	Victor Salas Padilha	ESP 	5:49	3:19	11:40	3:06	6:59	<b>30:51</b>

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## Results by category


### Female 30-34 Year

Cat.R.	Bib	Name	Country	Swim	1st Transition	Bike	2nd Transition	Run	Finish Time
1	1362	Estefany Isabel Segura Vázquez	MEX 	4:36	3:01	11:42	2:51	6:15	<b>28:23</b>
2	1363	Monika Malecka	POL 	5:26	3:09	11:01	2:38	6:13	<b>28:25</b>
3	1370	Irina Metelyuk	CAN 	5:42	3:05	11:15	2:58	6:29	<b>29:27</b>
4	1359	Jayne Emery	GBR 	5:30	3:23	11:53	2:59	6:15	<b>29:57</b>
5	1358	Lucy Crookston	GBR 	5:16	3:08	11:44	2:52	7:02	<b>30:00</b>
6	1360	Ruth McDowall	GBR 	5:37	3:21	11:48	3:01	6:47	<b>30:33</b>
7	1367	Carissa Fry	USA 	5:49	3:33	11:15	3:22	6:52	<b>30:50</b>
8	1356	Maria Isabel Perea Moran	ESP 	5:08	3:33	12:34	3:02	6:37	<b>30:52</b>
9	1364	Sybilla Merian	SUI 	5:26	3:14	11:17	3:19	7:43	<b>30:56</b>
10	1369	Maria Julia De Barros Orsolini	BRA 	5:22	3:16	12:07	3:10	7:14	<b>31:06</b>
11	1361	Nicola Staples	GBR 	5:33	3:27	11:57	3:22	7:07	<b>31:23</b>
12	1366	Caitlin Cooper	USA 	5:05	3:25	12:40	3:24	7:49	<b>32:21</b>
13	1357	Jodie Bennett	GBR 	6:21	3:30	12:30	3:15	7:46	<b>33:19</b>
14	1365	Kalthoum Almaazmi	UAE 	9:52	3:44	15:50	3:40	7:33	<b>40:38</b>

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## Results by category

### Male 30-34 Year

Cat.R.	Bib	Name	Country	Swim	1st Transition	Bike	2nd Transition	Run	Finish Time
1	1474	Alejandro Romero Perez De Tudela	ESP 	3:53	2:45	9:56	2:23	5:21	<b>24:16</b>
2	1476	Ash Chambers	GBR 	4:18	2:40	10:48	2:16	5:18	<b>25:17</b>
3	1478	Jack Thompson	GBR 	4:59	2:36	9:57	2:23	5:33	<b>25:26</b>
4	1482	James Thorstenson	NZL 	4:43	3:23	9:20	2:46	5:35	<b>25:45</b>
5	1475	Miguel Sancho Martin	ESP 	4:18	2:56	10:44	2:25	5:31	<b>25:53</b>
6	1489	Andrés David Sánchez Vega	COL 	4:55	2:37	10:40	2:27	5:32	<b>26:09</b>
7	1485	Jack Ray	AUS 	4:46	3:16	9:47	2:52	5:46	<b>26:25</b>
8	1479	Alex James Ward	GBR 	4:56	2:56	10:39	2:32	5:39	<b>26:40</b>
9	1477	Chris Fenn	GBR 	4:57	3:00	10:33	2:25	6:02	<b>26:55</b>
10	1486	Evan Heenan	CAN 	4:39	3:22	11:10	2:40	5:33	<b>27:22</b>
11	1481	Hordur Ragnarsson	ISL 	5:47	3:05	9:58	2:34	6:03	<b>27:26</b>
12	1480	Sean Redmond	IRL 	5:15	3:14	10:44	3:08	6:12	<b>28:32</b>
13	1487	Steven Hernandez Sanchez	COL 	5:17	3:22	11:18	2:36	6:03	<b>28:34</b>
14	1473	Ricardo Fernandez Garcia	ESP 	5:50	3:03	10:42	3:09	6:11	<b>28:52</b>
15	1488	Manuel Alejandro Prada Vela	COL 	5:29	3:10	11:20	2:58	6:00	<b>28:55</b>
16	1472	Juan Antonio Arcones Higuera	ESP 	5:50	3:38	10:46	3:07	5:58	<b>29:17</b>
17	1483	Barthelemy Thirion	UAE 	4:35	3:28	11:59	3:32	7:05	<b>30:37</b>
18	1484	Timothy Broadenax	USA 	6:13	3:39	12:55	3:53	6:31	<b>33:10</b>



# 2023 World Triathlon SuperSprint Championships Pontevedra

## Results by category

### Female 35-39 Year

Cat.R.	Bib	Name	Country	Swim	1st Transition	Bike	2nd Transition	Run	Finish Time
1	1379	Ange Keen	NZL 	4:41	2:45	10:37	2:41	6:14	<b>26:55</b>
2	1386	Wendy Seguine	USA 	4:57	3:45	11:25	2:42	6:48	<b>29:35</b>
3	1389	Bronwyn Russel	CAN 	5:44	2:51	11:51	2:50	6:38	<b>29:54</b>
4	1375	Gemma Brown	GBR 	5:37	3:13	11:38	3:07	7:11	<b>30:44</b>
5	1372	Irene Fleitas Imbernon	ESP 	4:27	3:12	13:32	2:49	6:57	<b>30:55</b>
6	1382	Amy Delashmit	USA 	5:52	3:16	11:57	3:04	6:56	<b>31:04</b>
7	1381	Zelmare Viljoen	UAE 	5:15	3:38	11:59	3:20	6:56	<b>31:06</b>
8	1373	Carmen Fuerte Carillo	ESP 	5:35	3:51	12:45	2:51	6:28	<b>31:28</b>
9	1377	Sarah Perrin	GBR 	6:43	3:28	11:32	3:12	6:40	<b>31:33</b>
10	1383	Micaela Gonzalez Kail	USA 	4:58	4:08	12:16	3:17	7:11	<b>31:48</b>
11	1380	Phoenix Bean	UAE 	5:25	4:00	12:12	3:50	6:57	<b>32:21</b>
12	1388	Bri Rive	CAN 	6:06	3:46	12:08	4:03	7:31	<b>33:33</b>
13	1384	Ashley Ingram	USA 	5:38	4:13	12:34	3:45	7:46	<b>33:53</b>
14	1385	Jessica Morgan	USA 	6:08	4:10	13:24	3:31	7:24	<b>34:35</b>
15	1376	Kitiara Pascoe	GBR 	6:59	4:25	13:19	2:50	7:21	<b>34:51</b>
16	1374	Marina Serrano Liria	ESP 	7:29	3:47	14:07	2:59	7:33	<b>35:53</b>
17	1378	Irma Araceli González Lee	MEX 	5:58	6:18	13:06	3:54	7:18	<b>36:32</b>
1390	1390	Irina Shtepa	CAN 	6:09	3:37	34:36	—	—	—

# 2023 World Triathlon SuperSprint Championships Pontevedra

## Results by category





















### Male 35-39 Year

Cat.R.	Bib	Name	Country	Swim	1st Transition	Bike	2nd Transition	Run	Finish Time
1	1495	Craig Dale	GBR 	4:14	2:48	9:24	2:25	5:29	<b>24:19</b>
2	1507	Brek Minarik	USA 	4:32	2:37	9:44	2:41	5:01	<b>24:34</b>
3	1492	Eduardo Alberto Saavedra Lagares	ESP 	4:05	3:01	10:05	2:20	5:28	<b>24:57</b>
4	1506	Dave LeVeque	USA 	4:13	2:38	10:12	2:22	5:42	<b>25:05</b>
5	1511	Bennett Rive	CAN 	4:49	2:57	9:22	2:42	5:37	<b>25:25</b>
6	1512	German Alonso Carranza Quiceno	COL 	4:37	2:38	10:19	2:33	5:26	<b>25:31</b>
7	1500	Martin Mckinlay	GBR 	4:56	2:56	10:11	2:22	5:40	<b>26:03</b>
8	1504	Paul Preston	NZL 	4:34	2:51	10:05	2:55	5:42	<b>26:05</b>
9	1494	Timothy Bagguley	GBR 	4:08	3:12	10:05	2:46	6:02	<b>26:12</b>
10	1497	Luke Halliday	GBR 	4:18	2:48	10:34	2:37	6:01	<b>26:15</b>
11	1510	Patrick Labossiere	CAN 	5:08	2:59	10:03	2:23	5:45	<b>26:16</b>
12	1503	Israel Solórzano Reyes	MEX 	4:30	3:19	10:19	2:37	5:38	<b>26:21</b>
13	1502	Héctor David Quezada de las Heras	MEX 	4:53	2:58	10:26	2:54	5:40	<b>26:48</b>
14	1508	Ryan Duff	AUS 	4:39	3:17	10:33	2:41	5:48	<b>26:58</b>
15	1499	Adam Lee	GBR 	4:26	3:14	11:03	2:37	5:43	<b>27:02</b>
16	1501	Hiram Kazim Cárdenas Zavala	MEX 	4:35	3:08	11:15	2:30	5:41	<b>27:07</b>
17	1513	Yonattan Florez L	COL 	5:15	3:18	10:26	2:48	5:35	<b>27:20</b>
18	1498	Adrian Haywood	GBR 	4:46	3:09	10:24	2:54	6:20	<b>27:32</b>
19	1490	Francisco Gil Gomez	ESP 	5:31	2:46	11:32	2:47	5:44	<b>28:19</b>
20	1496	Graham Ellicott	GBR 	5:03	3:44	10:51	3:33	6:43	<b>29:53</b>
21	1493	Albert Sarda Gimeno	ESP 	5:15	3:48	11:32	2:54	6:36	<b>30:03</b>
22	1491	Juan Daniel Iglesias Ayllón	ESP 	5:06	3:26	12:34	2:57	6:25	<b>30:26</b>
23	1509	Iury Lima Veloso	BRA 	5:26	4:15	11:25	3:19	6:49	<b>31:11</b>

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## Results by category


























### Female 40-44 Year

Cat.R.	Bib	Name	Country	Swim	1st Transition	Bike	2nd Transition	Run	Finish Time
1	1408	Andrea Damiani	CAN 	4:20	3:17	10:59	3:05	6:59	<b>28:40</b>
2	1397	Kathy Wellam	GBR 	5:12	3:09	11:39	2:34	6:17	<b>28:50</b>
3	1405	Melissa Langworthy	USA 	5:22	3:19	10:43	2:51	6:59	<b>29:12</b>
4	1404	Elisabeth Hesse	USA 	4:35	3:17	11:51	2:55	6:40	<b>29:16</b>
5	1402	Alice Boyce	USA 	4:46	3:11	11:18	3:14	7:19	<b>29:47</b>
6	1399	Monika Ożarowska	POL 	4:59	3:32	11:43	3:17	6:43	<b>30:12</b>
7	1395	Zoe Lilly	GBR 	5:52	3:27	11:14	3:18	6:35	<b>30:24</b>
8	1403	Shannon Dee	USA 	5:03	3:30	11:34	3:21	7:01	<b>30:27</b>
9	1396	Sandra Weir	GBR 	5:14	3:34	12:24	2:46	6:47	<b>30:44</b>
10	1392	Emily Dye	GBR 	5:18	3:25	11:55	3:03	7:05	<b>30:45</b>
11	1398	Lynda Zirdok Betch	MEX 	5:08	4:16	12:44	3:27	6:24	<b>31:58</b>
12	1394	Charlie Lewington-Loades	GBR 	5:46	3:36	11:55	3:20	7:30	<b>32:06</b>
13	1401	Milena Mitic	UAE 	5:29	4:00	13:23	3:02	7:08	<b>33:00</b>
14	1393	Amy Fonseca Williams	GBR 	6:20	3:40	12:16	3:56	8:03	<b>34:13</b>
15	1391	Elizabeth Barlow	GBR 	8:06	3:07	13:15	2:50	7:10	<b>34:27</b>
16	1409	Jody Deane	CAN 	6:46	4:35	12:46	3:22	7:38	<b>35:05</b>
17	1410	Catherine Avellaneda Rojas	COL 	7:17	4:48	12:36	3:39	8:04	<b>36:24</b>
18	1411	Alexandra Gallego	COL 	8:17	3:54	13:14	4:49	7:48	<b>38:00</b>
19	1400	Nuha Luqman	UAE 	8:10	6:24	16:25	6:20	10:07	<b>47:24</b>
	1407	Catherine Bélanger	CAN 	5:22	3:28	—	—	—	—

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## Results by category













### Male 40-44 Year

Cat.R.	Bib	Name	Country	Swim	1st Transition	Bike	2nd Transition	Run	Finish Time
1	1533	Thomas Winkelmann	GER 	3:49	2:46	9:32	2:25	5:16	23:46
2	1517	David Rodriguez Lopez	ESP 	3:49	2:42	9:50	2:21	5:25	24:06
3	1531	Hendrik Becker	GER 	4:06	2:35	9:38	2:24	5:33	24:13
4	1532	Kay Eckelt	GER 	4:29	2:34	9:37	2:26	5:30	24:35
5	1529	Luke Reed	GBR 	4:28	2:38	10:08	2:21	5:31	25:04
6	1530	Howard Tansley	GBR 	4:10	2:47	10:04	2:29	5:42	25:09
7	1550	Ben Taylor	AUS 	4:16	2:53	9:55	2:29	5:38	25:09
8	1537	Terence Jack	NZL 	3:41	3:09	10:13	2:33	5:47	25:19
9	1546	Lawrence Herold	USA 	4:33	2:52	10:13	2:30	5:43	25:49
10	1538	Brad McNamara	NZL 	5:19	2:26	9:23	3:15	5:35	25:56
11	1534	Rodrigo Gómez Cuentas	MEX 	4:19	2:40	10:28	2:42	6:06	26:14
12	1551	Wim Ponsaert	BEL 	4:52	2:49	10:22	2:43	5:52	26:35
13	1526	Daniel Graham	GBR 	4:32	3:04	10:11	2:39	6:14	26:38
14	1528	Liam Meggitt	GBR 	5:04	3:21	10:20	2:22	5:56	27:02
15	1540	Mathieu Al Kharfan	UAE 	4:25	3:10	10:49	2:46	6:01	27:10
16	1536	Thomas Burgess	NZL 	4:36	2:37	9:57	2:45	7:20	27:14
17	1527	Pete Hodgson	GBR 	5:01	2:58	10:27	2:34	6:21	27:20
18	1549	Cameron Bloomfield	AUS 	5:10	3:05	9:54	3:06	6:12	27:26
19	1518	Felipe Veiga Jalda	ESP 	4:29	2:56	10:26	3:02	6:53	27:44
20	1547	Nicholas Heyne	USA 	4:58	2:53	10:43	2:50	6:21	27:44
21	1520	Richard Addison	GBR 	5:15	3:19	11:01	2:43	5:48	28:05
22	1523	Andrew Barnard	GBR 	4:44	3:24	10:22	3:07	6:37	28:12
23	1535	Carlos Alejandro González Martínez Olivares	MEX 	5:26	3:28	10:56	2:52	5:59	28:39
24	1545	Michael Delashmit	USA 	5:30	2:58	11:11	2:59	6:33	29:10
25	1544	Philip Burkart	USA 	5:54	3:07	11:30	2:49	6:02	29:19
26	1548	Scott Morgan	USA 	5:06	3:18	11:49	2:53	6:26	29:30
27	1543	Winston Cowie	UAE 	5:35	3:45	11:25	2:39	6:35	29:58
28	1519	Aurelien Freret	FRA 	5:03	3:30	11:10	3:49	6:34	30:03
29	1522	Paul Bamber	GBR 	5:23	3:49	11:24	3:14	7:01	30:49
30	1552	Jacques Rocha	BRA 	6:10	4:30	12:20	3:32	6:52	33:23
31	1525	Andrew Evangelou	GBR 	7:20	3:42	12:24	3:24	6:46	33:34
32	1539	Martin Imboden	SUI 	6:52	4:12	11:50	3:14	7:51	33:57
33	1521	Chris Baldwin	GBR 	7:02	4:17	11:52	3:16	7:34	34:00
34	1553	Luis eduardo Malagon velez	COL 	6:35	4:12	12:22	3:19	8:49	35:16
35	1541	Sameh Al Qubaisi	UAE 	8:23	4:04	10:35	5:04	7:21	35:25
36	1514	Eduardo Rodrigo Fernandez Fernandez	ESP 	7:10	4:41	13:30	3:37	7:30	36:26
37	1542	Nabil Almessabi	UAE 	7:56	4:11	12:49	4:30	7:04	36:28

# 2023 World Triathlon SuperSprint Championships Pontevedra

## Results by category

### Female 45-49 Year

Cat.R.	Bib	Name	Country	Swim	1st Transition	Bike	2nd Transition	Run	Finish Time
1	1417	Sarah Richardson	GBR 	4:30	2:56	11:22	2:12	5:55	<b>26:52</b>
2	1416	Amy Pritchard	GBR 	4:13	3:15	10:58	2:40	6:55	<b>28:00</b>
3	1422	Marisa Rastetter	USA 	4:48	3:15	11:06	3:01	6:23	<b>28:32</b>
4	1426	Catherine Bertrand	CAN 	5:38	2:59	11:21	2:51	6:41	<b>29:29</b>
5	1413	Aly Dixon	GBR 	7:17	3:10	12:25	2:24	5:28	<b>30:42</b>
6	1415	Michelle Marshall	GBR 	5:48	3:27	12:23	2:53	6:35	<b>31:04</b>
7	1414	Alison Hopkins	GBR 	6:19	3:50	12:09	2:43	6:24	<b>31:24</b>
8	1423	Catherine Trent	USA 	5:04	3:40	12:10	3:27	7:34	<b>31:55</b>
9	1418	Maria Hurter	UAE 	5:27	4:13	12:05	4:05	7:29	<b>33:18</b>
10	1412	Nicki Broad	GBR 	6:53	3:39	12:30	3:30	8:06	<b>34:37</b>
11	1425	Cassandra McNamara	AUS 	6:12	3:43	13:00	3:53	8:19	<b>35:05</b>
12	1421	Katharine Posner	USA 	6:01	4:39	13:43	3:53	9:05	<b>37:19</b>

# 2023 World Triathlon SuperSprint Championships Pontevedra

## Results by category

### Male 45-49 Year

Cat.R.	Bib	Name	Country	Swim	1st Transition	Bike	2nd Transition	Run	Finish Time
1	1206	Donald Brooks	GBR	3:55	2:43	9:24	2:24	5:18	23:43
2	1220	Patrick Tierney	IRL	4:04	2:59	9:07	2:34	5:31	24:13
3	1201	Victor Sánchez García	ESP	4:26	2:38	9:49	2:22	5:21	24:34
4	1202	Albert Torres Carles	ESP	4:17	2:45	9:53	2:21	5:52	25:06
5	1221	Geir Omarsson	ISL	5:04	2:49	9:42	2:51	5:32	25:56
6	1197	Antonio Font Tomás	ESP	4:27	3:04	10:37	2:29	5:33	26:08
7	1214	James Potter	GBR	4:44	2:56	10:18	2:38	5:34	26:08
8	1196	Miguel Daporta Méndez	ESP	4:22	2:33	11:53	2:08	5:15	26:08
9	1228	Adam Burke	USA	4:37	2:48	10:44	2:37	6:03	26:46
10	1203	Juan Antonio Vergara Nebro	ESP	4:03	2:56	10:52	2:42	6:14	26:46
11	1207	Thomas Dawson	GBR	4:46	3:23	10:21	2:40	6:23	27:31
12	1217	Garry Walker	GBR	4:46	3:16	10:44	2:45	6:15	27:44
13	1204	Dave Barlow	GBR	5:51	2:48	11:06	2:23	5:51	27:57
14	1211	Geoff McMullan	GBR	4:43	3:27	10:55	2:56	6:05	28:05
15	1208	Adam Diver	GBR	4:37	3:18	11:07	2:52	6:31	28:24
16	1224	Daniel Enrique Thomas Moretti	MEX	4:35	3:15	11:00	3:11	6:29	28:27
17	1229	Brian Kirkpatrick	USA	4:13	3:49	10:27	3:23	6:41	28:31
18	1209	Martin Fenton	GBR	4:47	3:20	11:37	2:51	6:22	28:55
19	1216	Ian Thompson	GBR	5:30	3:06	11:20	2:38	6:35	29:07
20	1212	Christopher Nicholas	GBR	5:42	3:19	11:22	2:57	5:52	29:09
21	1199	Juan Luis Notario Urgel	ESP	5:37	3:10	12:00	2:33	6:14	29:31
22	1205	Nick Barton	GBR	4:58	3:33	10:57	3:01	7:08	29:35
23	1215	Darren Pyefinch	GBR	5:37	3:13	11:10	3:13	6:45	29:56
24	1218	William Walsh	GBR	5:39	3:24	11:21	3:11	6:28	30:01
25	1198	Francisco Javier Iglesias Prado	ESP	6:18	3:00	11:26	2:51	6:43	30:17
26	1227	Nicolae Lazar	UAE	6:09	3:15	11:48	3:06	6:25	30:41
27	1210	Ashley Kirkham	GBR	5:42	3:36	11:22	2:53	7:14	30:46
28	1194	Francisco Antonio Alvar Dacosta	ESP	5:36	3:46	12:20	2:55	6:25	31:00
29	1213	Ian Pennells	GBR	5:41	3:16	12:05	2:59	7:26	31:26
30	1231	Khalil Khelladi	CAN	5:03	4:34	11:20	4:27	6:38	32:00
31	1195	Martin Civera Saez	ESP	4:34	4:07	11:15	4:18	10:22	34:35
32	1230	Roderick Kilborn	AUS	5:48	6:52	13:25	6:47	14:54	47:44
<del>1226</del>	<del>1226</del>	<del>Andrew Edwards</del>	<del>UAE </del>	<del>4:36</del>	<del>2:33</del>	<del>—</del>	<del>—</del>	<del>—</del>	<del>—</del>

# 2023 World Triathlon SuperSprint Championships Pontevedra

## Results by category

































### Female 50-54 Year

Cat.R.	Bib	Name	Country	Swim	1st Transition	Bike	2nd Transition	Run	Finish Time
1	1132	Suzanne Chandler	CAN 	4:57	3:09	10:54	2:44	6:22	<b>28:04</b>
2	1124	Kai Sachtleber	GER 	4:34	3:20	10:51	2:55	6:58	<b>28:35</b>
3	1123	Gabriele Keck	GER 	5:12	3:27	10:40	2:58	6:56	<b>29:11</b>
4	1128	Tanja DiGrande	USA 	5:34	3:29	11:22	3:00	6:33	<b>29:57</b>
5	1116	Alison Grinnell	GBR 	4:49	3:30	11:39	3:11	7:05	<b>30:11</b>
6	1129	Michelle Lingenfelser	USA 	5:48	3:55	11:31	3:03	7:00	<b>31:15</b>
7	1127	Julianna Batizy-Morley	USA 	5:07	3:50	12:26	3:05	6:56	<b>31:23</b>
8	1130	Penny Ivory	AUS 	5:42	3:46	11:18	3:40	7:17	<b>31:41</b>
9	1125	María Teresita Bayardo Solórzano	MEX 	6:00	3:56	11:53	3:51	7:38	<b>33:16</b>
10	1133	Teresa Tomchak	CAN 	7:48	3:25	12:26	3:03	6:54	<b>33:35</b>
11	1134	Lucie Tremblay	CAN 	5:52	3:54	12:22	3:41	8:01	<b>33:48</b>
12	1120	Maria Nunez	GBR 	6:20	4:11	12:43	3:28	7:32	<b>34:12</b>
13	1122	Dörte Fehse-Ehlert	GER 	6:00	4:04	11:35	3:51	8:45	<b>34:13</b>
14	1119	Terri Mason	GBR 	7:05	4:11	12:19	3:34	7:10	<b>34:17</b>
15	1114	Jayne Dickens	GBR 	6:31	4:03	12:52	3:22	7:43	<b>34:29</b>
16	1117	Samantha Harding	GBR 	7:01	3:32	13:26	3:00	7:39	<b>34:36</b>
17	1113	Katherine Baldwin	GBR 	6:16	3:58	12:03	3:37	8:46	<b>34:38</b>
18	1112	Magali Dejean	FRA 	6:28	4:03	12:53	3:58	7:26	<b>34:47</b>
19	1121	Tina Peck	GBR 	6:56	4:18	12:56	3:52	7:03	<b>35:04</b>

# 2023 World Triathlon SuperSprint Championships Pontevedra

## Results by category

### Male 50-54 Year















Cat.R.	Bib	Name	Country	Swim	1st Transition	Bike	2nd Transition	Run	Finish Time
1	1240	Steven Carragher	GBR 	4:10	2:49	10:24	2:11	5:22	<b>24:54</b>
2	1258	Miroslav Ozorak	SVK 	4:17	2:25	10:02	2:49	5:30	<b>25:01</b>
3	1233	Asier Astigarraga Olaizola	ESP 	4:13	3:03	10:00	2:18	5:30	<b>25:02</b>
4	1235	Miguel Martínez Bonet	ESP 	4:39	2:47	9:52	2:27	5:34	<b>25:17</b>
5	1267	Arthur Winter	AUT 	4:20	2:50	9:34	2:35	6:03	<b>25:20</b>
6	1234	Hugo Ecija Bernal	ESP 	4:23	2:50	9:44	2:27	6:05	<b>25:28</b>
7	1270	Rudolf Cogan	CZE 	5:10	2:41	9:31	2:30	5:39	<b>25:29</b>
8	1252	Phillip Becker	GER 	4:40	3:00	9:18	2:45	6:00	<b>25:41</b>
9	1256	Gonçalo Neves	POR 	4:22	2:52	10:28	2:26	5:39	<b>25:44</b>
10	1268	Nicholas Kolodzie	CAN 	4:36	3:05	9:49	2:41	5:48	<b>25:57</b>
11	1237	Thierry Marquant	FRA 	4:41	3:01	10:06	2:42	5:55	<b>26:23</b>
12	1261	Alcides De Quesada	USA 	4:05	3:14	11:00	2:46	5:34	<b>26:36</b>
13	1242	Simon Hoppe	GBR 	4:45	3:02	10:10	2:49	6:01	<b>26:45</b>
14	1244	Mark Hunter	GBR 	4:38	3:04	10:27	2:33	6:11	<b>26:52</b>
15	1263	James Smith	USA 	4:47	3:08	10:22	2:43	6:30	<b>27:28</b>
16	1245	Simon Lewis	GBR 	5:14	2:59	10:23	2:37	6:33	<b>27:44</b>
17	1269	Francois Tessier	CAN 	4:58	3:01	10:09	2:47	6:55	<b>27:48</b>
18	1265	Brent Wiltshire	USA 	5:12	3:48	10:06	2:27	6:19	<b>27:50</b>
19	1262	Neal Henderson	USA 	4:32	3:27	10:11	3:21	6:36	<b>28:05</b>
20	1251	Philip Wallace	GBR 	5:00	3:14	11:19	2:51	6:16	<b>28:39</b>
21	1253	Chris Martin	GER 	6:02	3:26	9:49	3:14	6:13	<b>28:40</b>
22	1239	Peter Biggs	GBR 	4:48	3:29	11:19	3:07	7:02	<b>29:42</b>
23	1248	Mike Russell	GBR 	6:42	3:04	11:14	2:32	6:18	<b>29:47</b>
24	1249	Stuart Simms	GBR 	5:14	3:20	10:58	3:04	7:14	<b>29:49</b>
25	1255	David Trejo Zuñiga	MEX 	5:50	3:22	11:36	3:06	6:23	<b>30:15</b>
26	1246	Andrew Parker	GBR 	4:50	3:23	11:41	3:12	7:14	<b>30:17</b>
27	1247	Clive Richardson	GBR 	5:04	3:08	12:19	2:44	7:20	<b>30:34</b>
28	1236	Carlos Andres Ramirez Duarte	ESP 	5:23	3:32	11:08	3:28	7:15	<b>30:44</b>
29	1257	Douglas Fogoz	SUI 	5:20	4:10	11:38	3:22	7:40	<b>32:07</b>
30	1238	Benjamin Bennett	GBR 	5:51	4:02	11:25	3:27	7:43	<b>32:26</b>
31	1264	Kevin Tingley	USA 	5:40	4:18	11:07	3:44	8:00	<b>32:47</b>
32	1254	Leon Orr	IRL 	6:17	4:13	12:14	4:03	7:17	<b>34:01</b>



# 2023 World Triathlon SuperSprint Championships Pontevedra

## Results by category

### Female 55-59 Year

Cat.R.	Bib	Name	Country	Swim	1st Transition	Bike	2nd Transition	Run	Finish Time
1	1146	Steph Popelar	USA 	4:49	2:57	10:53	2:44	6:17	<b>27:38</b>
2	1141	Nicole Best	GER 	4:48	3:14	11:10	3:08	6:11	<b>28:30</b>
3	1144	Antje Ungewickell	GER 	5:32	2:56	11:06	2:49	6:15	<b>28:37</b>
4	1147	Sabine Greipel	AUT 	4:56	3:30	11:16	2:54	7:13	<b>29:46</b>
5	1148	Nancy Goodall	CAN 	6:24	3:43	12:18	3:12	6:34	<b>32:09</b>
6	1143	Steffi Meyers	GER 	6:17	3:38	11:46	3:07	7:23	<b>32:10</b>
7	1135	Kathryn Butt	GBR 	5:22	3:39	12:39	3:19	7:56	<b>32:53</b>
8	1137	Carol Francis	GBR 	5:17	3:50	13:16	3:10	7:35	<b>33:05</b>
9	1136	Jane Fontana	GBR 	5:26	3:55	13:23	3:12	7:32	<b>33:26</b>
10	1142	Leonie Brockmann	GER 	7:14	3:26	12:20	3:13	7:36	<b>33:47</b>
11	1138	Sarah Linnard	GBR 	5:56	4:00	13:19	3:26	7:09	<b>33:49</b>
12	1139	Victoria Miller	GBR 	6:43	3:29	12:43	3:21	7:57	<b>34:11</b>
13	1140	Kim Owen	GBR 	7:29	4:49	14:00	3:03	7:45	<b>37:04</b>
14	1145	Suzanne Brown	USA 	6:05	7:05	16:14	6:25	13:54	<b>49:40</b>

# 2023 World Triathlon SuperSprint Championships Pontevedra

## Results by category













### Male 55-59 Year

Cat.R.	Bib	Name	Country	Swim	1st Transition	Bike	2nd Transition	Run	Finish Time
1	1300	Udo Van Stevendaal	GER	4:44	2:54	9:19	2:27	5:25	24:47
2	1275	Gonzalo Martin Santana	ESP	4:10	2:56	10:15	2:25	5:35	25:19
3	1302	Grzegorz Zgliczynski	POL	4:19	2:55	10:14	2:31	5:42	25:39
4	1299	Tobias Oelmaier	GER	4:29	2:41	9:57	2:38	6:01	25:45
5	1278	Jean Francois Badin	FRA	4:52	2:36	10:11	2:30	5:58	26:05
6	1274	Guillermo LLadó	ESP	4:41	2:49	9:59	2:36	6:21	26:24
7	1272	Juan Antonio Del Peso Alonso	ESP	5:02	3:10	10:38	2:18	5:33	26:40
8	1307	Richard Hendry	USA	4:56	2:57	10:30	2:48	6:13	27:22
9	1291	James Panton	GBR	4:35	3:00	10:58	2:44	6:20	27:36
10	1316	Kenneth Kirk	AUS	5:10	3:03	10:23	3:09	6:21	28:04
11	1313	David Tisdale	USA	4:45	3:21	11:03	2:55	6:37	28:39
12	1292	Pete Pastides	GBR	5:11	3:14	10:44	2:59	6:40	28:46
13	1289	Nigel Paddy Jones	GBR	5:52	3:28	10:45	2:36	6:18	28:58
14	1293	Stephen Peck	GBR	5:39	3:02	11:26	2:45	6:08	28:59
15	1290	Paul Mammatt	GBR	5:01	3:17	11:05	3:01	6:49	29:12
16	1283	Trevor Burton	GBR	5:38	3:09	10:57	2:58	6:33	29:12
17	1310	Jeremy Oury	USA	5:26	3:30	11:23	2:30	6:30	29:16
18	1297	Adrian Wilkins	GBR	4:28	3:23	11:24	3:02	7:01	29:17
19	1296	Shane Snow	GBR	6:02	3:41	10:28	2:52	6:21	29:23
20	1315	Guy Besley	AUS	5:15	2:57	11:16	3:03	6:55	29:24
21	1304	Philippe Des Francs	USA	4:48	3:26	11:33	3:09	6:31	29:26
22	1285	Adrian Feasby	GBR	4:45	3:48	11:26	3:01	6:33	29:31
23	1271	Rafael Cuevas Díaz	ESP	6:36	2:50	11:07	3:36	5:59	30:07
24	1277	Antonio Federico Serrat Soto	ESP	4:53	3:14	11:31	3:14	7:31	30:20
25	1294	Richard Pitts	GBR	5:30	3:30	11:52	2:53	6:45	30:28
26	1286	David Forbes	GBR	5:19	3:36	11:28	3:25	6:55	30:42
27	1273	Pere Francitorra	ESP	5:17	3:43	11:25	3:14	7:14	30:50
28	1309	Arthur Mayo	USA	5:41	4:00	11:21	2:47	7:16	31:04
29	1287	Michael Gill	GBR	6:30	4:10	11:11	2:49	6:41	31:19
30	1305	Jimmy Dworkin	USA	4:28	4:44	11:31	3:31	7:35	31:47
31	1301	Kazuo Ito	JPN	5:46	3:29	11:51	3:29	7:19	31:53
32	1279	Jean Marc Dieudonne	FRA	6:33	3:13	11:45	2:59	7:28	31:55
33	1311	Harry Riggs	USA	5:26	3:58	11:58	3:13	7:24	31:57
34	1306	Curt Haywood	USA	5:49	3:30	12:48	3:18	6:53	32:16
35	1320	Valmor Raimundo Machado Junior	BRA	5:38	4:40	12:02	3:27	7:00	32:45
36	1280	Frederic Millet	FRA	5:47	3:53	11:39	3:40	7:54	32:52
37	1282	Andy Biggs	GBR	7:08	3:23	11:43	3:06	7:40	32:59
38	1295	Paul Quinn	GBR	5:46	4:07	12:19	3:43	7:19	33:12
39	1321	Jorge Hinojosa	COL	6:13	4:41	11:57	3:22	7:38	33:49
40	1317	Adrian Wenban	AUS	5:52	3:58	12:21	3:54	7:54	33:58
41	1284	Phillip Cannell	GBR	5:56	4:42	12:53	3:34	7:04	34:06
42	1314	Anthony Tranguch	USA	7:00	4:22	13:13	3:31	6:43	34:48
43	1318	Geri Zeiler	AUS	5:51	4:53	13:47	3:29	7:30	35:28
44	1276	Juan Carlos Martínez Aza	ESP	6:25	4:46	13:09	4:03	8:45	37:06

# 2023 World Triathlon SuperSprint Championships Pontevedra

## Results by category
























### Female 60-64 Year

Cat.R.	Bib	Name	Country	Swim	1st Transition	Bike	2nd Transition	Run	Finish Time
1	1160	Michele Tuttle	USA 	5:15	3:28	11:47	3:02	6:51	<b>30:21</b>
2	1159	Lisa Marquis	USA 	5:51	3:52	11:50	2:53	7:16	<b>31:41</b>
3	1156	Catherine Alderton	NZL 	5:51	3:57	12:24	3:09	7:06	<b>32:26</b>
4	1154	Sandra Stewart	GBR 	6:15	4:22	12:52	3:15	8:08	<b>34:50</b>
5	1153	Sarah Jeffries	GBR 	6:29	3:52	11:41	3:39	10:33	<b>36:13</b>
6	1149	Sara Bartlett	GBR 	6:17	4:34	13:41	3:26	8:49	<b>36:45</b>
7	1152	Susan Henley	GBR 	8:03	4:22	14:03	3:37	9:07	<b>39:09</b>
8	1161	Maureen Graszat	CAN 	7:48	3:56	13:19	5:06	9:03	<b>39:10</b>
9	1155	Ulla Petter	GER 	8:09	4:18	13:32	4:13	9:01	<b>39:12</b>
10	1151	Debbie Croydon	GBR 	6:43	4:39	14:04	5:02	9:21	<b>39:46</b>
11	1150	Chris Childs	GBR 	8:57	4:23	14:36	4:47	8:24	<b>41:05</b>
12	1157	Linda Johns	USA 	7:00	5:58	14:35	5:07	10:39	<b>43:17</b>

# 2023 World Triathlon SuperSprint Championships Pontevedra

## Results by category











### Male 60-64 Year

Cat.R.	Bib	Name	Country	Swim	1st Transition	Bike	2nd Transition	Run	Finish Time
1	1027	Antonio Fernando Horta	POR 	4:52	2:55	10:33	2:32	5:31	26:22
2	1024	Stephen Farrell	NZL 	4:36	2:53	10:24	2:30	6:09	26:31
3	1021	Carlo Simongini	ITA 	5:08	2:58	10:45	2:13	5:36	26:37
4	1025	Michael Trees	NZL 	4:33	3:20	10:29	2:37	5:48	26:45
5	1007	David Ardley	GBR 	5:00	3:13	10:24	2:33	6:56	28:04
6	1023	Kenneth Blom	NOR 	4:56	3:30	11:06	2:56	5:53	28:20
7	1037	Michael Dixon	AUS 	4:48	3:20	10:30	3:01	6:44	28:21
8	1014	Martin Landells	GBR 	5:27	2:57	11:02	2:43	6:13	28:21
9	1036	Rick Vest	USA 	5:06	3:32	11:30	2:50	6:55	29:50
10	1020	Owen Barron	IRL 	6:36	3:52	10:58	2:27	6:03	29:54
11	1016	Andrew Ritchings	GBR 	5:19	3:48	11:29	2:58	6:33	30:06
12	1010	Ian Gilham	GBR 	5:29	3:42	11:34	2:52	6:44	30:19
13	1005	Didier Marysael	FRA 	5:32	3:40	10:42	3:23	7:10	30:25
14	1008	Andy Bostock	GBR 	5:58	3:42	11:08	3:09	6:31	30:27
15	1001	Jesús Alberto Alonso Abad	ESP 	5:26	3:17	12:52	2:40	6:24	30:37
16	1035	Jim Stoffel	USA 	5:57	3:21	11:15	3:11	7:09	30:52
17	1009	Christopher Calvert	GBR 	7:06	3:30	10:43	2:41	7:09	31:08
18	1034	Neil Semmel	USA 	4:55	4:02	10:04	3:50	8:21	31:09
19	1015	Simon Pannell	GBR 	5:44	4:18	11:37	2:46	6:48	31:12
20	1013	Robert Hemming	GBR 	5:47	3:19	12:04	2:53	7:14	31:15
21	1026	Grzegorz Kado	POL 	6:05	3:42	11:23	3:53	6:40	31:41
22	1029	Mark Hanlon	USA 	5:22	3:53	11:57	3:17	7:21	31:48
23	1004	Stephane Arblade	FRA 	6:43	3:23	11:19	3:12	7:29	32:04
24	1038	Carl Bélanger	CAN 	5:55	4:01	11:21	3:11	7:41	32:08
25	1032	Andrew Palowitch	USA 	5:32	4:22	11:19	3:20	7:52	32:23
26	1018	Simon Williams	GBR 	5:49	3:57	12:30	2:58	7:50	33:03
27	1006	Gary Abram	GBR 	7:03	4:19	12:02	2:53	6:49	33:04
28	1011	Mark Harney	GBR 	5:43	3:43	13:28	3:22	7:06	33:20
29	1033	Mike Savage	USA 	6:45	5:03	12:20	3:40	7:43	35:28
30	1012	Mike Hayden	GBR 	5:55	4:58	13:25	3:25	8:20	36:02
31	1039	Jim Wernham	CAN 	6:24	4:05	13:35	3:54	8:47	36:42
32	1003	Manuel Martin De Valmaseda Martinez	ESP 	7:39	5:21	12:27	4:03	7:37	37:05
33	1030	Ian Jacobs	USA 	6:52	6:00	12:59	4:02	9:23	39:14
34	1022	Masato Kato	JPN 	5:47	5:24	14:52	4:13	9:29	39:43
35	1031	Dave Mandelkern	USA 	7:14	6:57	14:38	3:42	9:13	41:41
	1028	Jon Orthmann	UAE 	6:25	5:58	12:49	3:57	7:47	36:55

# 2023 World Triathlon SuperSprint Championships Pontevedra

## Results by category































### Female 65-69 Year

Cat.R.	Bib	Name	Country	Swim	1st Transition	Bike	2nd Transition	Run	Finish Time
1	1171	Donna Smyers	USA 	5:57	4:03	11:48	3:28	7:29	<b>32:43</b>
2	1168	Susan Olesky	USA 	6:45	4:35	12:47	4:03	7:23	<b>35:31</b>
3	1167	Sheila Cotter	USA 	6:56	4:01	13:03	3:52	8:07	<b>35:58</b>
4	1172	Barbara Thomas	USA 	5:41	4:38	13:43	4:27	8:17	<b>36:44</b>
5	1162	Marie Helene Porta	FRA 	6:24	4:38	12:43	4:01	9:14	<b>36:58</b>
6	1163	Lynda Chase	GBR 	7:13	4:46	13:44	3:36	8:30	<b>37:46</b>
7	1169	Jane Reik	USA 	5:36	5:40	14:07	4:53	8:44	<b>38:58</b>
8	1165	Blanca Leticia Valdes Coss	MEX 	8:13	5:47	13:33	3:56	8:45	<b>40:12</b>
9	1173	Polly Wright	USA 	7:07	7:11	15:04	5:26	10:32	<b>45:18</b>
10	1166	Joni Briganti	USA 	6:34	6:46	15:04	6:01	11:14	<b>45:39</b>

# 2023 World Triathlon SuperSprint Championships Pontevedra

## Results by category











### Male 65-69 Year

Cat.R.	Bib	Name	Country	Swim	1st Transition	Bike	2nd Transition	Run	Finish Time
1	1040	Denis Pierrat	FRA 	4:47	3:22	10:09	2:38	6:15	27:10
2	1051	Lothar Stall	GER 	4:46	3:01	10:25	2:44	6:44	27:39
3	1066	Jim Taylor	USA 	5:22	3:18	10:56	2:40	6:16	28:30
4	1050	Ralf Laermann	GER 	5:19	3:06	11:16	2:32	6:20	28:31
5	1044	Chris Goulden	GBR 	4:55	3:30	10:41	3:18	6:39	29:02
6	1060	Mark Drangsholt	USA 	5:51	3:19	10:51	2:48	6:41	29:27
7	1057	Jean Marais	RSA 	4:26	4:01	11:05	3:02	7:04	29:37
8	1052	Raffaele Buonocore	ITA 	4:58	3:52	11:09	3:12	7:22	30:30
9	1068	Steven Wade	USA 	5:13	3:57	11:40	3:18	7:19	31:26
10	1055	Malcolm Elley	NZL 	6:00	3:15	12:06	3:16	7:08	31:43
11	1061	James Huguenard	USA 	5:01	4:52	11:47	2:52	7:19	31:48
12	1064	Jon Ronat	USA 	5:45	4:51	11:39	3:01	6:57	32:10
13	1069	Graeme Beattie	AUS 	5:25	4:20	11:30	3:31	7:31	32:16
14	1058	John Cassimatis	USA 	5:13	4:18	12:32	3:51	6:39	32:32
15	1041	Stephen Clark	GBR 	5:14	3:54	11:57	3:37	7:59	32:40
16	1047	Gary Newell	GBR 	6:35	3:44	12:04	3:39	6:50	32:50
17	1067	Ferris Thompson	USA 	5:28	3:27	13:04	3:58	7:05	32:59
18	1054	Melchor Antonio Conejo Pérez	MEX 	5:23	5:16	12:08	3:37	7:08	33:29
19	1045	Phil King	GBR 	6:46	3:48	12:39	3:44	6:57	33:51
20	1048	David Tolson	GBR 	6:53	4:56	12:25	2:46	7:08	34:06
21	1059	Gerardo Corbato	USA 	7:11	4:08	12:26	3:32	7:23	34:38
22	1043	Iain Gerrard	GBR 	4:57	5:06	12:09	3:39	8:51	34:40
23	1046	Colin Mitchell	GBR 	6:45	3:52	13:26	3:18	7:48	35:07
24	1053	Akio Kitajima	JPN 	6:08	4:38	12:31	4:05	8:18	35:38
25	1049	Martin Epkenhans	GER 	6:05	4:56	13:51	3:46	8:08	36:43
26	1062	Richard Johns	USA 	6:01	4:31	13:41	4:18	9:04	37:33
27	1042	David Cooper	GBR 	8:50	4:18	14:25	3:11	8:25	39:07
28	1056	Francisco Manuel Bexiga	POR 	6:53	4:56	15:02	4:24	9:18	40:32
29	1063	Bruce Metge	USA 	6:41	5:44	15:00	4:32	9:22	41:17
30	1070	Brian Tsuji	CAN 	8:45	7:47	15:31	6:04	11:49	49:54

# 2023 World Triathlon SuperSprint Championships Pontevedra

## Results by category

### Female 70-74 Year

Cat.R.	Bib	Name	Country	Swim	1st Transition	Bike	2nd Transition	Run	Finish Time
1	1176	Joy Baker	NZL 	6:30	3:59	13:00	3:12	8:12	<b>34:51</b>
2	1183	Janet Mackay Thompson	CAN 	6:56	4:53	13:11	3:10	7:40	<b>35:48</b>
3	1178	Cande Olsen	USA 	6:44	4:32	12:49	4:00	8:48	<b>36:50</b>
4	1189	Fran Trees	USA 	6:33	5:02	13:39	4:15	8:18	<b>37:46</b>
5	1181	Sue Reynolds	USA 	6:19	4:55	13:07	4:25	10:28	<b>39:11</b>
6	1179	Patti Peterson	USA 	7:07	5:32	13:43	4:30	8:36	<b>39:25</b>
7	1174	Christine Glew	GBR 	7:33	5:10	13:27	4:11	9:22	<b>39:41</b>
8	1177	Ruth King	USA 	8:07	5:39	13:56	5:01	8:50	<b>41:31</b>
9	1180	Diane Petoskey	USA 	7:42	5:27	15:36	4:47	10:43	<b>44:14</b>
	<del>1175</del>	<del>María Teresa Vargas González</del>	<del>MEX </del>	<del>7:22</del>	<del>5:57</del>	<del>15:44</del>	<del>5:15</del>	<del>8:45</del>	<del>43:01</del>

# 2023 World Triathlon SuperSprint Championships Pontevedra

## Results by category

### Male 70-74 Year




Cat.R.	Bib	Name	Country	Swim	1st Transition	Bike	2nd Transition	Run	Finish Time
1	1083	<b>Rick Kozlowski</b>	USA 	4:43	3:46	10:53	2:51	6:48	<b>28:59</b>
2	1073	<b>Alain Maubras</b>	FRA 	5:44	3:23	10:47	2:50	7:02	<b>29:43</b>
3	1075	<b>Michael Dunne</b>	GBR 	5:25	3:54	10:54	2:55	7:29	<b>30:36</b>
4	1072	<b>Rene Grou</b>	FRA 	5:42	3:27	11:38	2:59	7:21	<b>31:06</b>
5	1079	<b>Bernd Stegmann</b>	GER 	5:25	3:52	11:38	3:08	7:27	<b>31:29</b>
6	1082	<b>Jim Fuller</b>	USA 	5:19	4:11	12:16	3:39	7:13	<b>32:35</b>
7	1076	<b>Robert France</b>	GBR 	7:33	4:06	12:22	3:20	7:55	<b>35:14</b>
8	1081	<b>Michael Dwyer</b>	USA 	6:28	5:09	13:01	3:54	7:58	<b>36:29</b>
9	1080	<b>Luis Guzmán Estrada</b>	MEX 	6:55	5:03	13:49	4:01	7:00	<b>36:47</b>
10	1074	<b>Philip Barlow</b>	GBR 	7:03	5:11	13:27	3:39	8:38	<b>37:56</b>
11	1084	<b>Charlie Tingle</b>	USA 	7:43	5:11	14:54	4:05	9:10	<b>41:00</b>
12	1071	<b>Francisco Gala Pla</b>	ESP 	7:17	6:06	14:45	5:59	8:19	<b>42:24</b>
13	1077	<b>Paul Harding</b>	GBR 	6:34	6:26	14:37	5:01	10:45	<b>43:21</b>
14	1085	<b>Fabio De Mello</b>	BRA 	8:09	6:22	14:32	1:48	13:38	<b>44:27</b>
15	1078	<b>Don Holmes</b>	GBR 	6:17	6:31	14:52	6:09	11:21	<b>45:08</b>



# 2023 World Triathlon SuperSprint Championships Pontevedra

## Results by category













### Female 75-79 Year

Cat.R.	Bib	Name	Country	Swim	1st Transition	Bike	2nd Transition	Run	Finish Time
1	1185	Inge Stettner	GER 	7:24	5:02	13:32	3:34	8:24	<b>37:54</b>
2	1186	Ruth Hamilton	USA 	7:14	5:39	15:08	3:47	9:45	<b>41:31</b>
3	1184	Judith Waugh	GBR 	11:15	7:16	16:43	5:49	11:09	<b>52:10</b>

# 2023 World Triathlon SuperSprint Championships Pontevedra

## Results by category

### Male 75-79 Year

Cat.R.	Bib	Name	Country	Swim	1st Transition	Bike	2nd Transition	Run	Finish Time
1	1089	Michael Smallwood	GBR 	5:33	4:43	11:44	3:11	7:54	<b>33:03</b>
2	1097	Gary Pelletier	CAN 	6:21	3:42	11:59	3:54	7:57	<b>33:51</b>
3	1093	Charles Perez	USA 	5:54	4:31	11:24	3:37	8:40	<b>34:04</b>
4	1088	Richard File	GBR 	6:08	4:28	12:07	4:03	7:52	<b>34:35</b>
5	1094	Michael Zinn	USA 	6:16	4:30	12:23	4:05	9:02	<b>36:14</b>
6	1095	John Allen	AUS 	6:52	4:09	13:16	4:04	7:55	<b>36:14</b>
7	1096	Ronald J. Boucher	CAN 	8:14	5:05	14:04	4:07	10:33	<b>42:00</b>
8	1092	Larry Nelson	USA 	9:38	4:45	13:55	4:29	9:21	<b>42:06</b>
9	1090	Giovanni Pardini	ITA 	8:12	6:57	14:31	4:22	11:02	<b>45:02</b>
10	1087	Manuel Jose Cruces Prado	ESP 	7:29	5:56	17:17	6:23	12:41	<b>49:44</b>
11	1091	Peter Hackbert	USA 	8:17	7:07	17:18	7:40	13:39	<b>53:59</b>
12	1086	Vicente Cañizares	ESP 	8:51	8:53	18:19	6:34	12:21	<b>54:56</b>

# 2023 World Triathlon SuperSprint Championships Pontevedra

## Results by category

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### Female 80-84 Year

Cat.R.	Bib	Name	Country	Swim	1st Transition	Bike	2nd Transition	Run	Finish Time
1	1187	Sibyl Jacobson	USA 	9:13	10:24	15:29	6:27	12:11	<b>53:42</b>

# 2023 World Triathlon SuperSprint Championships Pontevedra

## Results by category

### Male 80-84 Year

Cat.R.	Bib	Name	Country	Swim	1st Transition	Bike	2nd Transition	Run	Finish Time
1	1098	Gherardo Mercati	ITA 	7:56	7:53	13:30	4:10	9:32	<b>42:59</b>
2	1105	Ralph Ward	USA 	7:28	6:24	14:42	5:41	11:36	<b>45:49</b>
3	1103	Neal Genda	USA 	7:55	7:39	15:12	6:15	11:55	<b>48:54</b>
4	1100	Raymond Eastwood	USA 	8:47	8:29	15:10	7:36	10:27	<b>50:27</b>
5	1102	David Fraser	USA 	9:45	9:01	15:51	5:30	11:46	<b>51:51</b>
6	1101	George Eymer	USA 	11:44	7:54	18:05	5:30	13:16	<b>56:27</b>
7	1104	Robert Levy	USA 	11:21	13:03	22:17	6:01	12:26	<b>1:05:07</b>

# 2023 World Triathlon SuperSprint Championships Pontevedra

## Results by category

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### Female 85+ Year


Cat.R.	Bib	Name	Country	Swim	1st Transition	Bike	2nd Transition	Run	Finish Time
1	1188	Judith Mackay	GBR 	10:49	8:53	19:07	6:09	14:12	<b>59:07</b>

# 2023 World Triathlon SuperSprint Championships Pontevedra

## Results by category

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### Men 85+ Year

Cat.R.	Bib	Name	Country	Swim	1st Transition	Bike	2nd Transition	Run	Finish Time
1	1106	John Charman	USA 	8:14	8:53	18:27	5:55	13:43	<b>55:11</b>