

# "A" Race St.Finbarrs CX 2019

Place	Name (Team)	Hometown	Gender	Type	Bib #	Time	Laps	Speed
1	RICHARD BARRY (ST. FINBARRS CC)		M: 1	Cyclist	23	Laps: 6 00:54:40	6	N/A
						<u>Split Description</u> <u>Split Time</u> <u>Pace</u> <u>Speed</u>		
						Split 1 00:08:30.324 05:42 10.5mph		
						Split 2 00:08:54.900 05:58 10.0mph		
						Split 3 00:09:11.567 06:09 9.7mph		
						Split 4 00:09:22.309 06:17 9.5mph		
						Split 5 00:09:31.421 06:23 9.4mph		
						Split 6 00:09:08.993 06:08 9.8mph		
2	TREVOR WOODS (STRATA3/VELOREVOLUTIO)		M: 2	Cyclist	21	Laps: 6 00:57:54	6	N/A
						<u>Split Description</u> <u>Split Time</u> <u>Pace</u> <u>Speed</u>		
						Split 1 00:09:09.213 06:08 9.8mph		
						Split 2 00:09:31.352 06:23 9.4mph		
						Split 3 00:09:47.784 06:34 9.1mph		
						Split 4 00:09:44.133 06:31 9.2mph		
						Split 5 00:09:52.948 06:37 9.1mph		
						Split 6 00:09:48.066 06:34 9.1mph		
3	RICHARD MAES (STRATA3/VELOREVOLUTIO)		M: 3	Cyclist	25	Laps: 6 00:58:37	6	N/A
						<u>Split Description</u> <u>Split Time</u> <u>Pace</u> <u>Speed</u>		
						Split 1 00:09:08.979 06:08 9.8mph		
						Split 2 00:09:41.443 06:29 9.2mph		
						Split 3 00:09:51.361 06:36 9.1mph		
						Split 4 00:09:53.008 06:37 9.1mph		
						Split 5 00:09:57.199 06:40 9.0mph		
						Split 6 00:10:04.956 06:45 8.9mph		
4	PATRICK CLIFFORD (STRATA3/VELOREVOLUTIO)		M: 4	Cyclist	20	Laps: 6 00:59:26	6	N/A
						<u>Split Description</u> <u>Split Time</u> <u>Pace</u> <u>Speed</u>		
						Split 1 00:08:47.973 05:54 10.2mph		
						Split 2 00:09:39.262 06:28 9.3mph		
						Split 3 00:09:49.338 06:35 9.1mph		
						Split 4 00:10:21.800 06:56 8.6mph		
						Split 5 00:10:40.667 07:09 8.4mph		
						Split 6 00:10:06.430 06:46 8.9mph		
5	DENIS DUNWORTH (UN-ATTACHED MUNSTER)		M: 5	Cyclist	16	Laps: 6 01:01:53	6	N/A
						<u>Split Description</u> <u>Split Time</u> <u>Pace</u> <u>Speed</u>		
						Split 1 00:09:10.930 06:09 9.7mph		
						Split 2 00:10:16.890 06:53 8.7mph		
						Split 3 00:10:20.833 06:56 8.6mph		
						Split 4 00:10:30.657 07:02 8.5mph		
						Split 5 00:10:45.909 07:13 8.3mph		
						Split 6 00:10:47.259 07:14 8.3mph		
6	PAIDI O'BRIEN (VERGE SPORT PI CYCLES)		M: 6	Cyclist	22	Laps: 6 01:02:23	6	N/A
						<u>Split Description</u> <u>Split Time</u> <u>Pace</u> <u>Speed</u>		
						Split 1 00:08:41.200 05:49 10.3mph		
						Split 2 00:09:31.800 06:23 9.4mph		
						Split 3 00:10:28.860 07:01 8.5mph		
						Split 4 00:11:18.140 07:34 7.9mph		
						Split 5 00:11:42.580 07:51 7.6mph		
						Split 6 00:10:39.596 07:08 8.4mph		
7	AJ MURPHY (MIDDLETON CTC)		M: 7	Cyclist	9	Laps: 6 01:02:38	6	N/A
						<u>Split Description</u> <u>Split Time</u> <u>Pace</u> <u>Speed</u>		
						Split 1 00:09:36.328 06:26 9.3mph		
						Split 2 00:09:54.047 06:38 9.0mph		
						Split 3 00:10:28.148 07:01 8.5mph		
						Split 4 00:10:49.801 07:15 8.3mph		
						Split 5 00:11:07.804 07:27 8.0mph		
						Split 6 00:10:41.848 07:10 8.4mph		



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Place	Name (Team)	Hometown	Gender	Type	Bib #	Time	Laps	Speed
8	BARRY MEADE (O'LEARY STONE KANTURK)		M: 8	Cyclist	12	Laps: 6 01:03:12	6	N/A
						<u>Split Description</u> <u>Split Time</u>	<u>Pace</u>	<u>Speed</u>
						Split 1 00:09:37.700	06:27	9.3mph
						Split 2 00:10:21.173	06:56	8.6mph
						Split 3 00:10:43.929	07:11	8.3mph
						Split 4 00:10:59.035	07:21	8.1mph
						Split 5 00:10:51.768	07:17	8.2mph
						Split 6 00:10:38.359	07:08	8.4mph
9	HUGH MULHEARNE (PANDUIT CARRICK WHEEL)		M: 9	Cyclist	18	Laps: 6 01:05:37	6	N/A
						<u>Split Description</u> <u>Split Time</u>	<u>Pace</u>	<u>Speed</u>
						Split 1 00:09:50.756	06:36	9.1mph
						Split 2 00:10:42.620	07:10	8.4mph
						Split 3 00:11:09.509	07:28	8.0mph
						Split 4 00:11:26.429	07:40	7.8mph
						Split 5 00:11:00.936	07:23	8.1mph
						Split 6 00:11:26.736	07:40	7.8mph
10	PAUL BIRCHALL (VERGE SPORT PI CYCLES)		M: 10	Cyclist	19	Laps: 5 00:55:02	5	N/A
						<u>Split Description</u> <u>Split Time</u>	<u>Pace</u>	<u>Speed</u>
						Split 1 00:10:02.211	06:43	8.9mph
						Split 2 00:10:51.762	07:17	8.2mph
						Split 3 00:11:20.382	07:36	7.9mph
						Split 4 00:11:34.139	07:45	7.7mph
						Split 5 00:11:12.765	07:31	8.0mph
11	AIDAN CONNELL (DUNGARVAN CC)		M: 11	Cyclist	26	Laps: 5 00:55:10	5	N/A
						<u>Split Description</u> <u>Split Time</u>	<u>Pace</u>	<u>Speed</u>
						Split 1 00:10:25.416	06:59	8.6mph
						Split 2 00:10:48.632	07:14	8.3mph
						Split 3 00:11:03.433	07:24	8.1mph
						Split 4 00:11:24.511	07:39	7.8mph
						Split 5 00:11:28.037	07:41	7.8mph
12	BARRY WALSH (ST. TIERNANS CYCLING )		M: 12	Cyclist	8	Laps: 5 00:55:16	5	N/A
						<u>Split Description</u> <u>Split Time</u>	<u>Pace</u>	<u>Speed</u>
						Split 1 00:10:22.690	06:57	8.6mph
						Split 2 00:11:05.362	07:26	8.1mph
						Split 3 00:11:19.499	07:35	7.9mph
						Split 4 00:11:17.495	07:34	7.9mph
						Split 5 00:11:10.075	07:29	8.0mph
13	DON LAPIERRE (BLARNEY CYCLING CLUB)		M: 13	Cyclist	27	Laps: 5 00:55:53	5	N/A
						<u>Split Description</u> <u>Split Time</u>	<u>Pace</u>	<u>Speed</u>
						Split 1 00:09:41.832	06:30	9.2mph
						Split 2 00:11:04.241	07:25	8.1mph
						Split 3 00:12:00.462	08:03	7.5mph
						Split 4 00:11:37.907	07:47	7.7mph
						Split 5 00:11:27.804	07:41	7.8mph
14	TOMAS KENEFICK (CORK TRIATHLON CLUB)		M: 14	Cyclist	28	Laps: 5 00:56:20	5	N/A
						<u>Split Description</u> <u>Split Time</u>	<u>Pace</u>	<u>Speed</u>
						Split 1 00:09:35.846	06:26	9.3mph
						Split 2 00:11:13.287	07:31	8.0mph
						Split 3 00:11:44.415	07:52	7.6mph
						Split 4 00:11:55.715	07:59	7.5mph
						Split 5 00:11:49.868	07:56	7.6mph
15	JOHN COLLINS (REVOLUTION CYCLING CL)		M: 15	Cyclist	10	Laps: 5 00:56:22	5	N/A
						<u>Split Description</u> <u>Split Time</u>	<u>Pace</u>	<u>Speed</u>
						Split 1 00:10:35.326	07:06	8.5mph
						Split 2 00:10:53.126	07:17	8.2mph
						Split 3 00:11:36.595	07:47	7.7mph
						Split 4 00:11:40.082	07:49	7.7mph
						Split 5 00:11:36.761	07:47	7.7mph



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Place	Name (Team)	Hometown	Gender	Type	Bib #	Time	Laps	Speed
16	JOHN CROWLEY (KILLARNEY CYCLING CLUB)		M: 16	Cyclist	13	Laps: 5 00:56:40	5	N/A
						<u>Split Description</u> <u>Split Time</u>		<u>Pace</u> <u>Speed</u>
						Split 1 00:10:15.693		06:52 8.7mph
						Split 2 00:11:19.673		07:35 7.9mph
						Split 3 00:11:40.181		07:49 7.7mph
						Split 4 00:11:35.117		07:46 7.7mph
						Split 5 00:11:49.125		07:55 7.6mph
17	ORAN KANE (KILLARNEY CYCLING CLUB)		M: 17	Cyclist	17	Laps: 5 00:58:07	5	N/A
						<u>Split Description</u> <u>Split Time</u>		<u>Pace</u> <u>Speed</u>
						Split 1 00:10:49.083		07:15 8.3mph
						Split 2 00:11:35.056		07:46 7.7mph
						Split 3 00:11:48.964		07:55 7.6mph
						Split 4 00:11:56.983		08:00 7.5mph
						Split 5 00:11:56.111		08:00 7.5mph
18	BRENDAN COAKLEY (OVER THE HILL CC)		M: 18	Cyclist	5	Laps: 5 00:58:09	5	N/A
						<u>Split Description</u> <u>Split Time</u>		<u>Pace</u> <u>Speed</u>
						Split 1 00:10:26.691		07:00 8.6mph
						Split 2 00:11:30.675		07:43 7.8mph
						Split 3 00:11:52.832		07:57 7.5mph
						Split 4 00:12:32.552		08:24 7.1mph
						Split 5 00:11:45.900		07:53 7.6mph
19	JOHN DEMPSEY (VERGE SPORT PI CYCLES)		M: 19	Cyclist	14	Laps: 5 00:58:20	5	N/A
						<u>Split Description</u> <u>Split Time</u>		<u>Pace</u> <u>Speed</u>
						Split 1 00:10:59.141		07:21 8.1mph
						Split 2 00:11:39.548		07:49 7.7mph
						Split 3 00:11:44.928		07:52 7.6mph
						Split 4 00:12:03.240		08:04 7.4mph
						Split 5 00:11:52.357		07:57 7.5mph
20	COLIN LEAHY (KILLARNEY CYCLING CLUB)		M: 20	Cyclist	32	Laps: 5 00:59:13	5	N/A
						<u>Split Description</u> <u>Split Time</u>		<u>Pace</u> <u>Speed</u>
						Split 1 00:10:57.892		07:21 8.2mph
						Split 2 00:11:54.352		07:59 7.5mph
						Split 3 00:11:41.113		07:50 7.7mph
						Split 4 00:12:11.352		08:10 7.3mph
						Split 5 00:12:28.388		08:21 7.2mph
21	CIARAN MOORE (DE RONDE VAN CORK CC)		M: 21	Cyclist	7	Laps: 5 01:01:01	5	N/A
						<u>Split Description</u> <u>Split Time</u>		<u>Pace</u> <u>Speed</u>
						Split 1 00:10:14.960		06:52 8.7mph
						Split 2 00:11:54.154		07:58 7.5mph
						Split 3 00:12:15.638		08:13 7.3mph
						Split 4 00:12:52.990		08:38 6.9mph
						Split 5 00:13:42.600		09:11 6.5mph
22	DAVID O'SULLIVAN (ST. FINBARRS CC)		M: 22	Cyclist	11	Laps: 5 01:02:08	5	N/A
						<u>Split Description</u> <u>Split Time</u>		<u>Pace</u> <u>Speed</u>
						Split 1 00:11:22.439		07:37 7.9mph
						Split 2 00:12:25.982		08:20 7.2mph
						Split 3 00:12:26.344		08:20 7.2mph
						Split 4 00:12:52.764		08:38 6.9mph
						Split 5 00:12:59.572		08:42 6.9mph
23	RICHARD CLEVERLEY (SLIABH LUACHRA CYCLIN)		M: 23	Cyclist	24	Laps: 5 01:03:06	5	N/A
						<u>Split Description</u> <u>Split Time</u>		<u>Pace</u> <u>Speed</u>
						Split 1 00:10:51.091		07:16 8.2mph
						Split 2 00:11:59.220		08:02 7.5mph
						Split 3 00:13:06.600		08:47 6.8mph
						Split 4 00:13:23.016		08:58 6.7mph
						Split 5 00:13:46.079		09:13 6.5mph



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Place	Name (Team)	Hometown	Gender	Type	Bib #	Time	Laps	Speed
24	JERRY RYAN (UPPERCHURCH DROMBANE )		M: 24	Cyclist	15	Laps: 5 01:04:50	5	N/A
						<u>Split Description</u> <u>Split Time</u>		<u>Pace</u> <u>Speed</u>
						Split 1 00:11:00.200		07:22 8.1mph
						Split 2 00:12:36.970		08:27 7.1mph
						Split 3 00:12:59.421		08:42 6.9mph
						Split 4 00:13:10.465		08:50 6.8mph
						Split 5 00:15:02.555		10:05 5.9mph
25	OWEN O'CONNOR (CORK TRIATHLON CLUB)		M: 25	Cyclist	31	Laps: 5 01:05:25	5	N/A
						<u>Split Description</u> <u>Split Time</u>		<u>Pace</u> <u>Speed</u>
						Split 1 00:11:28.877		07:41 7.8mph
						Split 2 00:12:42.739		08:31 7.0mph
						Split 3 00:13:15.398		08:53 6.7mph
						Split 4 00:13:29.249		09:02 6.6mph
						Split 5 00:14:28.450		09:42 6.2mph
26	FIONN DESMOND		M: 26	Cyclist	96	Laps: 4 00:40:02	4	N/A
						<u>Split Description</u> <u>Split Time</u>		<u>Pace</u> <u>Speed</u>
						Split 1 00:09:20.180		06:15 9.6mph
						Split 2 00:09:57.621		06:40 9.0mph
						Split 3 00:10:04.430		06:45 8.9mph
						Split 4 00:10:39.289		07:08 8.4mph
27	DAVID MCCARTHY		M: 27	Cyclist	93	Laps: 4 00:43:41	4	N/A
						<u>Split Description</u> <u>Split Time</u>		<u>Pace</u> <u>Speed</u>
						Split 1 00:09:23.891		06:18 9.5mph
						Split 2 00:11:18.962		07:35 7.9mph
						Split 3 00:11:04.252		07:25 8.1mph
						Split 4 00:11:53.621		07:58 7.5mph
28	RUAIRI COUGHLAN		M: 28	Cyclist	82	Laps: 4 00:48:27	4	N/A
						<u>Split Description</u> <u>Split Time</u>		<u>Pace</u> <u>Speed</u>
						Split 1 00:09:19.881		06:15 9.6mph
						Split 2 00:10:51.791		07:17 8.2mph
						Split 3 00:12:21.275		08:17 7.2mph
						Split 4 00:15:53.920		10:39 5.6mph
29	ADAM CAHILL		M: 29	Cyclist	92	Laps: 4 00:48:58	4	N/A
						<u>Split Description</u> <u>Split Time</u>		<u>Pace</u> <u>Speed</u>
						Split 1 00:11:02.712		07:24 8.1mph
						Split 2 00:12:13.592		08:11 7.3mph
						Split 3 00:12:22.795		08:18 7.2mph
						Split 4 00:13:18.685		08:55 6.7mph
30	KIAN O'CONNOR (O'LEARY STONE KANTURK)		M: 30	Cyclist	30	Laps: 3 00:36:39	3	N/A
						<u>Split Description</u> <u>Split Time</u>		<u>Pace</u> <u>Speed</u>
						Split 1 00:11:00.035		07:22 8.1mph
						Split 2 00:12:26.020		08:20 7.2mph
						Split 3 00:13:12.478		08:51 6.8mph
31	MARK MC GLYNN (KILLARNEY CYCLING CLUB)		M: 31	Cyclist	29	Laps: 3 00:39:34	3	N/A
						<u>Split Description</u> <u>Split Time</u>		<u>Pace</u> <u>Speed</u>
						Split 1 00:11:15.043		07:32 8.0mph
						Split 2 00:14:01.595		09:24 6.4mph
						Split 3 00:14:16.706		09:34 6.3mph





**Division Rank**

Overall Male Cyclist: 1

**Cumulative**

00:08:30.324

00:17:25.224

00:26:36.791

00:35:59.100

00:45:30.521

00:54:39.514

Overall Male Cyclist: 2

**Cumulative**

00:09:09.213

00:18:40.565

00:28:28.349

00:38:12.482

00:48:05.430

00:57:53.496

Overall Male Cyclist: 3

**Cumulative**

00:09:08.979

00:18:50.422

00:28:41.783

00:38:34.791

00:48:31.990

00:58:36.946

M-40: 1

**Cumulative**

00:08:47.973

00:18:27.235

00:28:16.573

00:38:38.373

00:49:19.040

00:59:25.470

:

**Cumulative**

00:09:10.930

00:19:27.820

00:29:48.653

00:40:19.310

00:51:05.219

01:01:52.478

:

**Cumulative**

00:08:41.200

00:18:13.000

00:28:41.860

00:40:00.000

00:51:42.580

01:02:22.176

M-50: 1

**Cumulative**

00:09:36.328

00:19:30.375

00:29:58.523

00:40:48.324

00:51:56.128

01:02:37.976



**Division Rank**

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:

**Cumulative**

00:09:37.700  
00:19:58.873  
00:30:42.802  
00:41:41.837  
00:52:33.605  
01:03:11.964

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M-40: 2

**Cumulative**

00:09:50.756  
00:20:33.376  
00:31:42.885  
00:43:09.314  
00:54:10.250  
01:05:36.986

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M-50: 2

**Cumulative**

00:10:02.211  
00:20:53.973  
00:32:14.355  
00:43:48.494  
00:55:01.259

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:

**Cumulative**

00:10:25.416  
00:21:14.048  
00:32:17.481  
00:43:41.992  
00:55:10.029

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:

**Cumulative**

00:10:22.690  
00:21:28.052  
00:32:47.551  
00:44:05.046  
00:55:15.121

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M-40: 3

**Cumulative**

00:09:41.832  
00:20:46.073  
00:32:46.535  
00:44:24.442  
00:55:52.246

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:

**Cumulative**

00:09:35.846  
00:20:49.133  
00:32:33.548  
00:44:29.263  
00:56:19.131

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M-40: 4

**Cumulative**

00:10:35.326  
00:21:28.452  
00:33:05.047  
00:44:45.129  
00:56:21.890



**Division Rank**

M-50: 3

Cumulative

00:10:15.693  
00:21:35.366  
00:33:15.547  
00:44:50.664  
00:56:39.789

:

Cumulative

00:10:49.083  
00:22:24.139  
00:34:13.103  
00:46:10.086  
00:58:06.197

M-40: 5

Cumulative

00:10:26.691  
00:21:57.366  
00:33:50.198  
00:46:22.750  
00:58:08.650

:

Cumulative

00:10:59.141  
00:22:38.689  
00:34:23.617  
00:46:26.857  
00:58:19.214

M-40: 6

Cumulative

00:10:57.892  
00:22:52.244  
00:34:33.357  
00:46:44.709  
00:59:13.097

:

Cumulative

00:10:14.960  
00:22:09.114  
00:34:24.752  
00:47:17.742  
01:01:00.342

:

Cumulative

00:11:22.439  
00:23:48.421  
00:36:14.765  
00:49:07.529  
01:02:07.101

:

Cumulative

00:10:51.091  
00:22:50.311  
00:35:56.911  
00:49:19.927  
01:03:06.006



**Division Rank**

M-50: 4

**Cumulative**

00:11:00.200  
00:23:37.170  
00:36:36.591  
00:49:47.056  
01:04:49.611

M-40: 7

**Cumulative**

00:11:28.877  
00:24:11.616  
00:37:27.014  
00:50:56.263  
01:05:24.713

Junior: 1

**Cumulative**

00:09:20.180  
00:19:17.801  
00:29:22.231  
00:40:01.520

Junior: 2

**Cumulative**

00:09:23.891  
00:20:42.853  
00:31:47.105  
00:43:40.726

Junior: 3

**Cumulative**

00:09:19.881  
00:20:11.672  
00:32:32.947  
00:48:26.867

Junior: 4

**Cumulative**

00:11:02.712  
00:23:16.304  
00:35:39.099  
00:48:57.784

Junior: 5

**Cumulative**

00:11:00.035  
00:23:26.055  
00:36:38.533

Junior: 6

**Cumulative**

00:11:15.043  
00:25:16.638  
00:39:33.344

