

Carrick	Wheelers	CX "R"	Race 2021
Callich	AAIICCICIO		Nace Zuz I

lace	Name (Team)	Gender	Type	Bib#	Time	Laps	Speed	Division Rank
1	KIERAN JACKSON	M: 1	CYCLIST	127	Laps: 5	5	N/A	:
	(COMERAGH CC)				00:40:56.4	44		
		Split Description			<u>Pace</u>	<u>Speed</u>		<u>Cumulative</u>
		•	00:08:39.535		05:48	10.3mph		00:08:39.535
		•	00:07:50.243		05:15	11.4mph		00:16:29.778
		•	00:07:58.018		05:20	11.2mph		00:24:27.796
		Split 4	00:07:52.631		05:16	11.4mph		00:32:20.427
			00:08:36.014		05:46	10.4mph		00:40:56.441
2	DARREN ALLISON	M: 2	CYCLIST	63	Laps: 5	5	N/A	:
	(RAPAREE CYCLE CLUB)				00:42:10.	90		
		Split Description			<u>Pace</u>	<u>Speed</u>		<u>Cumulative</u>
		Split 1	00:08:44.049		05:51	10.2mph		00:08:44.049
		Split 2	00:08:17.806		05:33	10.8mph		00:17:01.855
		Split 3	00:08:29.540		05:41	10.5mph		00:25:31.395
		Split 4	00:08:16.637		05:33	10.8mph		00:33:48.032
		Split 5	00:08:22.869		05:37	10.7mph		00:42:10.901
3	ALAN LYONS (DUNGARVAN	M: 3	CYCLIST	107	Laps: 5	5	N/A	:
	CC)				00:42:18.	03		
		Split Description	Split Time		<u>Pace</u>	<u>Speed</u>		Cumulative
		Split 1	00:08:41.105		05:49	10.3mph		00:08:41.105
		Split 2	00:08:20.349		05:35	10.7mph		00:17:01.454
		Split 3	00:08:30.370		05:42	10.5mph		00:25:31.824
		Split 4	00:08:26.528		05:39	10.6mph		00:33:58.352
		Split 5	00:08:19.681		05:35	10.7mph		00:42:18.033
4	TADHG DEBARRA	M: 4	CYCLIST	111	Laps: 5	5	N/A	:
	(COMERAGH CC)				00:42:25.0	01		
		Split Description	Split Time		<u>Pace</u>	<u>Speed</u>		<u>Cumulative</u>
		Split 1	00:08:39.816		05:48	10.3mph		00:08:39.816
		Split 2	00:08:43.811		05:51	10.2mph		00:17:23.627
		Split 3	00:08:27.560		05:40	10.6mph		00:25:51.187
		•				•		
		Split 4	00:08:17.219		05:33	10.8mph		00:34:08.406

5	DYLAN KENNEDY (ACME	M: 5	CYCLIST	48	Laps: 5	5	N/A	:	
	CC)				00:42:47.9				
		Split Description			<u>Pace</u>	<u>Speed</u>		<u>Cumulative</u>	
			00:08:40.276		05:48	10.3mph		00:08:40.276	
		•	00:08:23.830		05:37	10.7mph		00:17:04.106	
		•	00:08:36.534		05:46	10.4mph		00:25:40.640	
		Split 4	00:08:32.013		05:43	10.5mph		00:34:12.653	
		Split 5	00:08:35.324		05:45	10.4mph		00:42:47.977	
6	DECLAN HANRAHAN	M: 6	CYCLIST	93	Laps: 5	5	N/A	:	
	(PANDUIT CARRICK				00:43:00.6	8			
	WHEEL)								
		Split Description	Split Time		<u>Pace</u>	Speed		Cumulative	
		Split 1	00:08:54.184		05:58	10.1mph		00:08:54.184	
		Split 2	00:08:31.703		05:43	10.5mph		00:17:25.887	
		Split 3	00:08:26.650		05:39	10.6mph		00:25:52.537	
		Split 4	00:08:31.450		05:42	10.5mph		00:34:23.987	
		Split 5	00:08:36.694		05:46	10.4mph		00:43:00.681	
7	DEAN MINOGUE (DOLMEN)	M: 7	CYCLIST	54	Laps: 5	5	N/A	:	
					00:43:04.2	0			
		Split Description	Split Time		<u>Pace</u>	Speed		Cumulative	
		Split 1	00:08:48.950		05:54	10.1mph		00:08:48.950	
		Split 2	00:08:39.457		05:48	10.3mph		00:17:28.407	
		Split 3	00:08:35.875		05:45	10.4mph		00:26:04.282	
		Split 4	00:08:37.611		05:47	10.4mph		00:34:41.893	
		Split 5	00:08:22.309		05:36	10.7mph		00:43:04.202	
8	BRIAN NEVIN (BURREN	M: 8	CYCLIST	50	Laps: 5	5	N/A	:	
	CYCLING CLUB)				00:44:33.8	9			
		Split Description	Split Time		<u>Pace</u>	Speed		Cumulative	
		Split 1	00:08:47.069		05:53	10.2mph		00:08:47.069	
		Split 2	00:08:41.519		05:49	10.3mph		00:17:28.588	
		Split 3	00:08:57.195		06:00	10.0mph		00:26:25.783	
		•	00:08:59.268		06:01	10.0mph		00:35:25.051	

lace		Gender	Type		Time	Laps	Speed	Division Rank
9	KEITH COLVILLE (PANDUIT CARRICK WHEEL)	M: 9	CYCLIST	96	Laps: 5 00:44:47.91	5	N/A	:
		Split Description			<u>Pace</u>	<u>Speed</u>		<u>Cumulative</u>
		•	00:08:54.410		05:58	10.0mph		00:08:54.410
		•	00:08:50.974		05:56	10.1mph		00:17:45.384
		•	00:08:56.529		05:59	10.0mph		00:26:41.913
		Split 4	00:09:08.012		06:07	9.8mph		00:35:49.925
		Split 5	00:08:57.990		06:00	10.0mph		00:44:47.915
10	DERMOT LOGUE (PANDUIT CARRICK WHEEL)	M: 10	CYCLIST	56	Laps: 5 00:45:09.58	5	N/A	:
	·	Split Description	Split Time		<u>Pace</u>	Speed		Cumulative
			00:09:23.260		06:17	9.5mph		00:09:23.260
		Split 2	00:08:48.369		05:54	10.2mph		00:18:11.629
		Split 3	00:08:56.161		05:59	10.0mph		00:27:07.790
		Split 4	00:09:10.487		06:09	9.8mph		00:36:18.277
		Split 5	00:08:51.305		05:56	10.1mph		00:45:09.582
11	SEAN DWYER	M: 11	CYCLIST	101	Laps: 5	5	N/A	:
	(DUNGARVAN CC)				00:45:30.80			
	,	Split Description	Split Time		<u>Pace</u>	Speed		Cumulative
		Split 1	00:09:53.011		06:37	9.1mph		00:09:53.011
		Split 2	00:08:55.920		05:59	10.0mph		00:18:48.931
		Split 3	00:08:49.234		05:54	10.1mph		00:27:38.165
		Split 4	00:08:54.180		05:58	10.1mph		00:36:32.345
		Split 5	00:08:58.459		06:01	10.0mph		00:45:30.804
12	WILLIAM ROCK (CORK TRIATHLON CLUB)	M: 12	CYCLIST	99	Laps: 5 00:46:00.54	5	N/A	:
	,	Split Description	Split Time		Pace	Speed		Cumulative
			00:09:11.028		06:09	9.7mph		00:09:11.028
		•	00:09:00.173		06:02	9.9mph		00:18:11.201
		•	00:09:12.889		06:10	9.7mph		00:27:24.090
			00:09:10.325		06:09	9.8mph		00:36:34.415
		•	00:09:26.134		06:19	9.5mph		00:46:00.549
13	MICHAEL COGHLAN (KILLARNEY CYCLING	M: 13	CYCLIST	69	Laps: 5 00:46:17.12	5	N/A	:
	CLUB)							
	CLUB)	Split Description	Split Time		Pace	Speed		Cumulative
	CLUB)	Split Description Split 1	Split Time 00:09:31.268		<u>Pace</u> 06:23	<u>Speed</u> 9.4mph		<u>Cumulative</u> 00:09:31.268

		Split 3	00:09:08.037		06:07	9.8mph		00:27:45.462
		Split 4	00:09:19.167		06:14	9.6mph		00:37:04.629
		Split 5	00:09:12.500		06:10	9.7mph		00:46:17.129
14	GEAROID BEAMISH	M: 14	CYCLIST	105	Laps: 5	5	N/A	:
	(CLONAKILTY CYCLING CL)				00:46:17.8	6		
		Split Description	Split Time		<u>Pace</u>	Speed		<u>Cumulative</u>
		Split 1	00:09:07.401		06:07	9.8mph		00:09:07.401
		Split 2	00:09:09.244		06:08	9.8mph		00:18:16.645
		Split 3	00:09:23.381		06:17	9.5mph		00:27:40.026
		Split 4	00:09:18.260		06:14	9.6mph		00:36:58.286
			00:09:19.579		06:15	9.6mph		00:46:17.865
15	PADRAIC DOOLAN (ACORN)	M: 15	CYCLIST	42	Laps: 5	5	N/A	:
					00:46:24.0	7		
		Split Description	Split Time		<u>Pace</u>	<u>Speed</u>		<u>Cumulative</u>
		•	00:09:06.367		06:06	9.8mph		00:09:06.367
		•	00:09:28.701		06:21	9.4mph		00:18:35.068
		•	00:09:10.986		06:09	9.7mph		00:27:46.054
		•	00:09:24.805		06:18	9.5mph		00:37:10.859
			00:09:13.217		06:10	9.7mph		00:46:24.076
16	SHANE LARKIN (UN-	M: 16	CYCLIST	57	Laps: 5	5	N/A	:
	ATTACHED MUNSTER)				00:46:38.6			
		Split Description			<u>Pace</u>	<u>Speed</u>		<u>Cumulative</u>
		•	00:09:51.359		06:36	9.1mph		00:09:51.359
		•	00:09:10.305		06:09	9.8mph		00:19:01.664
		•	00:09:11.137		06:09	9.7mph		00:28:12.801
		•	00:09:13.003		06:10	9.7mph		00:37:25.804
		Split 5	00:09:12.886		06:10	9.7mph		00:46:38.690

	Wheelers CX "B" Race 2021 Name (Team)	Gender	Type	Bih#	Time	Laps	Speed	Division Rank
17	JERRY RYAN (UPPERCHURCH DROMBANE)	M: 17	CYCLIST	65	Laps: 5 00:46:56.56	5	N/A	:
	,	Split Description	Split Time		<u>Pace</u>	Speed		<u>Cumulative</u>
		Split 1	00:09:08.747		06:07	9.8mph		00:09:08.747
		Split 2	00:09:24.903		06:18	9.5mph		00:18:33.650
		Split 3	00:09:35.840		06:26	9.3mph		00:28:09.490
		•	00:09:22.213		06:16	9.5mph		00:37:31.703
		•	00:09:24.859		06:18	9.5mph		00:46:56.562
18	TYRONE KENNEDY (OVER THE HILL CC)	M: 18	CYCLIST	112	Laps: 5 00:46:57.87	5 7	N/A	:
		Split Description			<u>Pace</u>	<u>Speed</u>		<u>Cumulative</u>
		•	00:09:24.214		06:18	9.5mph		00:09:24.214
		•	00:09:21.012		06:16	9.6mph		00:18:45.226
		•	00:09:14.179		06:11	9.7mph		00:27:59.405
		•	00:09:26.671		06:19	9.5mph		00:37:26.076
			00:09:31.798		06:23	9.4mph		00:46:57.874
19	FRANK ESCAROS- BUECHSEL (DE RONDE VAN CORK CC)	M: 19	CYCLIST	44	Laps: 5 00:46:58.3	5 1	N/A	:
	·	Split Description	Split Time		<u>Pace</u>	Speed		<u>Cumulative</u>
		Split 1	00:10:08.493		06:48	8.8mph		00:10:08.493
		•	00:09:22.976		06:17	9.5mph		00:19:31.469
		•	00:09:12.345		06:10	9.7mph		00:28:43.814
		•	00:09:20.235		06:15	9.6mph		00:38:04.049
			00:08:54.262		05:58	10.0mph		00:46:58.311
20	MARK MC MANUS (DE RONDE VAN CORK CC)	M: 20	CYCLIST	55	Laps: 5 00:47:18.82	5 2	N/A	:
		Split Description			<u>Pace</u>	<u>Speed</u>		<u>Cumulative</u>
		•	00:09:53.613		06:38	9.0mph		00:09:53.613
		•	00:09:11.252		06:09	9.7mph		00:19:04.865
		•	00:09:17.225		06:13	9.6mph		00:28:22.090
		•	00:09:29.582		06:21	9.4mph		00:37:51.672
0.1	WIGTIN FOLEN		00:09:27.156		06:20	9.5mph		00:47:18.828
21	JUSTIN FOLEY	M: 21	CYCLIST	5	Laps: 5 00:47:43.52		N/A	:
		Split Description			<u>Pace</u>	<u>Speed</u>		<u>Cumulative</u>
		Split 1	00:10:00.546		06:42	8.9mph		00:10:00.546

		Split 2	00:09:22.281		06:17	9.5mph		00:19:22.827	
		Split 3	00:09:24.622		06:18	9.5mph		00:28:47.449	
			00:09:28.923		06:21	9.4mph		00:38:16.372	
		•	00:09:27.150		06:20	9.5mph		00:47:43.522	
22	NIALL RYAN (BANDON	M: 22	CYCLIST	91	Laps: 5	5	N/A	:	
	CYCLING CLUB)				00:47:50.7	74			
		Split Description	Split Time		<u>Pace</u>	Speed		Cumulative	
		Split 1	00:09:25.434		06:19	9.5mph		00:09:25.434	
		Split 2	00:09:34.114		06:24	9.4mph		00:18:59.548	
		Split 3	00:09:42.686		06:30	9.2mph		00:28:42.234	
		Split 4	00:09:29.527		06:21	9.4mph		00:38:11.761	
		Split 5	00:09:38.982		06:28	9.3mph		00:47:50.743	
23	RONAN LALLY	M: 23	CYCLIST	49	Laps: 5	5	N/A	:	
	(BALLINASLOE CYCLING C)				00:48:10.1	16			
		Split Description	Split Time		<u>Pace</u>	<u>Speed</u>		Cumulative	
		Split 1	00:09:29.066		06:21	9.4mph		00:09:29.066	
								00 10 00 - 1-	
		Split 2	00:09:31.681		06:23	9.4mph		00:19:00.747	
		•	00:09:31.681 00:09:44.132		06:23 06:31	9.4mph 9.2mph		00:19:00.747 00:28:44.879	
		Split 3				•			
		Split 3 Split 4	00:09:44.132		06:31	9.2mph		00:28:44.879	
24	BRIAN MC CARTHY (MBCC)	Split 3 Split 4	00:09:44.132 00:09:35.284	94	06:31 06:25	9.2mph 9.3mph	N/A	00:28:44.879 00:38:20.163	
24	BRIAN MC CARTHY (MBCC)	Split 3 Split 4 Split 5	00:09:44.132 00:09:35.284 00:09:50.002	94	06:31 06:25 06:35	9.2mph 9.3mph 9.1mph 5	N/A	00:28:44.879 00:38:20.163	
24	BRIAN MC CARTHY (MBCC)	Split 3 Split 4 Split 5	00:09:44.132 00:09:35.284 00:09:50.002 CYCLIST	94	06:31 06:25 06:35 Laps: 5	9.2mph 9.3mph 9.1mph 5	N/A	00:28:44.879 00:38:20.163	
24	BRIAN MC CARTHY (MBCC)	Split 3 Split 4 Split 5 M: 24 Split Description	00:09:44.132 00:09:35.284 00:09:50.002 CYCLIST	94	06:31 06:25 06:35 Laps: 5 00:48:46.	9.2mph 9.3mph 9.1mph 5	N/A	00:28:44.879 00:38:20.163 00:48:10.165	
24	BRIAN MC CARTHY (MBCC)	Split 3 Split 4 Split 5 M: 24 Split Description Split 1	00:09:44.132 00:09:35.284 00:09:50.002 CYCLIST <u>Split Time</u>	94	06:31 06:25 06:35 Laps: 5 00:48:46.7	9.2mph 9.3mph 9.1mph 5 15 Speed	N/A	00:28:44.879 00:38:20.163 00:48:10.165 :	
24	BRIAN MC CARTHY (MBCC)	Split 3 Split 4 Split 5 M: 24 Split Description Split 1 Split 2	00:09:44.132 00:09:35.284 00:09:50.002 CYCLIST <u>Split Time</u> 00:09:47.009	94	06:31 06:25 06:35 Laps: 5 00:48:46. Pace 06:33	9.2mph 9.3mph 9.1mph 5 15 <u>Speed</u> 9.1mph	N/A	00:28:44.879 00:38:20.163 00:48:10.165 : Cumulative 00:09:47.009	
24	BRIAN MC CARTHY (MBCC)	Split 3 Split 4 Split 5 M: 24 Split Description Split 1 Split 2 Split 3	00:09:44.132 00:09:35.284 00:09:50.002 CYCLIST Split Time 00:09:47.009 00:09:30.506	94	06:31 06:25 06:35 Laps: 5 00:48:46.4 <u>Pace</u> 06:33 06:22	9.2mph 9.3mph 9.1mph 5 15 Speed 9.1mph 9.4mph	N/A	00:28:44.879 00:38:20.163 00:48:10.165 : : Cumulative 00:09:47.009 00:19:17.515	

Carrick	Wheelers CX "B" Race 2021							
Place	Name (Team)	Gender	Type		Time	Laps	Speed	Division Rank
25	MICHAEL CAHILL (UPPERCHURCH DROMBANE)	M: 25	CYCLIST	64	Laps: 5 00:50:29.39	5	N/A	:
		Split Description			<u>Pace</u>	<u>Speed</u>		<u>Cumulative</u>
		•	00:09:29.261		06:21	9.4mph		00:09:29.261
		•	00:09:51.926		06:36	9.1mph		00:19:21.187
		•	00:10:15.590		06:52	8.7mph		00:29:36.777
		•	00:10:24.843		06:58	8.6mph		00:40:01.620
			00:10:27.771		07:00	8.6mph		00:50:29.391
26	KEVIN RYAN (GOREY)	M: 26	CYCLIST	67	Laps: 5 00:51:26.11	5	N/A	:
		Split Description			<u>Pace</u>	Speed		<u>Cumulative</u>
		•	00:09:55.645		06:39	9.0mph		00:09:55.645
		•	00:10:17.553		06:54	8.7mph		00:20:13.198
		•	00:10:24.589		06:58	8.6mph		00:30:37.787
		•	00:10:08.951		06:48	8.8mph		00:40:46.738
		<u> </u>	00:10:39.379		07:08	8.4mph		00:51:26.117
27	BRENDAN O' SULLIVAN (KILLORGLIN CC)	M: 27	CYCLIST	45	Laps: 5 00:51:46.41	5	N/A	:
		Split Description	Split Time		<u>Pace</u>	Speed		<u>Cumulative</u>
		•	00:10:08.267		06:47	8.8mph		00:10:08.267
		•	00:10:14.623		06:52	8.7mph		00:20:22.890
		•	00:10:27.882		07:01	8.6mph		00:30:50.772
		•	00:09:56.395		06:39	9.0mph		00:40:47.167
			00:10:59.250		07:22	8.1mph		00:51:46.417
28	MARK DROHAN	M: 28	CYCLIST	1	Laps: 5 00:53:40.14	5	N/A	:
		Split Description			<u>Pace</u>	<u>Speed</u>		<u>Cumulative</u>
		•	00:10:27.693		07:00	8.6mph		00:10:27.693
		•	00:10:28.739		07:01	8.5mph		00:20:56.432
		•	00:10:42.763		07:11	8.4mph		00:31:39.195
		•	00:10:40.838		07:09	8.4mph		00:42:20.033
		·	00:11:20.110		07:36	7.9mph		00:53:40.143
29	THOMAS O'CONNELL (PANDUIT CARRICK WHEEL)	M: 29	CYCLIST	46	Laps: 5 00:53:42.17	5	N/A	:
		Split Description			<u>Pace</u>	Speed		<u>Cumulative</u>
		Split 1	00:10:27.462		07:00	8.6mph		00:10:27.462

		Split 2	00:10:28.296		07:01	8.5mph		00:20:55.758	
		Split 3	00:10:43.007		07:11	8.3mph		00:31:38.765	
		Split 4	00:10:51.579		07:16	8.2mph		00:42:30.344	
		Split 5	00:11:11.830		07:30	8.0mph		00:53:42.174	
30	RICHARD CLEVERLEY	M: 30	CYCLIST	104	Laps: 4	4	N/A	:	
	(SLIABH LUACHRA CYCLIN)				00:35:31.	.15			
	,	Split Description	Split Time		<u>Pace</u>	Speed		Cumulative	
			00:08:52.141		05:56	10.1mph		00:08:52.141	
		Split 2	00:08:35.827		05:45	10.4mph		00:17:27.968	
		Split 3	00:08:59.600		06:01	9.9mph		00:26:27.568	
		Split 4	00:09:03.587		06:04	9.9mph		00:35:31.155	
31	RICHARD CHAPMAN	M: 31	CYCLIST	116	Laps: 4	4	N/A	:	
	(LIMERICK CYCLING CLUB)				00:37:46.	.13			
	,	Split Description	Split Time		<u>Pace</u>	Speed		Cumulative	
		Split 1	00:09:06.594		06:06	9.8mph		00:09:06.594	
		Split 2	00:09:21.200		06:16	9.6mph		00:18:27.794	
		Split 3	00:09:38.094		06:27	9.3mph		00:28:05.888	
		Split 4	00:09:40.251		06:29	9.3mph		00:37:46.139	
32	GARY QUIRKE (COLLINS)	M: 32	CYCLIST	40	Laps: 4	4	N/A	:	
	,				00:41:29.	.79			
		Split Description	Split Time		<u>Pace</u>	Speed		Cumulative	
			00:10:20.113		06:55	8.7mph		00:10:20.113	
		Split 2	00:10:20.172		06:55	8.7mph		00:20:40.285	
		-	00:10:18.392		06:54	8.7mph		00:30:58.677	
		•	00:10:31.122		07:03	8.5mph		00:41:29.799	
		•				•			

Place	Name (Team)	Gender	Type	Bib#	Time	Laps	Speed	Division Rank
33	MARK ROWE (DUNGARVAN	M: 33	CYCLIST	120	Laps: 4	4	N/A	:
	CC)				00:43:55.9	93		
		Split Description	Split Time		<u>Pace</u>	Speed	<u>C</u>	<u>Cumulative</u>
		Split 1	00:09:19.700		06:15	9.6mph	C	0:09:19.700
		Split 2	00:08:41.575		05:49	10.3mph	C	0:18:01.275
		Split 3	00:17:14.594		11:33	5.2mph	C	0:35:15.869
		Split 4	00:08:40.062		05:48	10.3mph	C	0:43:55.931