

# Tri United 3

## Official Results

Alviera, Porac, Pampanga

Sunday, October 25, 2015

Rank	Bib	First Name	Last Name	Team	Category	Swim	Pace (Min./100m)	T1	Bike	Speed (Kms/Hr)	T2	Run	Pace (Min./Km)	Total
1	4	Raelene	Arellano	WU CREW	Long F 25-29	0:44:00	02:19	03:19	3:28:44	25.87	02:13	2:14:38	06:25	6:32:54
2	10	Caroline	Orcena	Smart TRI	Long F 25-29	0:46:38	02:27	02:43	3:38:39	24.70	03:03	2:27:59	07:03	6:59:01
3	8	Nerozel	Calpito	Puro Tri	Long F 25-29	0:55:19	02:55	05:00	3:34:06	25.22	03:31	2:22:30	06:47	7:00:25
4	6	Ian	Banzon	Sante Barley	Long F 25-29	0:38:47	02:02	03:12	3:51:38	23.31	03:52	2:32:54	07:17	7:10:23
5	9	Elinor	Malicdem	Team Norman	Long F 25-29	0:53:35	02:49	09:48	3:43:13	24.19	05:05	2:28:07	07:03	7:19:48
6	7	Jilliane	Caancan	Puro Tri	Long F 25-29	0:48:12	02:32	04:29	3:42:43	24.25	02:54	2:42:23	07:44	7:20:41
7	11	Karen Kate	Pascual	Fitness First	Long F 25-29	0:45:11	02:23	04:50	3:51:10	23.36	05:49	2:36:09	07:26	7:23:10
8	5	Mary Jane	Baluyot	Century Tri Hard	Long F 25-29	0:47:51	02:31	04:15	3:38:17	24.74	03:18	3:03:21	08:44	7:37:02
9	12	Joy	Sy	Fitness First	Long F 25-29	0:50:26	02:39	04:34	4:11:34	21.47	04:03	3:07:18	08:55	8:17:55

Rank	Bib	First Name	Last Name	Team	Category	Swim	Pace (Min./100m)	T1	Bike	Speed (Kms/Hr)	T2	Run	Pace (Min./Km)	Total
1	19	Chloe	Ong	Unison Bike Shop	Long F 30-34	0:44:14	02:20	03:32	3:22:37	26.65	01:49	2:09:45	06:11	6:21:56
2	20	Ines	Santiago	WU CREW	Long F 30-34	0:40:41	02:08	03:05	3:31:05	25.58	02:21	2:11:10	06:15	6:28:22
3	14	Jayline	Balatibat	Herbalife	Long F 30-34	0:50:44	02:40	02:52	3:34:26	25.18	02:53	2:21:10	06:43	6:52:05
4	13	Mayan	Amistoso	Fitness First	Long F 30-34	0:43:22	02:17	02:51	3:44:32	24.05	02:35	2:29:26	07:07	7:02:46
5	16	Richelle	Hizon	Trimac	Long F 30-34	0:51:17	02:42	02:45	3:41:41	24.36	04:10	2:36:57	07:28	7:16:51
	15	Nhea Ann	Barcena	Sante Barley	Long F 30-34	0:52:10	02:45	03:11	3:45:52	23.91	27:39			DNF
	18	Juliette	Leusink	Polo Tri	Long F 30-34									DNS

Rank	Bib	First Name	Last Name	Team	Category	Swim	Pace (Min./100m)	T1	Bike	Speed (Kms/Hr)	T2	Run	Pace (Min./Km)	Total
1	33	Laarni	Paredes	Herbalife	Long F 35-39	0:48:32	02:33	02:39	3:17:43	27.31	02:54	2:17:21	06:32	6:29:09
2	36	Rowena	Valdez	Sante Barley	Long F 35-39	0:53:47	02:50	03:23	3:27:46	25.99	02:14	2:09:09	06:09	6:36:19
3	25	Laarin	De Guzman	Fitness First	Long F 35-39	0:49:25	02:36	02:30	3:27:22	26.04	04:30	2:26:11	06:58	6:49:58
4	30	Jade Candy	Lee	Greenhills Tri Team	Long F 35-39	0:47:51	02:31	03:27	3:36:54	24.90	02:42	2:19:59	06:40	6:50:53
5	21	Nylah	Bautista	Alveo Ayala Land	Long F 35-39	0:47:58	02:31	03:25	3:30:13	25.69	04:05	2:40:15	07:38	7:05:56
6	22	Camilla	Brooks-Chua	BIKE KING	Long F 35-39	0:45:04	02:22	04:18	3:57:33	22.73	02:58	2:23:14	06:49	7:13:07
7	34	Cherry	Ramos	GRC Tri Team	Long F 35-39	1:01:11	03:13	04:55	3:43:44	24.14	04:13	2:51:00	08:09	7:45:02
8	32	Josephine	Ong - Cayabyab	One Triathlon	Long F 35-39	1:00:59	03:13	04:30	4:06:03	21.95	05:19	2:31:32	07:13	7:48:22
9	26	Christina	Domingo	Triforce	Long F 35-39	0:53:42	02:50	05:12	4:15:04	21.17	04:41	2:58:40	08:30	8:17:20
10	31	Maria Juliet	Maccay	Greenhills Tri Team	Long F 35-39	0:58:00	03:03	02:47	4:12:22	21.40	02:58	3:02:35	08:42	8:18:41
11	23	Raeanna	Cranbourne	Polo Tri	Long F 35-39	0:54:42	02:53	06:10	4:08:19	21.75	04:17	3:07:47	08:57	8:21:15
12	27	Glenda	Evangelista	Fit Plus	Long F 35-39	1:04:47	03:25	04:51	4:04:37	22.07	04:47	3:11:24	09:07	8:30:26
13	35	Minnie Beth	Tomas	Trimac	Long F 35-39	0:53:30	02:49	05:25	4:30:10	19.99	04:27	3:01:33	08:39	8:35:04
14	24	Nelirene	Dablio	Team Norman	Long F 35-39	0:59:48	03:09	07:34	4:12:51	21.36	07:01	3:22:19	09:38	8:49:33
	37	Jo-Anne	Valladores	GOLD Tri	Long F 35-39	1:03:19	03:20	06:55	2:49:20	31.89	26:04			DNF

28	Mercy	Go		Long F 35-39										DNS
29	Katherine Marie	Hernandez	IRON P.I.G.S.	Long F 35-39										DNS

Rank	Bib	First Name	Last Name	Team	Category	Swim	Pace (Min./100m)	T1	Bike	Speed (Kms/Hr)	T2	Run	Pace (Min./Km)	Total
1	38	Lezette	Albarote	Herbalife	Long F 40-44	0:45:58	02:25	03:14	3:00:03	29.99	02:45	1:54:11	05:26	5:46:11
2	41	Doray	Ellis	Fitness First	Long F 40-44	0:44:19	02:20	02:34	3:05:28	29.12	03:21	2:02:06	05:49	5:57:48
3	45	Carly	Relf	Maxxis Sante Barley	Long F 40-44	0:40:42	02:09	02:28	3:27:26	26.03	02:23	2:17:10	06:32	6:30:09
4	43	Belle	Grandinetti	Fitness First	Long F 40-44	1:00:40	03:12	04:01	3:25:59	26.22	02:38	2:08:31	06:07	6:41:49
5	42	Bic	Ferreria	UNILAB ACTIVE HEALTH	Long F 40-44	0:44:57	02:22	02:36	3:31:18	25.56	00:00	2:37:22	07:30	6:56:12
6	40	Cynthia	Co	Trimac	Long F 40-44	0:55:31	02:55	04:34	3:44:51	24.02	03:35	2:40:09	07:38	7:28:40
7	39	Malona	Alinsug	2600 Tri Team Baguio	Long F 40-44	1:01:23	03:14	04:31	4:36:26	19.53	04:57	3:05:59	08:51	8:53:16
44	Lyka	Leather		24-7	Long F 40-44									DNS

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1	51	Bernadette	Tan	Greenhills Tri Team	Long F 45-above	0:46:33	02:27	02:17	3:14:30	27.76	02:50	2:10:42	06:13	6:16:53
2	48	Mariela	Martinez-Powell	Sabak Tri Team	Long F 45-above	0:43:23	02:17	03:30	3:30:27	25.66	03:35	2:17:30	06:33	6:38:25
3	445	Lara	Parpan	Polo Tri	Long F 45-above	0:53:56	02:50	07:11	3:47:24	23.75	06:24	2:07:57	06:06	7:02:53
4	50	Angela	Respecki	Maxxis Sante Barley	Long F 45-above	0:42:21	02:14	03:00	3:44:53	24.01	02:57	2:32:11	07:15	7:05:23
	46	Monica	Altura	Polo Tri	Long F 45-above									DNS
	49	Gem	Padilla-Thomas	Polo Tri	Long F 45-above									DNS
	52	Rizzo	Tangan		Long F 45-above									DNS

Rank	Bib	First Name	Last Name	Team	Category	Swim	Pace (Min./100m)	T1	Bike	Speed (Kms/Hr)	T2	Run	Pace (Min./Km)	Total
1	17	Katelyn	Kearney		Long F Elite	0:48:15	02:32	03:07	3:55:35	22.92	03:20	2:26:57	07:00	7:17:15

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1	59	Mervin	Santiago	Sante Barley	Long M 18-24	0:38:55	02:03	02:06	2:39:29	33.86	01:23	1:43:12	04:55	5:05:04
2	58	Jeron	Payong	CamSur Tri Team	Long M 18-24	0:39:56	02:06	02:24	3:04:18	29.30	01:54	1:57:55	05:37	5:46:27
3	60	Chadwick Jerald	Tsai	Trimac	Long M 18-24	0:42:38	02:15	02:31	3:01:46	29.71	02:12	2:02:09	05:49	5:51:15
4	55	Jaime Miguel	Navarro	Herbalife	Long M 18-24	0:43:14	02:17	03:03	3:13:01	27.98	01:40	2:15:15	06:26	6:16:13
5	57	Carlos Francisco	Ochoa	MLQU	Long M 18-24	0:38:29	02:02	02:08	3:02:07	29.65	01:38	2:43:12	07:46	6:27:34
6	54	Charles Jerome	Lazaro	UPLB TRANTADOS	Long M 18-24	0:44:27	02:20	02:34	3:17:23	27.36	03:25	2:24:29	06:53	6:32:19
7	53	Justin	Ambata		Long M 18-24	0:56:09	02:57	05:04	3:35:55	25.01	04:39	2:42:26	07:44	7:24:11
8	61	Aaron	Unabia	Kagay-an tri team	Long M 18-24	0:40:26	02:08	02:14	4:09:21	21.66	04:01	2:44:06	07:49	7:40:08
	56	Noel Eliezer	Navarro	Cecon Tri	Long M 18-24									DNS

Rank	Bib	First Name	Last Name	Team	Category	Swim	Pace (Min./100m)	T1	Bike	Speed (Kms/Hr)	T2	Run	Pace (Min./Km)	Total
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1	77	Robinson	Esteves	Sante Barley	Long M 25-29	0:37:43	01:59	01:34	2:41:15	33.49	01:48	1:33:29	04:27	4:55:49
2	67	Brian	Borling	Herbalife	Long M 25-29	0:35:35	01:52	01:53	2:35:10	34.80	01:48	1:45:29	05:01	4:59:54
3	100	Raymund	Velasco	Sante Barley	Long M 25-29	0:37:01	01:57	02:03	2:51:27	31.50	02:01	1:36:06	04:35	5:08:38
4	92	Welmar	Saavedra	Omega Pro Tri-Team	Long M 25-29	0:39:14	02:04	02:11	2:47:41	32.20	02:14	1:42:26	04:53	5:13:46
5	101	Benjie	Zapanta	One Triathlon	Long M 25-29	0:39:10	02:04	03:05	2:53:26	31.14	02:30	1:37:36	04:39	5:15:47
6	63	Antonio	Almirante Iii	Herbalife	Long M 25-29	0:46:43	02:28	02:28	2:53:55	31.05	01:55	1:53:14	05:24	5:38:15
7	72	Carlo	Chiong	Herbalife	Long M 25-29	0:38:45	02:02	02:51	2:59:10	30.14	02:14	2:00:06	05:43	5:43:06
8	81	Christopher	Iblan	Sante Barley	Long M 25-29	0:58:22	03:04	03:43	2:59:51	30.02	02:21	1:43:51	04:57	5:48:08
9	89	Benjamin Patrick	Ramirez	Fitness First	Long M 25-29	0:44:08	02:19	02:10	3:05:45	29.07	02:14	2:00:13	05:43	5:54:31
10	71	Leo Brian	Cayabyab	UPLB TRANTADOS PHILAB	Long M 25-29	0:40:28	02:08	03:49	3:15:48	27.58	04:33	2:01:14	05:46	6:05:51
11	94	Chris Jansen	Santos	LAKAN TRI	Long M 25-29	0:43:44	02:18	03:17	3:03:24	29.44	02:27	2:21:59	06:46	6:14:50
12	90	Rey Jacinto	Regalado	GRC Tri Team	Long M 25-29	0:49:12	02:35	03:11	3:14:53	27.71	04:08	2:05:46	05:59	6:17:11
13	69	Mark Jester	Cajucum	TRI MONKEYS	Long M 25-29	0:45:58	02:25	03:31	3:07:26	28.81	02:38	2:29:09	07:06	6:28:42
14	95	Lee Joseph	Sarmiento	Team Lightspeed	Long M 25-29	0:48:49	02:34	02:38	3:16:33	27.47	03:29	2:26:43	06:59	6:38:11
15	65	Barnett	Angeles	Aboitiz Tri Team	Long M 25-29	0:45:34	02:24	02:17	2:57:27	30.43	02:56	2:52:57	08:14	6:41:12
16	83	Girgio	Mendoza	Tri Assassins	Long M 25-29	0:49:04	02:35	04:09	3:26:37	26.14	04:07	2:24:09	06:52	6:48:06
17	74	Miguel	Dans		Long M 25-29	0:46:53	02:28	03:41	3:33:10	25.33	02:14	2:37:45	07:31	7:03:43
18	62	David William	Abuel	Team Enduraman	Long M 25-29	0:46:01	02:25	04:37	3:33:38	25.28	04:14	2:38:52	07:34	7:07:22
19	70	Adrian Alaric	Caro	Tri Assassins	Long M 25-29	0:47:22	02:30	03:36	3:21:31	26.80	02:46	3:00:47	08:37	7:16:02
20	79	Christian	Gonzales	Triaholix	Long M 25-29	0:52:51	02:47	04:20	3:31:17	25.56	04:35	2:53:41	08:16	7:26:45
21	93	John Michael	San Juan		Long M 25-29	0:47:15	02:29	05:32	3:47:41	23.72	03:18	3:12:04	09:09	7:55:50
22	97	Jan Doughlas	Sta. Romana	Team Enduraman	Long M 25-29	0:53:44	02:50	06:41	4:02:26	22.27	05:15	2:55:07	08:20	8:03:12
23	76	Marvin Clyde	Draper	Tri Taft	Long M 25-29	0:54:55	02:53	05:19	3:42:32	24.27	04:10	3:21:07	09:35	8:08:04
24	88	Robert Archibald	Patricio		Long M 25-29	1:04:21	03:23	03:27	3:58:05	22.68	04:38	3:01:07	08:37	8:11:38
25	78	Johanne Xavier	Francisco	Solarboyz	Long M 25-29	0:56:17	02:58	05:41	4:10:01	21.60	04:31	3:00:42	08:36	8:17:12
26	96	Rogelio	Siccion		Long M 25-29	0:45:53	02:25	06:57	3:50:48	23.40	07:45	3:28:57	09:57	8:20:21
27	80	Jan Michael	Hidalgo	Enduraman	Long M 25-29	0:58:16	03:04	04:40	3:50:05	23.47	05:58	3:25:52	09:48	8:24:50
28	82	Christopher Patrick	Lazaro		Long M 25-29	1:05:12	03:26	06:42	4:13:07	21.33	04:55	3:09:38	09:02	8:39:35
29	73	Robbi Renzo	Chua	Triforce	Long M 25-29	0:56:21	02:58	06:42	3:54:01	23.07	08:18	3:45:19	10:44	8:50:40
87	Julius	Panopio		Trimac	Long M 25-29	0:47:32	02:30	02:30	2:54:59	30.86	02:43	3:12:27	09:10	DNF
85	Michael	Miras		Team Para Tri	Long M 25-29	0:48:55	02:34	05:07	3:40:56	24.44	04:38			DNF
66	Arjay	Bautista			Long M 25-29									DNS
68	Renel	Brecenio		CamSur Tri Team	Long M 25-29									DNS
86	Jan Dominique	Oliveros		Infinite multisport	Long M 25-29									DNS
91	Jordan Arvin	Ruiz			Long M 25-29									DNS
99	Daryll	Torres			Long M 25-29									DNS
84	Vincent Clark	Miranda		Team Stallions	Long M 25-29	0:59:04	03:07	08:50	4:29:24	20.04	07:42	2:38:04	07:32	DSQ

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1	155	Jethro Karl	Ramos	Maxxis Sante Barley	Long M 30-34	0:39:52	02:06	02:08	2:48:42	32.01	02:14	1:54:50	05:28	5:27:46
2	164	Rafael	Vargas	CamSur Tri Team	Long M 30-34	0:38:42	02:02	02:42	2:51:12	31.54	02:20	1:57:06	05:35	5:32:02
3	158	Ralph Jerome	Salvador		Long M 30-34	0:56:50	02:59	03:20	2:49:03	31.94	02:00	1:45:03	05:00	5:36:17
4	166	John Mark	Yamoyam	Fitness First	Long M 30-34	0:37:34	01:59	03:12	2:57:11	30.48	02:51	1:58:16	05:38	5:39:04
5	133	Jeff	Laguetao	Herbalife	Long M 30-34	0:32:34	01:43	02:02	3:05:22	29.13	02:29	2:11:08	06:15	5:53:36



114	Jerico	Chua		Long M 30-34										DNS
119	Francis Jose	Dela Cruz	WETSHOP TODO TRI TEAM	Long M 30-34										DNS
126	Siegfried	Feliciano		Long M 30-34										DNS
131	Angelo	Joson	ARMY NAVY SOUTH TRI	Long M 30-34										DNS
138	Andrew	Lee Tuason	scott-on	Long M 30-34										DNS
139	Randy	Marasigan	Team Triaholix	Long M 30-34										DNS
150	Patrick Niles	Peig	Smart TRI	Long M 30-34										DNS
153	Francis	Pineda	Smart TRI	Long M 30-34										DNS
154	Joseph Ian	Ramirez	Fitness First	Long M 30-34										DNS
156	Ramon	Rodriguez	WU CREW	Long M 30-34										DNS
157	Raki	Rondera	Maxi Atletika	Long M 30-34										DNS
162	Michael Jason	Tee		Long M 30-34										DNS
163	Lemuelle	Ticman	Row 4 Boys	Long M 30-34										DNS

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1	245	Jefferson	Valdez	Sante Barley	Long M 35-39	0:37:40	01:59	01:43	2:48:40	32.02	01:31	1:42:57	04:54	5:12:30
2	173	Andrew	Arellano	WU Crew	Long M 35-39	0:37:04	01:57	02:43	2:51:21	31.52	01:37	1:55:29	05:30	5:28:13
3	224	John Omar	Paredes	Herbalife	Long M 35-39	0:37:01	01:57	01:58	2:51:58	31.40	02:14	2:12:21	06:18	5:45:32
4	222	Retzel	Orquiza	WU CREW	Long M 35-39	0:48:33	02:33	03:04	2:55:13	30.82	02:18	1:56:49	05:34	5:45:57
5	209	Miguel Antonio	Lopez	Fitness First	Long M 35-39	0:40:50	02:09	03:03	3:05:20	29.14	02:44	1:54:44	05:28	5:46:40
6	187	Jose Javier	Coscolluela	Fitness First	Long M 35-39	0:37:58	02:00	02:55	2:57:40	30.39	02:13	2:06:27	06:01	5:47:13
7	242	Eric	Tan	Century Tri Hard	Long M 35-39	0:42:43	02:15	02:51	2:58:28	30.26	04:53	2:03:45	05:54	5:52:39
8	221	Javy	Olives	WU Crew	Long M 35-39	0:37:01	01:57	02:34	2:54:04	31.02	02:09	2:17:14	06:32	5:53:02
9	180	Ferdz	Capco	WU CREW	Long M 35-39	0:40:07	02:07	03:20	3:04:25	29.28	02:43	2:05:33	05:59	5:56:08
10	220	Adrian	Ocampo	WU CREW	Long M 35-39	0:49:40	02:37	04:30	2:58:55	30.18	03:31	2:07:09	06:03	6:03:46
11	189	Ronald	De Leon		Long M 35-39	0:52:39	02:46	03:10	2:58:41	30.22	02:39	2:06:49	06:02	6:03:59
12	237	Elmer	Santiago	WU CREW	Long M 35-39	0:38:54	02:03	03:13	3:06:35	28.94	04:39	2:15:24	06:27	6:08:45
13	217	Edison	Morales	Maxxis Sante Barley	Long M 35-39	0:45:34	02:24	02:43	2:56:13	30.64	03:40	2:27:40	07:02	6:15:50
14	208	Lloyd	Jenkins	Bike King	Long M 35-39	0:41:15	02:10	03:17	3:18:32	27.20	03:36	2:15:41	06:28	6:22:22
15	213	Karl Mark	Martinez	Last Minute Tri Team	Long M 35-39	0:48:44	02:34	02:09	3:12:21	28.07	02:43	2:17:33	06:33	6:23:31
16	167	Ojie	Aguilar	Fitness First	Long M 35-39	0:45:45	02:24	03:43	3:16:01	27.55	02:59	2:17:08	06:32	6:25:36
17	247	Isidro	Vicente	jelexie tri-force	Long M 35-39	0:50:00	02:38	04:55	3:22:14	26.70	04:57	2:10:55	06:14	6:33:02
18	207	Timothy Joseph	Isla	WU CREW	Long M 35-39	0:47:18	02:29	03:01	3:00:38	29.89	04:05	2:41:24	07:41	6:36:27
19	212	Felix	Marinas	Team Norman	Long M 35-39	0:47:26	02:30	07:47	3:20:59	26.87	05:41	2:16:47	06:31	6:38:40
20	206	Rhoderick	Guieb	WU CREW	Long M 35-39	0:48:10	02:32	04:49	3:21:16	26.83	04:43	2:24:02	06:52	6:43:00
21	178	Richard	Cabrerros	Century Tri Hard	Long M 35-39	0:45:36	02:24	03:38	3:11:34	28.19	03:44	2:41:59	07:43	6:46:30
22	192	Marvin	Del Rosario	Fitness First	Long M 35-39	0:51:36	02:43	03:47	2:59:55	30.01	03:25	2:49:36	08:05	6:48:18
23	175	Jp	Benedicto	Fitness First	Long M 35-39	0:44:00	02:19	03:34	3:14:27	27.77	04:25	2:41:54	07:43	6:48:20
24	203	Xerxes	Garcia	Last Minute Tri Team	Long M 35-39	1:06:30	03:30	03:15	3:06:41	28.93	03:06	2:30:05	07:09	6:49:36
25	218	Nino	Mundo	Trimac	Long M 35-39	0:49:27	02:36	04:21	3:21:42	26.77	03:38	2:41:01	07:40	7:00:10
26	244	Benedicto Kim	Torres	Tri Force	Long M 35-39	0:53:36	02:49	04:35	3:12:11	28.10	03:28	2:46:25	07:55	7:00:14
27	170	Ryan Kristian	Angeles	Century Tri Hard	Long M 35-39	0:46:41	02:27	03:04	3:19:33	27.06	04:04	2:47:43	07:59	7:01:05
28	195	Emeric	Fernandez	SolidTri	Long M 35-39	0:51:07	02:41	05:55	3:19:13	27.11	04:57	2:43:52	07:48	7:05:03
29	231	Edrickson	Ravalo	Herbalife	Long M 35-39	0:44:06	02:19	03:53	3:23:17	26.56	02:30	2:51:38	08:10	7:05:23



216	Kit	Montecillo		Long M 35-39										DNS
225	Jovito Ramil	Paz	Trimac	Long M 35-39										DNS
230	Manuel	Ramoy	Trimac	Long M 35-39										DNS
232	Javier	Rey		Long M 35-39										DNS
234	Julio Sebastian	Rivero	Tri Taft	Long M 35-39										DNS
236	Enrique Lorenzo	San Agustin	Xycos	Long M 35-39										DNS
241	Gerald	Sonson	Aktibo Tri Team	Long M 35-39										DNS
182	Jen Chung	Chiang	IRON BIKE	Long M 35-39	1:02:00	03:16	04:20	4:04:21	22.10	03:47	2:05:54	06:00		DSQ
191	Jason	Del Rosario	Pangasinan Multi Sport	Long M 35-39	0:54:18	02:51	03:34	3:24:45	26.37	04:16	2:06:50	06:02		DSQ

Rank	Bib	First Name	Last Name	Team	Category	Swim	Pace (Min./100m)	T1	Bike	Speed (Kms/Hr)	T2	Run	Pace (Min./Km)	Total
1	336	David	Zimmermann		Long M 40-44	0:43:36	02:18	02:56	2:37:00	34.39	02:16	1:55:01	05:29	5:20:49
2	296	Edward	Luna	Trimac	Long M 40-44	0:45:20	02:23	02:59	2:47:35	32.22	02:26	1:54:45	05:28	5:33:04
3	284	Rayzon	Galdonez	MLQU - PMI	Long M 40-44	0:38:29	02:02	02:14	2:50:29	31.67	01:49	2:07:58	06:06	5:40:59
4	269	Marlon	Butler		Long M 40-44	0:34:50	01:50	04:19	3:09:01	28.57	03:53	1:54:55	05:28	5:46:59
5	280	Alvin	Edrosalam	Fitness First	Long M 40-44	0:43:04	02:16	02:02	3:02:19	29.62	02:27	2:03:35	05:53	5:53:28
6	317	Junrox	Roque	Sante Barley	Long M 40-44	0:48:50	02:34	02:48	2:54:59	30.86	02:38	2:07:15	06:04	5:56:30
7	331	Julian	Valencia	Herbalife	Long M 40-44	0:37:59	02:00	03:03	3:04:59	29.19	03:14	2:13:10	06:20	6:02:25
8	283	Raoul	Floresca	WU CREW	Long M 40-44	0:46:15	02:26	03:26	3:08:35	28.63	02:14	2:04:57	05:57	6:05:27
9	259	Joy Reginald	Antolin	Herbalife	Long M 40-44	0:42:05	02:13	02:38	3:01:59	29.67	02:12	2:17:16	06:32	6:06:11
10	288	Yasumitsu	Hirao	Polo Tri	Long M 40-44	0:43:22	02:17	03:07	3:12:15	28.09	00:00	2:13:31	06:21	6:12:16
11	270	Mike	Caritativo	Trimac	Long M 40-44	0:47:38	02:30	02:30	3:07:07	28.86	03:14	2:12:13	06:18	6:12:42
12	316	Nuno	Romao	Team Red Cross	Long M 40-44	0:36:51	01:56	02:23	2:58:22	30.27	02:02	2:34:04	07:20	6:13:43
13	314	Robert Jonah	Rivera	Sante Barley	Long M 40-44	0:47:48	02:31	02:25	3:07:33	28.79	04:24	2:11:45	06:16	6:13:56
14	302	Marlon	Narvaez	Globe Tri Team	Long M 40-44	0:46:40	02:27	04:06	3:12:31	28.05	03:58	2:14:41	06:25	6:21:56
15	312	Diosdado	Ramirez	GRC Tri Team	Long M 40-44	0:47:08	02:29	03:07	3:15:26	27.63	03:14	2:16:02	06:29	6:24:57
16	268	Philip	Bucad	T12 camelbak	Long M 40-44	0:46:41	02:27	03:28	3:13:47	27.87	03:49	2:17:46	06:34	6:25:31
17	289	Jose, Jr	Isip	Black Pearl	Long M 40-44	0:49:42	02:37	03:06	3:21:14	26.83	02:49	2:16:45	06:31	6:33:36
18	260	Angelo	Arellano	Fitness First	Long M 40-44	0:45:59	02:25	03:51	3:29:21	25.79	03:52	2:17:03	06:32	6:40:07
19	261	Angelo	Astrero	Encore Triathlon Team	Long M 40-44	0:52:31	02:46	03:35	3:05:40	29.09	04:07	2:35:30	07:24	6:41:23
20	305	Paul	Nevelos	Black Pearl	Long M 40-44	0:46:48	02:28	03:22	3:15:00	27.69	02:51	2:34:55	07:23	6:42:56
21	293	Restituto	Legaspi	Herbalife	Long M 40-44	0:53:29	02:49	03:08	3:09:19	28.52	04:02	2:39:15	07:35	6:49:13
22	323	Dennis Manuel	Sianghio	Greenhills Tri Team	Long M 40-44	0:47:11	02:29	02:24	3:11:51	28.15	03:03	2:52:43	08:13	6:57:13
23	286	Misael	Hamak	TRIGENERALS	Long M 40-44	0:49:00	02:35	02:57	3:21:49	26.76	04:15	2:39:16	07:35	6:57:17
24	265	Michael Angelo	Belarmino	Aljay Multisport	Long M 40-44	0:58:15	03:04	03:26	3:18:04	27.26	02:59	2:34:54	07:23	6:57:38
25	300	Jexter	Mercado	Team Triaholix	Long M 40-44	0:53:08	02:48	03:25	3:30:58	25.60	02:56	2:27:46	07:02	6:58:13
26	255	Eugene Joseph	Alberto	Globe Tri Team	Long M 40-44	0:57:02	03:00	03:53	3:32:20	25.43	03:32	2:22:04	06:46	6:58:51
27	290	Dodjie	Ison	YellowCab Team Run Rhymes	Long M 40-44	0:49:31	02:36	03:01	3:30:34	25.64	04:27	2:31:45	07:14	6:59:18
28	291	Jaime	Hizon	Trimac	Long M 40-44	0:45:35	02:24	03:49	3:27:52	25.98	04:50	2:38:05	07:32	7:00:11
29	277	Joseph	De Lara	UNILAB ACTIVE HEALTH	Long M 40-44	0:54:04	02:51	03:24	3:20:45	26.90	05:21	2:36:44	07:28	7:00:18
30	272	Melvin	Ching		Long M 40-44	0:48:42	02:34	04:33	3:30:57	25.60	04:45	2:33:18	07:18	7:02:16
31	318	Dante	Sagayap	Perx Multisport	Long M 40-44	0:56:02	02:57	03:29	3:27:38	26.01	04:04	2:31:12	07:12	7:02:25
32	266	Sunny	Benzonan	TRIGENERALS	Long M 40-44	0:46:40	02:27	04:26	3:15:45	27.59	05:05	2:51:27	08:10	7:03:23
33	262	Elson	Ballena	TRI FORCE	Long M 40-44	0:49:26	02:36	03:17	3:22:18	26.69	03:31	2:50:10	08:06	7:08:42

34	258	Joffrey	Ano	CamSur Tri Team	Long M 40-44	0:47:30	02:30	05:10	3:37:49	24.79	03:11	2:36:20	07:27	7:10:00
35	322	Joseph Jericho	Sebastian	Solid Tri	Long M 40-44	0:53:18	02:48	05:05	3:30:27	25.66	05:03	2:36:45	07:28	7:10:38
36	303	Nathaniel	Navarro	Team Aljay Multi Sports	Long M 40-44	0:52:40	02:46	06:17	3:29:26	25.78	04:25	2:42:17	07:44	7:15:05
37	320	Romeo	Sanchez	Triforce	Long M 40-44	0:47:12	02:29	03:02	3:32:21	25.43	03:22	3:00:03	08:34	7:25:59
38	321	Jeffrey	Sawal	Team Aljay Multi Sports	Long M 40-44	0:46:46	02:28	03:11	3:36:36	24.93	03:39	2:58:18	08:29	7:28:30
39	304	Richard	Navo	PMMA Multisports	Long M 40-44	0:54:56	02:53	05:38	3:36:48	24.91	06:09	2:47:07	07:57	7:30:38
40	257	Junji	Altamira	Solid Tri 4Life	Long M 40-44	0:52:00	02:44	06:06	3:43:43	24.14	06:38	2:42:44	07:45	7:31:11
41	253	Glenn	Adviento	Perx Multisport	Long M 40-44	1:08:27	03:36	06:16	3:35:19	25.08	04:41	2:37:51	07:31	7:32:35
42	306	Carlo Magno	Olmos	LAKE CITY MULTISPORTS	Long M 40-44	0:58:20	03:04	03:43	3:42:53	24.23	04:09	2:50:48	08:08	7:39:54
43	279	James	Dulalia	WU CREW	Long M 40-44	0:43:25	02:17	04:50	3:32:03	25.47	04:57	3:18:08	09:26	7:43:24
44	292	Larry	Lanot		Long M 40-44	1:01:36	03:15	05:53	4:10:37	21.55	04:09	2:30:48	07:11	7:53:04
45	273	Julius	Co	Trimac	Long M 40-44	0:56:14	02:58	07:14	3:43:40	24.14	05:56	3:04:30	08:47	7:57:35
46	254	Allan	Alagao	Meralco Lightspeed Team	Long M 40-44	0:47:25	02:30	04:18	3:54:14	23.05	05:21	3:11:07	09:06	8:02:26
47	267	Leo	Boyles	TRIBE	Long M 40-44	0:55:44	02:56	03:36	3:43:59	24.11	05:10	3:18:48	09:28	8:07:16
48	329	Francisco	Torno Iii	Team TRIBE	Long M 40-44	0:50:28	02:39	06:36	3:46:41	23.82	04:54	3:18:39	09:28	8:07:18
49	274	Cesar	Cortez	Perx Multisport	Long M 40-44	0:56:00	02:57	05:48	3:53:30	23.13	06:29	3:07:28	08:56	8:09:15
50	278	Melvin	Dela Cruz	Smart TRI	Long M 40-44	0:57:13	03:01	05:42	4:01:24	22.37	08:07	3:04:16	08:46	8:16:42
51	308	Joseph	Pedrosa		Long M 40-44	0:54:39	02:53	06:57	4:01:38	22.35	05:30	3:17:06	09:23	8:25:49
52	307	Allan	Oppus		Long M 40-44	0:55:54	02:57	06:59	3:49:00	23.58	07:12	3:33:35	10:10	8:32:39
53	327	Tresifel	Teofilo	tri force	Long M 40-44	1:01:19	03:14	05:38	4:10:36	21.55	07:10	3:15:19	09:18	8:40:02
54	275	Gabby	Cui	BIKE KING	Long M 40-44	0:52:44	02:47	05:20	4:21:10	20.68	03:48	3:28:52	09:57	8:51:55
	252	Arnaldo	Abenis	Maxi Atletika	Long M 40-44									DNF
	256	Mark	Almanzor	WU CREW	Long M 40-44	0:46:38	02:27	06:21	2:53:09	31.19	05:17			DNF
	263	Manuel	Barretto	Team Benny	Long M 40-44	0:58:41	03:05	04:55	3:11:46	28.16	00:00			DNF
	271	Rodel	Castillo	Maxi Atletika	Long M 40-44									DNF
	282	Ronie	Eustaquio	Maxi Atletika	Long M 40-44									DNF
	294	Reuben	Lista	GOLD Tri	Long M 40-44	0:49:05	02:35	14:55	2:50:27	31.68	25:51			DNF
	298	Dennis	Manzarate	Smart TRI	Long M 40-44	1:11:48	03:47	06:57	4:52:55	18.44	10:58			DNF
	332	Enrico	Villanueva	Endure Multisport	Long M 40-44	1:10:24	03:42	07:26	3:40:28	24.49	11:48			DNF
	276	Neil	Dalumpines		Long M 40-44									DNS
	281	Michael Gerard	Enriquez	Fitness First	Long M 40-44									DNS
	287	Gerald	Hidalgo	TSL	Long M 40-44									DNS
	295	Armando	Lorenzo Jr.		Long M 40-44									DNS
	297	Warren	Manuela		Long M 40-44									DNS
	299	Lee	Mcmeekin	Fitness First	Long M 40-44									DNS
	301	Francis Jay	Nacino	WU CREW	Long M 40-44									DNS
	310	Richard	Poquiz	Globe Tri Team	Long M 40-44									DNS
	311	Raymond	Posadas	Century Tri Hard	Long M 40-44									DNS
	315	Allan Roy	Rodrigo	Lipa Bikeshop	Long M 40-44									DNS
	324	Hiroshi	Takei	Herbalife	Long M 40-44									DNS
	325	Carlos	Tanjay		Long M 40-44									DNS
	326	Alfred	Tengonciang	Ironpigs	Long M 40-44									DNS
	328	Raffy	Tima		Long M 40-44									DNS
	334	Ernie	Ybanez	Maxi Atletika	Long M 40-44									DNS
	578	Norman	Arteficio	Sabak Tri Team	Long M 40-44									DNS
	264	Vincent	Bayhon	BNC	Long M 40-44	0:40:01	02:06	05:20	3:30:04	25.71	07:27	1:57:39	05:36	DSQ



313	Nestor	Ramirez	Liveright	Long M 40-44	0:57:36	03:02	03:34	3:45:29	23.95	03:29	1:46:31	05:04	DSQ
335	Hui Yao	Yu	IRON BIKE	Long M 40-44	0:56:23	02:58	06:34	4:10:35	21.55	00:00	2:06:49	06:02	DSQ
285	Jeffrey	Gutilban	Team Triaholix	Long M 40-44	0:56:29	02:58	07:23	4:23:59	20.46	05:53	2:29:45	07:08	DSQ
309	Rowelly	Piodo	Team Roel	Long M 40-44	0:40:03	02:06	03:49	2:13:13	40.53	04:06	2:14:19	06:24	DSQ

Rank	Bib	First Name	Last Name	Team	Category	Swim	Pace (Min./100m)	T1	Bike	Speed (Kms/Hr)	T2	Run	Pace (Min./Km)	Total
1	357	Peter	Gonzalez	BIKE KING	Long M 45-49	0:35:59	01:54	01:52	2:59:51	30.02	03:11	1:59:40	05:42	5:40:33
2	358	Ronald	Honrade	Trimac	Long M 45-49	0:45:25	02:23	03:08	3:02:00	29.67	03:17	2:01:49	05:48	5:55:39
3	351	Mark	Ellis	Fitness First	Long M 45-49	0:36:02	01:54	02:29	3:09:03	28.56	03:53	2:06:23	06:01	5:57:49
4	365	Reujenson	Lista	GOLD Tri	Long M 45-49	0:44:47	02:21	03:33	3:06:46	28.91	03:01	2:01:52	05:48	5:59:59
5	339	Danilo	Balandra	Herbalife	Long M 45-49	0:47:59	02:32	02:34	3:03:42	29.39	03:11	2:13:28	06:21	6:10:54
6	337	Benjamin	Afable	Fitness First	Long M 45-49	0:40:49	02:09	02:51	2:52:50	31.24	03:48	2:38:04	07:32	6:18:22
7	344	Dennis	Capulong	Tri-monkeys	Long M 45-49	0:50:18	02:39	03:33	3:18:15	27.24	03:35	2:11:24	06:15	6:27:04
8	343	Joel	Caniza	Fitness First	Long M 45-49	0:38:50	02:03	03:13	3:25:59	26.22	03:37	2:24:40	06:53	6:36:19
9	368	Gregory	Maranon		Long M 45-49	0:43:33	02:18	03:18	3:14:48	27.72	02:47	2:36:04	07:26	6:40:30
10	364	Jamie	Leather	24-7	Long M 45-49	0:46:44	02:28	05:35	3:28:22	25.92	03:45	2:22:30	06:47	6:46:56
11	375	Angelo	Panopio	Trimac	Long M 45-49	0:58:48	03:06	05:31	3:18:34	27.19	04:47	2:21:05	06:43	6:48:46
12	346	Ronaldo	Celestial	BIKE KING	Long M 45-49	0:47:42	02:31	03:22	3:28:18	25.92	02:48	2:34:15	07:21	6:56:24
13	382	Jonathan	Tansengco	First Balfour/Fit+	Long M 45-49	0:53:08	02:48	04:56	3:33:24	25.30	04:57	2:22:50	06:48	6:59:16
14	373	Kim	O		Long M 45-49	0:51:13	02:42	03:27	3:11:23	28.22	03:13	2:51:36	08:10	7:00:52
15	352	Michael	Enriquez	TRIGENERALS	Long M 45-49	0:45:45	02:24	04:34	3:26:04	26.21	05:11	2:40:15	07:38	7:01:49
16	377	Don	Romero	GRC Tri Team	Long M 45-49	0:47:41	02:31	02:18	3:36:28	24.95	02:38	2:40:38	07:39	7:09:44
17	363	Shuichi	Kato		Long M 45-49	0:52:30	02:46	03:14	3:42:05	24.31	04:38	2:31:49	07:14	7:14:16
18	369	Ronan	Marasigan		Long M 45-49	0:51:01	02:41	07:51	3:23:34	26.53	06:00	2:51:47	08:11	7:20:12
19	360	Peter	Jarin	Greenhills Tri Team	Long M 45-49	0:45:15	02:23	04:38	3:37:42	24.80	03:57	2:53:19	08:15	7:24:52
20	374	Nad	Opiana	Smart TRI	Long M 45-49	0:50:27	02:39	04:01	3:24:11	26.45	04:59	3:01:23	08:38	7:25:00
21	356	Rannie	Faller		Long M 45-49	0:48:07	02:32	03:07	3:49:11	23.56	02:46	2:46:48	07:57	7:29:59
22	372	Benedict	Muriel		Long M 45-49	0:48:48	02:34	03:46	3:33:49	25.26	03:10	3:11:00	09:06	7:40:33
23	362	Reynaldo	Jimenez	Pangasinan Multi Sport	Long M 45-49	0:50:00	02:38	06:35	3:40:55	24.44	03:22	3:01:18	08:38	7:42:09
24	340	Virgilio Jr.	Belen		Long M 45-49	0:55:31	02:55	05:40	3:21:03	26.86	05:37	3:16:00	09:20	7:43:51
25	361	Antonio	Jimenez	Team Cellife	Long M 45-49	0:57:54	03:03	04:50	3:38:22	24.73	04:47	2:57:58	08:28	7:43:51
26	354	Erwin	Estaris		Long M 45-49	0:47:16	02:29	03:43	3:36:21	24.96	04:10	3:16:31	09:21	7:48:02
27	371	Joel Paul	Munoz	Fitness First	Long M 45-49	0:47:17	02:29	06:20	3:34:02	25.23	07:58	3:13:18	09:12	7:48:55
28	350	Chad	Davis		Long M 45-49	0:48:36	02:33	06:49	4:40:36	19.24	05:33	2:10:26	06:13	7:52:00
29	367	Reginald	Mancia	PURO TRI	Long M 45-49	0:55:45	02:56	03:20	3:58:48	22.61	05:17	2:52:33	08:13	7:55:43
30	345	Christian	Casalla		Long M 45-49	0:51:35	02:43	07:26	3:56:03	22.88	05:49	3:01:34	08:39	8:02:26
31	342	Jose Romulo	Buhay	Century Tri Hard	Long M 45-49	1:00:53	03:12	05:47	3:42:34	24.26	07:42	3:10:16	09:04	8:07:11
32	349	Juancho	Dalangin	Meralco Lightspeed Team	Long M 45-49	0:57:00	03:00	06:29	3:58:02	22.69	04:30	3:01:25	08:38	8:07:26
33	378	Winston George	Salem	1Bataan	Long M 45-49	0:54:33	02:52	03:29	3:37:38	24.81	03:25	3:33:35	10:10	8:12:40
34	355	Bernarlito	Fajardo		Long M 45-49	0:52:12	02:45	04:11	3:55:31	22.93	05:07	3:29:53	10:00	8:26:55
35	380	Siegfred	Sumicad	Team Wanna Tri	Long M 45-49	1:06:23	03:30	04:56	4:18:29	20.89	04:51	3:05:38	08:50	8:40:17
36	348	Tirso Jr.	Cinco	Smart TRI	Long M 45-49	1:00:05	03:10	03:45	3:49:40	23.51	05:42	3:45:34	10:44	8:44:46
37	384	Danny	Zapanta	Smart TRI	Long M 45-49	0:54:27	02:52	05:32	4:04:28	22.09	06:00	3:34:20	10:12	8:44:47
38	370	Ricky	Mercado		Long M 45-49	1:12:31	03:49	05:42	4:11:32	21.47	04:37	3:24:31	09:44	8:58:53

347	Charlie	Chua	Bike King	Long M 45-49	0:43:02	02:16	05:55	4:15:01	21.18	05:03				DNF
381	Michael	Tanjangco	Xycos	Long M 45-49	1:21:06	04:16	06:52	4:30:31	19.96	09:58				DNF
338	Taddeius	Almarvez	GRC Tri Team	Long M 45-49										DNS
341	Steve	Bonz	ARMY NAVY SOUTH TRI	Long M 45-49										DNS
353	Warren	Ermac	Smart TRI	Long M 45-49										DNS
359	Jovencio	Jabanes	WU CREW	Long M 45-49										DNS
366	Jojo	Macalintal	Trimac	Long M 45-49										DNS
379	Eric	Santos	one bataan	Long M 45-49										DNS
383	Arnel	Tiquia	Trimac	Long M 45-49										DNS
376	Norman	Reyes	Team Norman	Long M 45-49	1:09:26	03:39	08:51	4:30:10	19.99	04:22	2:42:52	07:45		DSQ

Rank	Bib	First Name	Last Name	Team	Category	Swim	Pace (Min./100m)	T1	Bike	Speed (Kms/Hr)	T2	Run	Pace (Min./Km)	Total
1	388	Frank	Lacson	Herbalife	Long M 50-54	0:39:40	02:05	02:49	3:04:19	29.30	02:26	2:04:25	05:55	5:53:38
2	394	David	Richmond	Sante Barley	Long M 50-54	0:48:42	02:34	02:48	3:13:01	27.98	03:21	2:39:28	07:36	6:47:20
3	387	Eduardo	Francisco	Bike King	Long M 50-54	0:47:59	02:32	02:54	3:25:31	26.28	02:33	2:31:11	07:12	6:50:08
4	386	Enrico	Estrella	Team Norman	Long M 50-54	0:58:11	03:04	05:33	3:56:24	22.84	06:06	3:04:16	08:46	8:10:30
5	385	Rogelio	Dela Cruz		Long M 50-54	0:41:57	02:12	05:21	4:25:54	20.31	03:36	3:34:19	10:12	8:51:08
6	391	Martin	Marcelino		Long M 50-54	1:12:05	03:48	09:46	4:20:32	20.73	05:53	3:15:39	09:19	9:03:54
	389	Rodolfo	Lantin	Team Aljay Multi Sports	Long M 50-54									DNS
	390	Jojo	Lontok		Long M 50-54									DNS
	392	Emmanuel	Pacheco	Lakan Tri	Long M 50-54									DNS
	393	Joevic	Pajarillo	GRC Tri Team	Long M 50-54									DNS

Rank	Bib	First Name	Last Name	Team	Category	Swim	Pace (Min./100m)	T1	Bike	Speed (Kms/Hr)	T2	Run	Pace (Min./Km)	Total
1	398	Thomas	Kuhne	GRC CIC	Long M 55-above	0:44:14	02:20	02:49	3:18:37	27.19	03:33	2:21:48	06:45	6:31:01
2	399	Killy	Kunimoto		Long M 55-above	0:54:11	02:51	03:13	3:38:23	24.73	03:07	2:42:41	07:45	7:21:36
3	396	Josef	Gueta	Black Pearl	Long M 55-above	0:50:21	02:39	05:29	3:44:40	24.04	05:22	2:57:15	08:26	7:43:07
4	401	Edward	Pudlao	Team 2600 Baguio City	Long M 55-above	0:55:03	02:54	05:57	3:55:27	22.93	04:27	3:00:14	08:35	8:01:08
5	400	Ariel	Mendoza	Team Cemex	Long M 55-above	1:05:15	03:26	05:00	3:49:17	23.55	05:24	3:08:16	08:58	8:13:12
6	395	Marlon	Centeno	ProvCap	Long M 55-above	0:58:45	03:06	04:34	3:47:45	23.71	06:13	3:16:45	09:22	8:14:02
	397	Tatsuya	Kanai	Polo Tri	Long M 55-above									DNS
	402	Roden	Rosin	Team Norman	Long M 55-above									DNS
	403	Nick	Thomas	Polo Tri	Long M 55-above									DNS

Rank	Bib	First Name	Last Name	Team	Category	Swim	Pace (Min./100m)	T1	Bike	Speed (Kms/Hr)	T2	Run	Pace (Min./Km)	Total
1	645	August	Benedicto	UNILAB ACTIVE HEALTH	Long M Elite	0:36:01	01:54	01:36	2:33:25	35.20	01:26	1:35:31	04:33	4:48:00
2	1	Billy	Biag	CamSur Tri Team	Long M Elite	0:40:26	02:08	02:45	2:38:47	34.01	01:35	1:40:42	04:48	5:04:16
3	646	Benjamin	Rana	UNILAB ACTIVE HEALTH	Long M Elite	0:35:58	01:54	01:32	2:43:21	33.06	02:05	1:44:28	04:58	5:07:23
4	3	Ben	Regan		Long M Elite	0:33:14	01:45	01:44	2:45:46	32.57	02:24	1:45:03	05:00	5:08:11
5	2	Darius	Kintanar		Long M Elite	0:48:46	02:34	04:26	3:57:47	22.71	04:29	3:01:55	08:40	7:57:23

Rank	Bib	First Name	Last Name	Team	Category	Swim	Pace (Min./100m)	T1	Bike	Speed (Kms/Hr)	T2	Run	Pace (Min./Km)	Total
1	404	Lorena	Agnas	CamSur Tri Team	Tri King F 18-24	0:17:54	01:47	02:56	2:37:05	22.92	02:10	1:16:41	07:40	4:16:46
2	405	Irish Ivy	Domingo		Tri King F 18-24	0:29:55	02:59	04:04	2:26:07	24.64	02:42	1:18:38	07:52	4:21:26
3	406	Riana Mikaela	Mallari	Mr. Freeze	Tri King F 18-24	0:22:30	02:15	04:07	2:48:57	21.31	03:16	1:14:52	07:29	4:33:43
4	407	Catherine Mae	Vergara	TEAM VERCONS	Tri King F 18-24	0:30:53	03:05	04:26	3:10:17	18.92	02:57	1:57:19	11:44	5:45:51

Rank	Bib	First Name	Last Name	Team	Category	Swim	Pace (Min./100m)	T1	Bike	Speed (Kms/Hr)	T2	Run	Pace (Min./Km)	Total
1	412	Charmaine	Lazaro	UPLB TRANTADOS PHILAB	Tri King F 25-29	0:27:49	02:47	05:05	2:46:50	21.58	04:08	1:06:30	06:39	4:30:23
2	413	Ma Klarissa	Martinez	LAKAN TRI	Tri King F 25-29	0:23:43	02:22	05:09	2:46:29	21.62	04:09	1:27:33	08:45	4:47:03
3	414	Iya Nicole	Pe	First Balfour/Fit+	Tri King F 25-29	0:20:40	02:04	04:46	2:59:35	20.05	03:47	1:24:25	08:26	4:53:13
4	410	Marlea	Dulnuan	Tribu Vizcayano	Tri King F 25-29	0:28:42	02:52	04:48	3:05:36	19.40	04:03	1:22:29	08:15	5:05:37
5	415	Hanna	Sanchez	Team Endure	Tri King F 25-29	0:26:26	02:39	04:57	2:51:12	21.03	03:55	1:41:42	10:10	5:08:12
6	408	Camille	Aquino	TEAM MURDA	Tri King F 25-29	0:35:07	03:31	03:58	3:04:58	19.46	04:28	1:22:52	08:17	5:11:23
	409	Sittie Aminah	Dimaporo	Lanao del Norte	Tri King F 25-29									DNS
	411	Carminia Luisa	Jereza	FITNESS FIRST	Tri King F 25-29									DNS

Rank	Bib	First Name	Last Name	Team	Category	Swim	Pace (Min./100m)	T1	Bike	Speed (Kms/Hr)	T2	Run	Pace (Min./Km)	Total
1	418	Anne Catherine	Hernandez	FITNESS FIRST	Tri King F 30-34	0:22:58	02:18	02:47	2:21:06	25.51	02:22	1:03:55	06:24	3:53:08
2	420	Lou Ann	Ramos	The Podium Boutique Hotel	Tri King F 30-34	0:30:07	03:01	04:05	2:39:24	22.58	04:17	1:17:47	07:47	4:35:40
3	422	Diana Grace	Samson	Triforce	Tri King F 30-34	0:32:38	03:16	10:12	2:51:40	20.97	05:27	1:14:22	07:26	4:54:18
4	423	Czarina	Tiangco		Tri King F 30-34	0:20:32	02:03	04:07	2:53:45	20.72	03:27	1:45:41	10:34	5:07:33
5	421	Rosemarie	Reyes	MAXI ATLETIKA MULTISPORT	Tri King F 30-34	0:40:54	04:05	05:02	2:50:24	21.13	04:12	1:27:24	08:44	5:07:55
	416	Winna	Altamira	Solid Tri 4Life	Tri King F 30-34									DNS
	417	Aina	Garcia	Fit Plus Academy	Tri King F 30-34									DNS
	419	Chase Hermit	Magsalin	ENCORE TRIATHLON TEAM	Tri King F 30-34									DNS

Rank	Bib	First Name	Last Name	Team	Category	Swim	Pace (Min./100m)	T1	Bike	Speed (Kms/Hr)	T2	Run	Pace (Min./Km)	Total
1	549	Anais	Lapid	R.LAPID'S TRI TEAM	Tri King F 35-39	0:26:21	02:38	02:58	2:22:49	25.21	03:04	1:05:14	06:31	4:00:26
2	430	Rowena Anne	Lindayag	TRlalindog	Tri King F 35-39	0:27:09	02:43	03:56	2:28:30	24.24	03:14	1:19:22	07:56	4:22:12
3	425	Karla	Afable		Tri King F 35-39	0:32:08	03:13	09:32	2:38:43	22.68	07:18	1:30:32	09:03	4:58:13
4	428	Nina	Beltran	Team Tribe Prestigio	Tri King F 35-39	0:29:55	03:00	04:57	2:49:00	21.30	04:04	1:31:55	09:11	4:59:51
5	433	Gemymah Sylvia	Victorio	Team Multisports - Cdo	Tri King F 35-39	0:32:46	03:17	05:50	2:43:45	21.98	05:10	1:35:06	09:31	5:02:37
6	427	Percelyn	Aquino	tri force triathlon	Tri King F 35-39	0:29:04	02:54	08:32	2:55:25	20.52	05:34	1:26:34	08:39	5:05:08
7	426	Luchie	Alberto	Multisport Iloilo	Tri King F 35-39	0:33:38	03:22	08:53	2:57:09	20.32	07:09	1:32:35	09:16	5:19:24
8	424	Arlene	Adrados		Tri King F 35-39	0:29:53	02:59	23:15	3:07:42	19.18	07:33	1:54:44	11:28	6:03:07
9	429	Maria Khristina	Fontillas	LAKAN TRI	Tri King F 35-39	0:30:01	03:00	11:50	4:18:33	13.92	06:24	2:14:24	13:26	7:21:13
	431	Dainielle Francis	Perez	FITNESS FIRST	Tri King F 35-39						26:11			DNF

432 Shan Sandoval GRC tri team Tri King F 35-39 DNS

Rank	Bib	First Name	Last Name	Team	Category	Swim	Pace (Min./100m)	T1	Bike	Speed (Kms/Hr)	T2	Run	Pace (Min./Km)	Total
1	434	Nikki	De Guzman	TSL	Tri King F 40-44	0:22:54	02:17	02:53	2:19:55	25.73	02:53	1:07:14	06:43	3:55:49
2	437	Carol Marie	Lorenzo	CENTURY TRI HARD	Tri King F 40-44	0:23:57	02:24	04:32	2:27:55	24.34	04:43	1:16:26	07:39	4:17:34
3	439	Jo-Ann	Sebastian	Solid Tri	Tri King F 40-44	0:27:49	02:47	06:47	3:00:53	19.90	06:11	1:33:00	09:18	5:14:40
4	440	Ma.Leonora	Tabladillo	Team Hugo	Tri King F 40-44	0:32:10	03:13	08:15	3:15:01	18.46	04:11	1:27:00	08:42	5:26:38
5	438	Carina	Nicolas	Team David's Salon Club	Tri King F 40-44	0:35:58	03:36	09:27	2:54:08	20.67	08:53	1:44:42	10:28	5:33:09
6	436	Sherylle Marie	Guiyab		Tri King F 40-44	0:39:27	03:57	10:10	3:18:43	18.12	06:39	1:37:37	09:46	5:52:36
	435	Stephanie	Fronoso	BIKE KING	Tri King F 40-44									DNS

Rank	Bib	First Name	Last Name	Team	Category	Swim	Pace (Min./100m)	T1	Bike	Speed (Kms/Hr)	T2	Run	Pace (Min./Km)	Total
1	446	Tess	Rodriguez	Attack Tri	Tri King F 45-above	0:27:34	02:45	04:42	2:23:56	25.01	04:44	1:16:57	07:42	4:17:53
2	441	Charit	Agana	ENCORE TRIATHLON TEAM	Tri King F 45-above	0:28:16	02:50	04:17	2:30:26	23.93	05:51	1:19:45	07:58	4:28:35
3	444	Teresita	Lim		Tri King F 45-above	0:30:57	03:06	05:37	3:04:35	19.50	04:31	1:32:29	09:15	5:18:08
4	47	Agnes	Ganzon	Smart TRI	Long F 45-above	0:22:52	02:17	06:23	3:32:50	16.91	05:45	1:29:32	08:57	5:37:23
	442	Elaine	Andaya		Tri King F 45-above									DNS
	443	Amor	Datinguino		Tri King F 45-above									DNS

Rank	Bib	First Name	Last Name	Team	Category	Swim	Pace (Min./100m)	T1	Bike	Speed (Kms/Hr)	T2	Run	Pace (Min./Km)	Total
1	450	Luis Jose	Embate	CamSur Tri Team	Tri King M 18-24	0:22:48	02:17	01:44	1:58:28	30.39	01:26	0:45:38	04:34	3:10:04
2	451	Heinrich Christian	Gasacao		Tri King M 18-24	0:20:50	02:05	03:45	2:25:01	24.82	02:21	0:55:44	05:34	3:47:41
3	449	Francis Jemuel	Contreras	Team Banayad	Tri King M 18-24	0:25:16	02:32	03:21	2:14:22	26.79	02:33	1:06:31	06:39	3:52:03
4	454	Aldrin Van	Sta Maria	Trimac	Tri King M 18-24	0:22:49	02:17	05:09	2:16:13	26.43	02:13	1:09:42	06:58	3:56:05
5	447	Jolo	Anyayahan	PMMA Multisport	Tri King M 18-24	0:25:27	02:33	03:22	2:27:25	24.42	02:50	1:06:09	06:37	4:05:13
6	453	Jose	Soberano	Tri Taft	Tri King M 18-24	0:24:02	02:24	04:45	2:14:24	26.79	02:41	1:21:50	08:11	4:07:43
7	448	Dhan Kevin	Bautista		Tri King M 18-24	0:24:16	02:26	04:20	2:23:13	25.14	02:51	1:21:55	08:12	4:16:36
8	456	Rommel	Vitug	TRIMAC	Tri King M 18-24	0:32:12	03:13	03:58	2:23:47	25.04	03:28	1:23:03	08:18	4:26:28
9	452	Joa Polino	Mallari	Mr. Freeze	Tri King M 18-24	0:22:36	02:16	04:10	2:54:04	20.68	05:07	1:50:44	11:04	5:16:41
	455	Allen Ivan	Sta Maria	Trimac	Tri King M 18-24									DNS

Rank	Bib	First Name	Last Name	Team	Category	Swim	Pace (Min./100m)	T1	Bike	Speed (Kms/Hr)	T2	Run	Pace (Min./Km)	Total
1	477	Joseph Kennedy	Salcedo	POLO TRI	Tri King M 25-29	0:21:31	02:09	02:18	2:04:14	28.98	01:48	0:51:11	05:07	3:21:01
2	458	Rodolfo Jr	Albis	Infinite Multisports Team	Tri King M 25-29	0:25:16	02:32	02:48	2:04:54	28.82	01:46	1:03:45	06:22	3:38:28
3	484	Rommel Ivan	Umlas	TriXman	Tri King M 25-29	0:21:46	02:11	03:45	2:05:31	28.68	02:57	1:05:07	06:31	3:39:06
4	479	Timothy	So	JINGA JUICE TRI TAFT	Tri King M 25-29	0:23:32	02:21	03:32	2:15:08	26.64	03:47	1:03:58	06:24	3:49:57
5	64	Kirk Patrick	Ang	Perx Multisport	Tri King M 25-29	0:22:43	02:16	05:27	2:23:53	25.02	03:57	1:07:45	06:46	4:03:45
6	470	Elroy Jon	Ilagan		Tri King M 25-29	0:26:32	02:39	02:38	2:30:30	23.92	02:30	1:02:54	06:17	4:05:04

7	478	Ralph Alvin	Salvilla	Fit+	Tri King M 25-29	0:25:24	02:32	03:11	2:27:21	24.43	03:19	1:09:47	06:59	4:09:02
8	472	Franz	Lim	Jinga Juice Tri Taft	Tri King M 25-29	0:29:13	02:55	07:17	2:15:18	26.61	02:30	1:18:58	07:54	4:13:16
9	474	Carlo Martin	Ponce	Team Murda	Tri King M 25-29	0:28:35	02:52	04:52	2:32:57	23.54	04:09	1:07:10	06:43	4:17:44
10	467	Renz	Formoso		Tri King M 25-29	0:27:16	02:44	04:31	2:36:18	23.03	04:11	1:11:08	07:07	4:23:24
11	471	Paolo	Ledesma	Team Murda	Tri King M 25-29	0:30:22	03:02	04:40	2:33:48	23.41	04:48	1:10:43	07:04	4:24:20
12	464	James	Daly	LAKAN TRI	Tri King M 25-29	0:25:10	02:31	04:08	2:21:28	25.45	06:48	1:27:11	08:43	4:24:45
13	469	Eugene	Garcia	Sibakeros Tri Team	Tri King M 25-29	0:17:44	01:46	02:28	3:07:27	19.20	03:26	1:00:30	06:03	4:31:35
14	98	Peter	Sy	Jinga Juice Tri Taft	Long M 25-29	0:26:35	02:39	05:11	2:29:17	24.11	04:00	1:28:27	08:51	4:33:30
15	462	Justin	Caro	Tri Assassins	Tri King M 25-29	0:30:49	03:05	04:26	2:27:38	24.39	03:15	1:28:02	08:48	4:34:10
16	459	Nicodemus	Andrada	Better Tri	Tri King M 25-29	0:28:03	02:48	05:26	2:44:39	21.86	04:18	1:17:33	07:45	4:39:59
17	460	John Russel	Ang	Infinte Multisport	Tri King M 25-29	0:28:10	02:49	10:17	2:46:37	21.61	03:27	1:30:49	09:05	4:59:21
18	481	Luis Paolo	Sotto	Jinga Juice Tri Taft	Tri King M 25-29	0:28:51	02:53	05:40	2:34:15	23.34	05:08	1:46:11	10:37	5:00:04
19	473	Mark Gerard Joseph	Mallari		Tri King M 25-29	0:29:14	02:55	08:16	2:54:08	20.67	05:20	1:27:11	08:43	5:04:10
20	476	Karlo	Ravago	Team Murda	Tri King M 25-29	0:31:50	03:11	05:52	2:59:01	20.11	04:31	1:23:54	08:23	5:05:08
21	480	Hezel John Marc	Solangon		Tri King M 25-29	0:28:16	02:50	06:13	2:59:36	20.04	03:58	1:27:06	08:43	5:05:10
22	482	Kristian	Torraiba	SMART TRI TEAM	Tri King M 25-29	0:33:48	03:23	06:53	2:47:14	21.53	04:28	1:34:23	09:26	5:06:47
23	465	Eduard	De Guzman	Tri Assassins	Tri King M 25-29	0:31:10	03:07	04:06	2:55:57	20.46	04:29	1:34:53	09:29	5:10:36
24	75	Juan Miguel	De La Cruz		Tri King M 25-29	0:29:03	02:54	06:43	2:52:33	20.86	05:05	2:11:58	13:12	5:45:22
25	483	Robert	Umlas		Tri King M 25-29	0:31:14	03:07	08:45	3:19:05	18.08	05:10	1:43:55	10:23	5:48:08
26	466	Santino	Del Castillo	Team Tribe Prestigio	Tri King M 25-29	0:27:37	02:46	06:23	3:13:54	18.57	06:55	1:58:29	11:51	5:53:18
27	485	Christ-lan	Vergara	TEAM VERCONS	Tri King M 25-29	0:34:11	03:25	07:42	3:35:28	16.71	05:09	1:37:54	09:47	6:00:24
28	486	Cyril	Vergara	TEAM VERCONS	Tri King M 25-29	0:32:48	03:17	06:29	3:24:32	17.60	02:52	2:04:59	12:30	6:11:39
29	457	Aames	Aguas	Smart TRI	Tri King M 25-29	0:26:28	02:39	05:20	3:55:23	15.29	03:38	1:59:17	11:56	6:30:06
30	468	Christian Albert	Gacias	Better Tri	Tri King M 25-29	0:39:39	03:58	07:18	3:51:19	15.56	06:09	2:07:49	12:47	6:52:15
461		Wernher Lancelot	Asprec	attack tri	Tri King M 25-29	0:31:34	03:09	04:26						DNF
463		Chester Ivan	Cruz	JINGA JUICE TRI TAFT	Tri King M 25-29									DNS
475		Robert Louie	Quiogue		Tri King M 25-29									DNS

Rank	Bib	First Name	Last Name	Team	Category	Swim	Pace (Min./100m)	T1	Bike	Speed (Kms/Hr)	T2	Run	Pace (Min./Km)	Total
1	512	Jeremiah	Isip	REVV	Tri King M 30-34	0:18:45	01:52	02:32	2:01:23	29.66	01:52	0:52:17	05:14	3:16:49
2	498	Frederick	Castaneda	Omega Pro tri-Team	Tri King M 30-34	0:25:28	02:33	03:31	2:01:45	29.57	02:12	0:54:53	05:29	3:27:48
3	500	Amarilio	Costa	Team Red Cross	Tri King M 30-34	0:25:19	02:32	02:09	1:59:38	30.09	02:08	1:01:02	06:06	3:30:16
4	494	Jeffrey	Balbas		Tri King M 30-34	0:21:54	02:11	03:18	2:02:58	29.28	00:00	1:02:08	06:13	3:30:17
5	488	Rodrigo	Aja		Tri King M 30-34	0:17:52	01:47	04:00	2:18:16	26.04	02:43	0:57:14	05:43	3:40:04
6	520	Charles	Or	Infinite Multisport	Tri King M 30-34	0:23:15	02:19	02:41	2:10:43	27.54	01:51	1:02:33	06:15	3:41:03
7	528	Giovanni Rosanno	Tan	Tri force triathlon club	Tri King M 30-34	0:28:12	02:49	04:49	2:02:04	29.49	06:09	1:13:14	07:19	3:54:28
8	531	Clive Manuel	Wee Sit	Team Tri-Mates	Tri King M 30-34	0:26:08	02:37	03:40	2:15:03	26.66	03:10	1:08:09	06:49	3:56:10
9	492	Rafael Gino	Auditor	Smart TRI	Tri King M 30-34	0:22:16	02:14	02:34	2:15:10	26.63	03:22	1:16:41	07:40	4:00:04
10	501	Sherwin	De La Paz	T12 camel back	Tri King M 30-34	0:15:47	01:35	04:18	2:20:20	25.65	03:37	1:18:34	07:51	4:02:35
11	489	Joden	Alcoreza	YELLOWCAB TEAM RUN RHYMES	Tri King M 30-34	0:26:36	02:40	04:00	2:09:51	27.72	03:15	1:19:49	07:59	4:03:30
12	517	Edison	Maningat	Team Sinarapan	Tri King M 30-34	0:26:34	02:39	03:19	2:20:46	25.57	02:47	1:10:46	07:05	4:04:11
13	523	Jared	Remulta	BIKE KING	Tri King M 30-34	0:28:00	02:48	03:39	2:22:40	25.23	02:51	1:09:06	06:55	4:06:16
14	521	Tj	Rabena	ENCORE TRIATHLON TEAM	Tri King M 30-34	0:27:52	02:47	04:17	2:15:32	26.56	04:20	1:19:30	07:57	4:11:30
15	532	Archie	Yongco	Aurora Triteam	Tri King M 30-34	0:22:10	02:13	03:58	2:19:19	25.84	04:50	1:23:34	08:21	4:13:51

16	514	Dizon	Kwok	INFINITE MULTISPORT	Tri King M 30-34	0:26:09	02:37	07:16	2:26:36	24.56	03:28	1:20:33	08:03	4:24:02
17	515	Lester Benedict	Leytte	WETSHOP TODO TRI TEAM	Tri King M 30-34	0:31:26	03:09	04:50	2:29:12	24.13	03:53	1:17:04	07:42	4:26:24
18	505	Richard	Gabagat		Tri King M 30-34	0:28:41	02:52	04:58	2:34:15	23.34	05:44	1:15:33	07:33	4:29:11
19	129	Luis Fernando	Gotaco	Tri Taft	Tri King M 30-34	0:28:26	02:51	04:22	2:39:07	22.63	04:30	1:13:44	07:22	4:30:09
20	495	Richard	Bitoy	Infinite Multisport	Tri King M 30-34	0:33:42	03:22	04:46	2:31:40	23.74	02:47	1:17:22	07:44	4:30:16
21	516	Richard	Lim		Tri King M 30-34	0:27:17	02:44	05:27	2:52:24	20.88	03:59	1:02:13	06:13	4:31:18
22	519	Gilmer	Onato		Tri King M 30-34	0:31:35	03:10	04:41	2:39:42	22.54	02:33	1:12:59	07:18	4:31:31
23	511	Ruben	Hornero		Tri King M 30-34	0:28:53	02:53	05:37	2:43:25	22.03	04:36	1:11:58	07:12	4:34:28
24	527	Gerard	Songco		Tri King M 30-34	0:22:40	02:16	04:50	2:40:39	22.41	05:25	1:23:13	08:19	4:36:47
25	497	Roland Benedict	Capito	Yellow Cab Run Rhymes	Tri King M 30-34	0:27:18	02:44	03:03	2:36:39	22.98	03:10	1:27:48	08:47	4:37:57
26	507	Harold Angelo	Go	SCOTT ON	Tri King M 30-34	0:28:25	02:50	07:03	2:25:43	24.71	05:12	1:32:52	09:17	4:39:15
27	526	Christopher	Santos	Team EG	Tri King M 30-34	0:37:51	03:47	05:21	2:32:10	23.66	05:20	1:20:27	08:03	4:41:10
28	499	Mark Christian	Clareza	First Balfour/Fit+	Tri King M 30-34	0:32:17	03:14	04:17	2:24:31	24.91	03:29	1:37:11	09:43	4:41:44
29	490	Nomar	Alferos	SANTE BARLEY	Tri King M 30-34	0:28:14	02:49	03:44	2:34:55	23.24	05:47	1:32:40	09:16	4:45:20
30	502	Farrell	Dizon	PRAETORIAN TRI TEAM	Tri King M 30-34	0:29:54	02:59	06:05	2:36:54	22.94	03:37	1:31:57	09:12	4:48:27
31	487	Jake Emmerson	Aguado	GRC TRI TEAM	Tri King M 30-34	0:31:19	03:08	06:18	2:33:41	23.42	04:15	1:36:22	09:38	4:51:55
32	522	Rey Carlito	Regalado		Tri King M 30-34	0:27:59	02:48	04:44	2:44:05	21.94	03:31	1:36:06	09:37	4:56:25
33	508	Al	Gonzales	REVV	Tri King M 30-34	0:27:38	02:46	06:07	2:46:45	21.59	07:10	1:30:33	09:03	4:58:13
34	518	Dino	Mendoza		Tri King M 30-34	0:27:28	02:45	05:56	2:53:56	20.70	07:20	1:40:53	10:05	5:15:33
35	513	Paul Vincent	Jao	Infinite Multisport	Tri King M 30-34	0:27:23	02:44	06:15	2:50:43	21.09	04:07	1:51:25	11:09	5:19:53
36	524	Gene Gregor	Sampaga	Team TriTaft	Tri King M 30-34	0:33:52	03:23	05:09	2:54:08	20.67	04:58	1:55:43	11:34	5:33:50
37	496	Nikko	Capioso	Solar Boyz	Tri King M 30-34	0:31:06	03:07	03:49	3:05:11	19.44	04:37	1:49:19	10:56	5:34:02
38	510	Joseph Alvin	Hernandez		Tri King M 30-34	0:32:57	03:18	08:27	3:31:26	17.03	04:35	1:42:28	10:15	5:59:53
39	493	Jose Emmanuel	Balane	Tnova	Tri King M 30-34	0:32:42	03:16	07:05	3:39:34	16.40	06:43	2:21:32	14:09	6:47:36
491	Enrico	Angeles			Tri King M 30-34									DNS
503	Reil Vinard	Espino	Tri Taft		Tri King M 30-34									DNS
504	Julius	Fonte	SMART TRI TEAM		Tri King M 30-34									DNS
506	Lloyd	Galicia	Team Marquez		Tri King M 30-34									DNS
509	Peewee	Guasque			Tri King M 30-34									DNS
525	Mark Gil	Sanchez	Smart TRI		Tri King M 30-34									DNS
529	Carlo Paulo	Tolentino			Tri King M 30-34									DNS
530	Ignasi	Vegas			Tri King M 30-34	0:40:44	04:04							DNF

Rank	Bib	First Name	Last Name	Team	Category	Swim	Pace (Min./100m)	T1	Bike	Speed (Kms/Hr)	T2	Run	Pace (Min./Km)	Total
1	546	Vilog	George		Tri King M 35-39	0:16:46	01:41	01:57	1:51:13	32.37	01:41	0:46:12	04:37	2:57:48
2	647	Philip	Atento	UNILAB ACTIVE HEALTH	Tri King M 35-39	0:18:41	01:52	01:48	1:49:57	32.74	01:33	0:47:57	04:48	2:59:56
3	538	Jeffrey	Codino	Omega Pro tri-Team	Tri King M 35-39	0:22:17	02:14	02:23	1:53:32	31.71	01:52	0:47:14	04:43	3:07:18
4	562	Dennis	Respecki	OSB	Tri King M 35-39	0:22:23	02:14	04:01	2:05:01	28.80	02:35	1:00:49	06:05	3:34:49
5	553	Cesar	Lumiwes		Tri King M 35-39	0:26:14	02:37	04:12	2:07:25	28.26	01:58	0:56:04	05:36	3:35:53
6	545	Miquel	Garcia		Tri King M 35-39	0:17:15	01:43	05:27	2:09:11	27.87	03:59	1:00:41	06:04	3:36:33
7	541	Sigmond	Del Villar		Tri King M 35-39	0:23:48	02:23	04:09	2:13:18	27.01	04:03	0:59:17	05:56	3:44:34
8	542	Jephtie	Dela Cruz	team foton	Tri King M 35-39	0:28:34	02:51	04:18	2:11:43	27.33	03:36	1:04:30	06:27	3:52:42
9	544	Riemann	Galliguez	TriTaft	Tri King M 35-39	0:26:46	02:41	04:55	2:18:12	26.05	03:53	1:04:08	06:25	3:57:54
10	535	Marvin	Bailon	Bailon	Tri King M 35-39	0:27:29	02:45	04:20	2:17:59	26.09	03:15	1:04:52	06:29	3:57:54

11	569	Alvin	Te Tan	FITPLUS	Tri King M 35-39	0:22:16	02:14	02:58	2:25:38	24.72	02:12	1:06:03	06:36	3:59:06
12	533	John Clifford	Algire	Last Minute Tri Team	Tri King M 35-39	0:28:46	02:53	04:03	2:16:19	26.41	03:49	1:10:20	07:02	4:03:18
13	564	Charlemagne	Samartino		Tri King M 35-39	0:25:13	02:31	03:58	2:20:03	25.70	03:49	1:13:58	07:24	4:07:00
14	171	Reggie	Antonio	Greenhills Tri Team	Tri King M 35-39	0:24:01	02:24	04:39	2:20:32	25.62	03:53	1:16:37	07:40	4:09:43
15	560	Marlon	Quidasol	FOTON Tri Team	Tri King M 35-39	0:27:21	02:44	03:05	2:21:21	25.47	03:03	1:16:13	07:37	4:11:03
16	563	Michael	Romero	Last Minute Tri Team	Tri King M 35-39	0:31:20	03:08	03:12	2:29:48	24.03	04:33	1:04:33	06:27	4:13:26
17	554	Kirk	Macdonald		Tri King M 35-39	0:21:49	02:11	04:34	2:28:03	24.32	03:20	1:18:10	07:49	4:15:57
18	566	Joseph Lyle	Sarmiento	FITNESS FIRST	Tri King M 35-39	0:21:00	02:06	04:46	2:32:07	23.67	04:44	1:13:42	07:22	4:16:19
19	543	Michael	Dizon	tri taft	Tri King M 35-39	0:31:34	03:09	03:33	2:09:18	27.84	03:22	1:31:18	09:08	4:19:05
20	552	Carlos Oliver	Leytte	WETSHOP TODO TRI TEAM	Tri King M 35-39	0:25:04	02:30	04:03	2:28:52	24.18	04:09	1:17:32	07:45	4:19:40
21	571	Christian Bernard	Uichico	TB3	Tri King M 35-39	0:27:07	02:43	07:21	2:26:49	24.52	06:15	1:14:31	07:27	4:22:04
22	570	Lawrence	Ticsay		Tri King M 35-39	0:24:55	02:29	04:16	2:28:43	24.21	03:34	1:24:41	08:28	4:26:09
23	548	Fredric	Lamagna		Tri King M 35-39	0:28:25	02:51	05:36	2:35:59	23.08	04:35	1:16:51	07:41	4:31:27
24	574	Edward	Villoso		Tri King M 35-39	0:29:29	02:57	04:48	2:28:25	24.26	04:18	1:33:05	09:19	4:40:06
25	537	Roldan	Capito		Tri King M 35-39	0:27:36	02:46	04:34	2:34:48	23.26	02:59	1:34:31	09:27	4:44:28
26	557	Roel	Natividad	Infinite Multisport	Tri King M 35-39	0:29:46	02:59	06:53	2:28:31	24.24	04:06	1:36:31	09:39	4:45:47
27	539	Andrew	Coronel	YELLOW CAB TRI CLARK	Tri King M 35-39	0:39:47	03:59	06:11	2:39:02	22.64	04:25	1:18:26	07:51	4:47:51
28	573	Randy	Viacrusis		Tri King M 35-39	0:33:59	03:24	07:58	2:38:18	22.74	04:39	1:25:28	08:33	4:50:21
29	649	Lester	Castillo	UNILAB ACTIVE HEALTH	Tri King M 35-39	0:27:21	02:44	06:37	2:44:40	21.86	05:17	1:30:01	09:00	4:53:56
30	565	Arojo	Santos	Banayad	Tri King M 35-39	0:29:59	03:00	06:51	2:53:28	20.75	05:20	1:21:08	08:07	4:56:45
31	556	Carlos	Martin	LAST MINUTE TRI TEAM	Tri King M 35-39	0:29:06	02:55	05:52	2:54:39	20.61	04:10	1:31:33	09:09	5:05:20
32	559	Chris	Pineda	Pillars Tri Team	Tri King M 35-39	0:31:17	03:08	08:02	2:42:02	22.22	07:53	1:39:04	09:54	5:08:20
33	551	Jerome	Lepiten	BANAYAD	Tri King M 35-39	0:32:12	03:13	11:02	3:05:31	19.41	02:39	1:20:44	08:04	5:12:09
34	567	Marky	Taino	BANAYAD	Tri King M 35-39	0:25:27	02:33	07:42	3:11:28	18.80	03:56	1:33:37	09:22	5:22:11
35	558	Joseph Gerard	Nieva	Banayad	Tri King M 35-39	0:32:53	03:17	13:37	3:24:20	17.62	09:40	1:36:46	09:41	5:57:17
	534	Alexis	Aquino	TB3	Tri King M 35-39									DNS
	536	Jan	Blando	Smart TRI	Tri King M 35-39									DNS
	540	Deogracias Iv	De La Paz		Tri King M 35-39									DNS
	547	Roy Wyndell	Hervias	TIMEX Gold's Gym TMM	Tri King M 35-39									DNS
	550	Joseph	Legasto	GREENHILLS TRI TEAM	Tri King M 35-39									DNS
	555	Archie	Majam	Smart TRI	Tri King M 35-39									DNS
	561	Johann	Ramos	TB3	Tri King M 35-39									DNS
	568	Gilbert	Tang	Team Tribe	Tri King M 35-39									DNS
	572	Joselito	Vergara	FOTON TRI Team	Tri King M 35-39									DNS

Rank	Bib	First Name	Last Name	Team	Category	Swim	Pace (Min./100m)	T1	Bike	Speed (Kms/Hr)	T2	Run	Pace (Min./Km)	Total
1	601	Jason Brian	Marquez	THE PODIUM BOTIQUE HOTEL	Tri King M 40-44	0:27:31	02:45	02:39	2:02:46	29.32	02:43	1:00:13	06:01	3:35:51
2	615	Sherwyn	Yao	GREENHILLS TRI TEAM	Tri King M 40-44	0:26:19	02:38	03:51	2:10:30	27.59	03:13	1:06:32	06:39	3:50:25
3	604	Michael	Opina		Tri King M 40-44	0:25:10	02:31	04:01	2:12:27	27.18	03:56	1:05:29	06:33	3:51:03
4	594	Nory	Hizon	T12 Camelbak	Tri King M 40-44	0:20:50	02:05	03:33	2:19:15	25.85	02:27	1:07:49	06:47	3:53:54
5	333	Ronald	Yao	Trimac	Tri King M 40-44	0:28:42	02:52	04:04	2:20:37	25.60	03:00	1:08:19	06:50	4:04:43
6	596	Jody	Jacinto	UNILAB ACTIVE HEALTH	Tri King M 40-44	0:22:38	02:16	03:10	2:22:09	25.33	02:59	1:15:13	07:31	4:06:09
7	581	Cyril	Bermudo	YELLOW CAB TRI CLARK	Tri King M 40-44	0:25:23	02:32	06:28	2:25:28	24.75	05:07	1:08:17	06:50	4:10:44
8	579	Quintin li	Atienza	Team Marquez	Tri King M 40-44	0:29:47	02:59	04:49	2:30:09	23.98	06:31	1:03:35	06:21	4:14:51

9	609	Alvin	Serrano	MAXXIS TRIATHLON TEAM	Tri King M 40-44	0:27:34	02:45	07:50	2:21:19	25.48	05:03	1:13:30	07:21	4:15:15
10	319	Mark Lester	Salvador	GRC Tri Team	Tri King M 40-44	0:28:00	02:48	04:18	2:27:12	24.46	04:10	1:16:09	07:37	4:19:49
11	603	Oliver	Neptuno	TEAM NEPTEL	Tri King M 40-44	0:27:47	02:47	04:09	2:17:54	26.11	02:28	1:28:51	08:53	4:21:09
12	587	Bambi	Flaviano	TSL	Tri King M 40-44	0:23:24	02:20	06:01	2:31:25	23.78	04:25	1:16:34	07:39	4:21:49
13	595	Angelito	Iya		Tri King M 40-44	0:28:00	02:48	05:21	2:23:49	25.03	04:32	1:20:16	08:02	4:21:57
14	599	Dennis	Madrid	LAST MINUTE TRI TEAM	Tri King M 40-44	0:27:42	02:46	03:11	2:37:21	22.88	04:02	1:12:35	07:15	4:24:51
15	600	Rommel	Malleta	SCDI - Lipa Bikeshop Mult	Tri King M 40-44	0:30:26	03:03	06:27	2:25:55	24.67	05:31	1:20:42	08:04	4:29:03
16	613	Roni	Turla	Tri Force	Tri King M 40-44	0:33:18	03:20	08:49	2:29:29	24.08	05:19	1:13:43	07:22	4:30:37
17	586	Christopher	Felismino	Team Hugo	Tri King M 40-44	0:28:41	02:52	04:09	2:28:29	24.24	05:06	1:24:24	08:26	4:30:48
18	616	Michael	Yuson	TSL	Tri King M 40-44	0:22:42	02:16	05:03	2:27:00	24.49	05:25	1:32:02	09:12	4:32:11
19	602	Ericson	Medina		Tri King M 40-44	0:31:47	03:11	07:59	2:35:22	23.17	03:42	1:13:46	07:23	4:32:35
20	577	Dato	Arroyo	BIKE KING	Tri King M 40-44	0:18:56	01:54	05:49	2:36:48	22.96	06:03	1:29:40	08:58	4:37:17
21	610	Johnatan	Sunga	YELLOW CAB TRI CLARK	Tri King M 40-44	0:31:35	03:09	09:59	2:49:01	21.30	06:20	1:04:31	06:27	4:41:25
22	591	Oliver	Gozun	YELLOW CAB TRI CLARK	Tri King M 40-44	0:32:49	03:17	05:05	2:39:51	22.52	03:58	1:26:08	08:37	4:47:51
23	612	Kentaro	Tojo		Tri King M 40-44	0:25:32	02:33	07:45	2:44:26	21.89	07:54	1:25:46	08:35	4:51:23
24	330	Jp	Tuason		Tri King M 40-44	0:27:43	02:46	04:21	2:48:25	21.38	04:02	1:30:03	09:00	4:54:33
25	580	Julien	Bello		Tri King M 40-44	0:26:22	02:38	10:38	2:38:29	22.72	08:12	1:33:07	09:19	4:56:48
26	590	Romarico	Gomez	GRC Tri Team	Tri King M 40-44	0:31:29	03:09	03:41	2:39:27	22.58	04:37	1:38:36	09:52	4:57:51
27	576	Glenn	Antonio	Team Tri Taft	Tri King M 40-44	0:31:58	03:12	07:43	2:49:55	21.19	07:15	1:42:00	10:12	5:18:50
28	589	Rico	Gacutan	Maxi atletika multisport	Tri King M 40-44	0:29:06	02:55	07:40	3:06:00	19.36	03:59	1:40:02	10:00	5:26:47
29	614	Edgar	Urbiztondo	Triforce	Tri King M 40-44	0:44:15	04:25	07:32	2:56:54	20.35	05:32	1:49:28	10:57	5:43:40
30	583	Marvin	Cabatana	SMART TRI TEAM	Tri King M 40-44	0:38:06	03:49	07:54	3:24:11	17.63	04:31	1:36:23	09:38	5:51:05
31	592	Douglas	Guiyab		Tri King M 40-44	0:39:27	03:57	10:35	3:18:15	18.16	07:00	1:37:34	09:45	5:52:51
32	598	Roy Oliver	Licardo	Oliver Tri Sports PH	Tri King M 40-44	0:39:38	03:58	05:35	3:20:40	17.94	05:29	1:47:50	10:47	5:59:13
33	584	Aboy Johnson Salcedo	Cabiltes Iii	MAXXIS TRIATHLON TEAM	Tri King M 40-44	0:39:52	03:59	09:55	3:17:56	18.19	12:18	2:28:39	14:52	6:48:39
34	605	Kenneth	Pajarillo	PMMA multisports	Tri King M 40-44	0:31:40	03:10	08:54	4:25:15	13.57	04:44	1:51:38	11:10	7:02:10
	575	Danielito	Andag	Tri Taft	Tri King M 40-44									DNS
	582	Eugene	Buenaventura	SMART TRI TEAM	Tri King M 40-44									DNS
	585	Leo	De Guzman	TSL	Tri King M 40-44									DNS
	588	Richard	Francisco	Techno	Tri King M 40-44									DNS
	593	Jose	Hernandez		Tri King M 40-44									DNS
	597	Arnold Roy	Jimenez	TEAM TRIBE	Tri King M 40-44									DNS
	606	Bernard	Perez	Yellow Cab Run Rhymes	Tri King M 40-44									DNS
	607	Feliciano	Quilala		Tri King M 40-44									DNS
	608	Bhrein	Salazar	SMART TRI TEAM	Tri King M 40-44									DNS
	611	Ricardo	Tandoc	three king	Tri King M 40-44									DNS

Rank	Bib	First Name	Last Name	Team	Category	Swim	Pace (Min./100m)	T1	Bike	Speed (Kms/Hr)	T2	Run	Pace (Min./Km)	Total
1	625	Frederick	Mendiola	GREENHILLS TRI TEAM	Tri King M 45-49	0:25:23	02:32	03:02	2:15:14	26.62	02:42	1:05:07	06:31	3:51:28
2	618	Vicente	Carag	TRIBE	Tri King M 45-49	0:23:48	02:23	03:43	2:13:59	26.87	02:36	1:08:26	06:51	3:52:32
3	619	Israel	Cruz	BYA XTRM Tri	Tri King M 45-49	0:24:58	02:30	04:09	2:11:09	27.45	03:16	1:12:09	07:13	3:55:41
4	624	Raul	Manlangit	R.LAPID'S TRI TEAM	Tri King M 45-49	0:31:32	03:09	03:33	2:16:12	26.43	03:13	1:03:32	06:21	3:58:01
5	631	Lino Roy	Suarez	BYA XTRM Tri	Tri King M 45-49	0:28:18	02:50	04:04	2:20:32	25.62	03:26	1:05:34	06:33	4:01:53
6	627	Abell Jim	Ngo	Bike King	Tri King M 45-49	0:28:50	02:53	05:41	2:24:16	24.95	02:56	1:12:42	07:16	4:14:26



