





























Lake Nabugabo Triathlon

Result List MF

Rank	Bib	Name	Gun Time	Nett Time	Swim	T1	Bike	T 2	Run	
Medium Distance Individual										
m										
1	267	Bart JACOBSE	1:35:50.1	1:35:49.1	0:12:01.9	0:01:46.5	0:55:48.4	0:01:03.9	0:25:09.2	
2	271	Diego MORALES BARCO	1:44:47.3	1:44:44.7	0:12:13.9	0:01:21.9	1:04:51.8	0:00:50.5	0:25:28.9	
3	266	Ryutaro ONDA	1:45:50.3	1:45:45.6	0:13:44.1	0:02:13.1	1:04:33.0	0:01:07.0	0:24:12.9	
4	268	Jarl HEIJSTEE	1:49:16.1	1:49:15.3	0:13:25.9	0:03:20.5	1:03:29.7	0:00:49.9	0:28:10.0	
5	277	Stijn Servaas	1:51:11.7	1:51:10.0	0:13:50.5	0:02:02.9	1:02:12.8	0:01:05.8	0:31:59.5	
6	278	Peter Vlam	1:53:04.3	1:53:00.2	0:12:53.9	0:02:40.8	1:06:30.3	0:00:59.1	0:30:00.0	
7	265	Taiju YASUMARA	1:55:07.1	1:55:02.5	0:19:59.6	0:01:55.6	1:06:46.6	0:00:45.4	0:25:39.6	
8	272	Brendan CRONIN	1:57:14.3	1:57:11.1	0:10:51.3	0:02:10.5	1:05:17.2	0:01:09.7	0:37:45.4	
9	263	Garrett CRABTREE	1:57:44.5	1:57:42.3	0:13:58.4	0:02:26.1	1:14:07.1	0:00:46.1	0:26:26.6	
10	281	Perez Magoola	2:01:00.9	2:00:49.7	0:19:53.8	0:00:35.9	1:05:34.4	0:00:44.3	0:34:12.3	
11	273	Shaun SKELTON	2:06:48.6	2:06:45.8	0:15:27.9	0:02:29.8	1:19:18.7	0:00:38.7	0:28:53.3	
12	285	Ian Karamira	2:14:06.6	2:13:55.5	0:19:53.8	0:00:39.9	1:25:27.9	0:00:44.8	0:27:20.0	
13	284	Musa Kasozi	2:14:08.3	2:13:54.4	0:19:57.3	0:00:47.7	1:21:07.7	0:00:34.9	0:31:40.6	
14	283	Richard Musinguzi	2:26:51.7	2:26:39.7	0:19:54.5	0:00:44.8	1:31:32.1	0:00:39.1	0:34:01.0	
15	280	Michael Okot	2:38:43.3	2:38:31.3	0:19:56.1	0:01:00.7	1:33:14.1	0:01:06.8	0:43:25.4	
16	282	Brian Musisi	DNF	1:35:02.9	0:19:53.5	0:00:39.0	0:52:31.7	0:02:04.6	0:20:07.4	
w										
1	276	Roos Burmanje	1:37:30.5	1:37:29.4	0:08:31.5	0:01:22.4	1:00:50.6	0:00:35.9	0:26:10.0	
2	297	Laura HIGGS	1:50:54.5	1:50:51.2	0:13:22.9	0:01:15.6	1:08:13.7	0:00:30.5	0:27:31.6	
3	269	Alexandra VAN ASCH	1:55:53.6	1:55:50.1	0:10:30.8	0:01:38.4	1:11:58.3	0:00:51.9	0:30:53.9	
4	264	Marta CORREIA	2:09:56.0	2:09:52.2	0:16:04.8	0:02:03.1	1:31:02.5	0:00:30.5	0:20:15.0	
5	270	Cyndee PELT	2:14:47.5	2:14:44.3	0:14:46.5	0:01:45.5	1:25:33.1	0:00:42.1	0:32:00.1	
Medium Distance Relay										
m										
1	204	Hey We'Re Tri-Ing	1:27:46.6	1:27:44.9	0:11:58.7	0:00:33.2	0:53:49.9	0:01:04.6	0:20:20.0	
2	202	The unbeatables	1:27:57.2	1:27:55.2	0:11:36.2	0:00:37.3	0:54:29.8	0:00:40.0	0:20:33.7	
3	203	Kalksma Klan	1:35:22.4	1:35:21.9	0:11:40.7	0:00:35.3	0:58:31.6	0:00:30.2	0:24:04.4	
4	184	power girls	1:54:15.9	1:54:14.7	0:13:13.6	0:01:52.9	1:10:49.7	0:01:07.5	0:27:12.0	










Lake Nabugabo Triathlon

Result List MF





Rank	Bib	Name	Gun Time	Nett Time	Swim	T1	Bike	T 2	Run	
5	201	Solar Now	1:54:34.8	1:54:33.8	0:14:56.3	0:02:23.0	1:06:23.9	0:00:51.5	0:30:00.0	
6	205	Competing Completing Not	2:16:54.0	2:16:50.6	0:12:45.9	0:03:24.6	1:25:14.3	0:00:38.7	0:34:50.4	
7	200	Solar Now Masaka2	DSQ	1:20:02.3	0:18:49.3	0:00:41.7	0:38:00.0	0:00:40.0	0:21:52.5	

Short Distance

m









1	291	Martin DAHL	0:55:00,03	0:54:58,14	0:08:02,67	0:01:16,99	0:32:06,07	0:00:51,29	0:12:42,99	
2	294	Sjoerd Servaas	0:55:46,44	0:55:44,08	0:07:38,49	0:02:33,20	0:31:34,66	0:00:34,04	0:13:26,04	
3	295	Christian RIECK	1:06:35,89	1:06:35,12	0:06:49,93	0:01:51,60	0:39:39,95	0:00:42,54	0:17:31,86	
4	262	Adam HARVEY	1:09:07,84	1:09:05,96	0:08:45,96	0:03:46,52	0:37:18,70	0:01:24,76	0:17:51,89	
5	287	Willen Jan	1:14:45,24	1:14:41,06	0:08:59,81	0:03:21,52	0:37:02,63	0:02:32,98	0:22:48,28	
6	258	Louis Allo	1:17:48,80	0:57:45,88	0:20:35,63	0:01:13,03	0:41:30,99	0:00:45,00	0:13:44,14	
7	288	N.N. Ronald	1:25:13,66	1:25:10,83	0:08:35,70	0:01:20,00	1:03:50,40	0:01:10,00	0:10:17,56	
8	259	Allex	1:26:32,40	1:26:29,84	0:08:33,17	0:01:10,45	1:01:10,00	0:00:34,60	0:15:04,17	
9	256	N.N. Franca	1:26:44,37	1:26:42,76	0:08:08,22	0:01:18,82	1:04:35,27	0:01:00,81	0:11:41,23	

w

1	298	Terri Oderman	1:11:42,03	1:11:38,28	0:07:58,87	0:02:11,49	0:43:15,07	0:00:32,28	0:17:44,30	
2	296	Anca VASILIU	1:11:55,61	1:11:51,75	0:09:07,78	0:02:10,89	0:42:20,58	0:00:44,00	0:17:32,35	
3	261	Cairen BAMBER	1:18:58,43	1:18:55,87	0:07:31,60	0:07:25,90	0:45:03,41	0:01:26,36	0:17:31,14	
4	293	Ineke AQUARIUS	1:33:02,72	1:32:57,65	0:08:45,66	0:00:38,88	1:05:29,50	0:00:33,56	0:17:35,10	

Short Distance Relay

w

1	289	2 Nabugabo	0:53:10,48	0:53:08,44	0:08:56,88	0:00:16,49	0:27:00,00	0:00:46,80	0:16:10,30	
2	186	Leopard	0:54:53,83	0:54:53,21	0:06:36,13	0:00:39,08	0:33:37,65	0:01:00,96	0:13:00,00	
3	187	Solar Now Masaka 3	0:56:35,47	0:56:32,96	0:09:13,29	0:00:50,91	0:34:23,00	0:01:08,25	0:11:00,00	
4	185	HDM champions	1:03:34,55	1:03:33,92	0:06:53,18	0:00:53,54	0:43:10,00	0:00:50,00	0:11:47,80	
5	189	Serunkuma	1:04:12,54	1:04:07,31	0:08:05,04	0:00:18,02	0:38:20,00	0:01:11,99	0:16:17,48	
6	188	Ftt	1:09:06,04	1:09:05,16	0:08:32,33	0:00:45,99	0:44:57,72	0:01:33,00	0:13:17,00	
7	286	Tein Roos	1:10:59,69	1:10:55,49	0:08:04,68	0:00:38,22	0:43:56,03	0:00:30,74	0:17:50,02	
8	300	1 Nabugabo	1:11:04,37	1:11:02,12	0:09:21,36	0:00:47,74	0:43:37,70	0:00:57,55	0:16:20,00	

Lake Nabugabo Triathlon

Result List MF

Rank	Bib	Name	Gun Time	Nett Time	Swim	T1	Bike	T 2	Run
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Number of records: 49