

586	Aimee Chriselda	Paguntalan	F 30-39	3K-30K-2K												DNS
588	Mascy	Pineda	F 30-39	3K-30K-2K												DNS
591	Marianne	Rivera	F 30-39	3K-30K-2K												DNS
594	Arnezalyn	Tuazon	F 30-39	3K-30K-2K												DNS

Rank	Bib	First Name	Last Name	Category	Distance	Run 1 Km 1.5	RUN	Pace (Min./K m)	T1	BIKE	Speed (Kms/Hr)	T2	Run 2 Km 1	RUN	Pace (Min./K m)	Total
1	595	Rosanna	Aoyong	F 40-above	3K-30K-2K	0:07:01	0:16:18	05:26	0:01:29	1:09:33	25.88	0:01:47	0:06:27	0:13:19	06:39	1:42:26
2	600	Leoniza	Gusilatar	F 40-above	3K-30K-2K	0:07:16	0:16:32	05:31	0:03:49	1:19:33	22.63	0:02:52	0:06:06	0:12:48	06:24	1:55:33
3	596	Michelle	Casal	F 40-above	3K-30K-2K	0:08:18	0:18:50	06:17	0:03:24	1:22:43	21.76	0:02:56	0:07:05	0:14:49	07:25	2:02:42
4	597	Kara Patria	David	F 40-above	3K-30K-2K	0:08:45	0:20:15	06:45	0:03:33	1:26:00	20.93	0:03:06	0:07:27	0:15:55	07:58	2:08:49
5	603	Maria Liza	Justo	F 40-above	3K-30K-2K	0:08:22	0:20:06	06:42	0:04:13	1:21:50	21.99	0:03:34	0:10:17	0:20:02	10:01	2:09:46
6	608	Mylene	Ramos	F 40-above	3K-30K-2K	0:08:34	0:19:43	06:34	0:02:56	1:27:57	20.47	0:03:05	0:09:34	0:19:49	09:55	2:13:30
7	609	Rhodora	Sunga	F 40-above	3K-30K-2K	0:07:42	0:18:57	06:19	0:04:46	1:34:55	18.96	0:04:47	0:08:34	0:17:45	08:52	2:21:11
8	605	Romina	Marquez	F 40-above	3K-30K-2K	0:08:39	0:21:26	07:09	0:04:02	1:38:43	18.23	0:02:49	0:08:25	0:17:33	08:46	2:24:33
9	598	Maria Norma	Dela Cruz	F 40-above	3K-30K-2K	0:08:32	0:19:37	06:32	0:03:03	1:45:13	17.11	0:02:29	0:08:20	0:17:26	08:43	2:27:49
10	607	Marites	Quioc	F 40-above	3K-30K-2K	0:08:23	0:21:01	07:00	0:03:26	1:43:56	17.32	0:03:41	0:11:20	0:22:54	11:27	2:34:59
11	611	Flores	Zacate	F 40-above	3K-30K-2K	0:09:15	0:21:57	07:19	0:02:19	1:47:47	16.70	0:03:00	0:12:43	0:24:38	12:19	2:39:41
12	602	Irmina	Iya	F 40-above	3K-30K-2K	0:09:48	0:22:50	07:37	0:03:32	2:15:27	13.29	0:03:18	0:10:10	0:21:24	10:42	3:06:31
	599	Jennifer	Gaspar	F 40-above	3K-30K-2K											DNS
	601	Michelle	Gutierrez	F 40-above	3K-30K-2K											DNS
	604	Jingle Melanie	Marquez	F 40-above	3K-30K-2K											DNS
	606	Ma. Cristina	Nguyen	F 40-above	3K-30K-2K											DNS

Rank	Bib	First Name	Last Name	Category	Distance	Run 1 Km 1.5	RUN	Pace (Min./K m)	T1	BIKE	Speed (Kms/Hr)	T2	Run 2 Km 1	RUN	Pace (Min./K m)	Total
1	619	Rafael Joaquin	Tayag	M 16-19	3K-30K-2K	0:04:31	0:10:51	03:37	0:00:55	0:56:59	31.58	0:01:09	0:04:17	0:08:52	04:26	1:18:47
2	618	Joe Bernard	Sarmiento	M 16-19	3K-30K-2K	0:04:55	0:11:35	03:52	0:01:23	0:59:43	30.14	0:01:03	0:04:16	0:08:57	04:28	1:22:41
3	615	Nathan	Nalo	M 16-19	3K-30K-2K	0:04:57	0:11:46	03:55	0:00:50	1:00:06	29.95	0:01:03	0:04:28	0:09:27	04:43	1:23:12
4	617	Michael	Rodrigo	M 16-19	3K-30K-2K	0:06:34	0:14:58	04:59	0:01:40	1:03:58	28.14	0:01:47	0:05:57	0:12:11	06:05	1:34:34
5	614	Gerard Mackenzie	Munoz	M 16-19	3K-30K-2K	0:07:22	0:16:20	05:27	0:02:06	1:09:33	25.88	0:02:15	0:06:00	0:13:07	06:33	1:43:20
6	612	Ervine Jeovanni	Agero	M 16-19	3K-30K-2K	0:10:41	0:24:00	08:00	0:02:44	1:44:19	17.26	0:02:20	0:11:00	0:21:02	10:31	2:34:25
	613	Gian	Estandian	M 16-19	3K-30K-2K											DNS
	616	Arturo Miguel	Ramiscal	M 16-19	3K-30K-2K											DNS

Rank	Bib	First Name	Last Name	Category	Distance	Run 1 Km 1.5	RUN	Pace (Min./K m)	T1	BIKE	Speed (Kms/Hr)	T2	Run 2 Km 1	RUN	Pace (Min./K m)	Total
1	634	Marklester	Jamisola	M 20-29	3K-30K-2K	0:04:56	0:11:37	03:52	0:01:19	0:57:44	31.18	0:01:21	0:04:34	0:09:47	04:54	1:21:49
2	630	Nathan Gideon	Correa	M 20-29	3K-30K-2K	0:05:57	0:14:00	04:40	0:01:58	0:57:33	31.27	0:02:34	0:05:16	0:11:03	05:32	1:27:08
3	629	Francis Victor	Corporal	M 20-29	3K-30K-2K	0:04:59	0:12:06	04:02	0:02:02	1:01:05	29.47	0:02:39	0:04:57	0:10:57	05:28	1:28:49
4	621	Kirk Patrick	Ang	M 20-29	3K-30K-2K	0:05:22	0:12:52	04:17	0:01:54	1:03:39	28.28	0:01:46	0:05:12	0:10:30	05:15	1:30:41

5	636	Bryan	Katigbak	M 20-29	3K-30K-2K	0:05:49	0:13:20	04:27	0:01:38	1:03:38	28.29	0:01:39	0:05:23	0:11:14	05:37	1:31:29
6	641	Michael Elias	Obatay	M 20-29	3K-30K-2K	0:06:33	0:14:51	04:57	0:02:29	1:02:07	28.98	0:02:45	0:06:40	0:14:05	07:02	1:36:17
7	648	Jose Adrian	Sy-Alvarado	M 20-29	3K-30K-2K	0:06:33	0:14:57	04:59	0:01:33	1:04:46	27.79	0:03:10	0:04:53	0:12:00	06:00	1:36:25
8	647	Chris Jansen	Santos	M 20-29	3K-30K-2K	0:06:12	0:14:07	04:42	0:01:18	1:01:07	29.45	0:01:22	0:06:09	0:18:42	09:21	1:36:36
9	639	Elisar Chase	Manuel	M 20-29	3K-30K-2K	0:07:28	0:16:41	05:34	0:01:57	1:01:56	29.06	0:01:56	0:07:18	0:14:41	07:21	1:37:11
10	638	Miguel	Malabanan	M 20-29	3K-30K-2K	0:07:44	0:16:43	05:34	0:01:49	1:04:55	27.73	0:02:21	0:05:47	0:12:00	06:00	1:37:48
11	635	Alfred Joseph	Jao	M 20-29	3K-30K-2K	0:06:49	0:15:34	05:11	0:01:50	1:07:52	26.52	0:02:23	0:06:30	0:13:41	06:51	1:41:22
12	649	Candido	Verzosa	M 20-29	3K-30K-2K	0:04:58	0:11:45	03:55	0:01:58	1:12:20	24.88	0:02:58	0:06:03	0:13:02	06:31	1:42:03
13	643	Kevin Kristoffer	Palma	M 20-29	3K-30K-2K	0:06:58	0:16:21	05:27	0:03:09	1:10:10	25.65	0:02:17	0:07:30	0:16:55	08:28	1:48:52
14	626	Stallone	Choa	M 20-29	3K-30K-2K	0:05:31	0:16:31	05:30	0:02:55	1:11:10	25.29	0:02:58	0:07:39	0:15:19	07:40	1:48:53
15	623	Ave Carl	Blacano	M 20-29	3K-30K-2K	0:06:41	0:18:44	06:15	0:02:24	1:11:35	25.15	0:02:08	0:06:39	0:14:03	07:01	1:48:54
16	728	Kevin	Mangiliman	M 20-29	3K-30K-2K	0:09:21	0:21:03	03:31	0:02:38	1:07:49	53.09	0:03:29	0:07:24	0:17:05	04:16	1:52:03
17	644	Marvin Jan	Rivera	M 20-29	3K-30K-2K	0:07:53	0:18:55	06:18	0:02:57	1:11:06	25.32	0:02:54	0:07:38	0:16:55	08:27	1:52:47
18	637	Edmund Vincent	Limpin	M 20-29	3K-30K-2K	0:07:31	0:18:09	06:03	0:04:01	1:13:50	24.38	0:04:41	0:07:24	0:15:12	07:36	1:55:53
19	627	Aldrian	Cirineo	M 20-29	3K-30K-2K	0:06:45	0:16:55	05:38	0:03:00	1:20:07	22.47	0:02:48	0:07:36	0:16:09	08:05	1:58:59
20	620	Jan Vincent	Agdamag	M 20-29	3K-30K-2K	0:08:12	0:18:34	06:11	0:02:59	1:20:07	22.47	0:03:31	0:07:19	0:14:25	07:12	1:59:35
21	631	Juan Miguel	De Leon	M 20-29	3K-30K-2K	0:08:26	0:19:58	06:39	0:03:09	1:17:20	23.28	0:03:35	0:08:16	0:16:04	08:02	2:00:06
22	642	Jefferson	Olalia	M 20-29	3K-30K-2K	0:08:02	0:19:22	06:27	0:02:41	1:14:40	24.11	0:02:37	0:10:50	0:21:30	10:45	2:00:49
23	625	Troy Bel	Cabrera	M 20-29	3K-30K-2K	0:06:11	0:15:46	05:15	0:03:28	1:25:05	21.16	0:02:29	0:07:02	0:15:21	07:41	2:02:09
24	646	Kevin Kiel	Sandico	M 20-29	3K-30K-2K	0:06:26	0:17:46	05:55	0:02:40	1:23:38	21.52	0:03:22	0:06:28	0:15:10	07:35	2:02:36
25	640	Joshua	Morales	M 20-29	3K-30K-2K	0:09:20	0:20:30	06:50	0:05:48	1:21:52	21.99	0:04:27	0:09:34	0:18:56	09:28	2:11:32
26	628	Ryan Patrick	Co	M 20-29	3K-30K-2K	0:06:17	0:15:38	05:13	0:02:06	1:33:28	19.26	0:02:59	0:09:09	0:18:07	09:03	2:12:18
27	645	Mio	Rodriguez	M 20-29	3K-30K-2K	0:06:22	0:14:59	05:00	0:02:22	1:23:02	21.68	0:02:28	0:08:28	0:33:48	16:54	2:16:39
28	162	Ivan Gerhard	Tan	M 20-29	3K-30K-2K	0:08:29	0:19:00	03:10	0:02:47	1:41:13	35.57	0:02:45	0:06:51	0:14:58	03:44	2:20:41
29	632	Tyron Jasen	Dizon	M 20-29	3K-30K-2K	0:08:12	0:20:40	06:53	0:03:15	1:38:46	18.22	0:02:56	0:08:50	0:19:20	09:40	2:24:58
30	633	Arnel	Gozun	M 20-29	3K-30K-2K	0:10:13	0:22:10	07:23	0:02:52	1:39:45	18.04	0:02:48	0:08:50	0:17:38	08:49	2:25:13
31	622	Archie	Arceo	M 20-29	3K-30K-2K	0:07:14	0:18:17	06:06	0:02:07	2:10:36	13.78	0:02:51	0:13:56	0:34:24	17:12	3:08:15
	624	Frederick Simeon Jr.	Cabe	M 20-29	3K-30K-2K											DNS

Rank	Bib	First Name	Last Name	Category	Distance	Run 1 Km 1.5	RUN	Pace (Min./K m)	T1	BIKE	Speed (Kms/Hr)	T2	Run 2 Km 1	RUN	Pace (Min./K m)	Total
1	674	Renz	Sabinorio	M 30-39	3K-30K-2K	0:05:36	0:13:25	04:28	0:01:22	0:59:03	30.48	0:01:22	0:05:02	0:10:34	05:17	1:25:46
2	281	Jaime	Dolera Jr.	M 30-39	3K-30K-2K	0:05:36	0:13:24	04:28	0:01:47	1:03:20	28.42	0:01:59	0:05:33	0:11:38	05:49	1:32:08
3	654	John Alfred	Centeno	M 30-39	3K-30K-2K	0:07:28	0:16:41	05:34	0:02:18	1:00:48	29.61	0:02:10	0:06:24	0:12:55	06:27	1:34:50
4	652	Juan Miguel	Bondoc	M 30-39	3K-30K-2K	0:06:21	0:14:09	04:43	0:02:17	1:04:25	27.94	0:02:28	0:06:01	0:13:11	06:36	1:36:30
5	653	Ali	Castillon	M 30-39	3K-30K-2K	0:06:06	0:14:26	04:49	0:02:01	1:05:06	27.65	0:02:31	0:06:18	0:14:02	07:01	1:38:05
6	666	Fin	Meneses	M 30-39	3K-30K-2K	0:06:19	0:15:29	05:10	0:01:48	1:06:00	27.27	0:01:52	0:07:56	0:17:03	08:31	1:42:12
7	651	Ivan Joshua	Bigcas	M 30-39	3K-30K-2K	0:07:22	0:17:32	05:51	0:03:59	1:07:56	26.50	0:02:51	0:07:45	0:15:32	07:46	1:47:50
8	672	Shan Aldrin	Reyes	M 30-39	3K-30K-2K	0:09:14	0:21:02	07:01	0:02:55	1:08:53	26.13	0:03:12	0:07:32	0:15:12	07:36	1:51:13
9	727	Maynard	Lapid	M 30-39	3K-30K-2K	0:09:22	0:21:03	03:31	0:02:35	1:09:26	51.85	0:01:56	0:08:20	0:17:03	04:16	1:52:04
10	665	Marcus Nino	Maguigad	M 30-39	3K-30K-2K	0:06:46	0:16:31	05:30	0:03:02	1:12:01	24.99	0:02:47	0:09:56	0:19:29	09:45	1:53:50
11	662	Paolo	Laccina	M 30-39	3K-30K-2K	0:07:47	0:16:42	05:34	0:03:16	1:19:11	22.73	0:01:51	0:06:22	0:14:12	07:06	1:55:12
12	669	Raoul Franco	Ramos	M 30-39	3K-30K-2K	0:08:53	0:19:20	06:27	0:04:32	1:13:25	24.52	0:04:03	0:06:49	0:14:47	07:24	1:56:07

13	655	Omar	Ching	M 30-39	3K-30K-2K	0:07:03	0:16:27	05:29	0:03:17	1:20:32	22.35	0:01:49	0:08:07	0:16:44	08:22	1:58:48
14	664	Nelson	Logronio	M 30-39	3K-30K-2K	0:08:04	0:18:26	06:09	0:04:05	1:21:57	21.97	0:03:36	0:08:40	0:17:21	08:41	2:05:25
15	659	John	Hung	M 30-39	3K-30K-2K	0:06:46	0:15:27	05:09	0:03:21	1:26:13	20.88	0:04:51	0:08:25	0:16:19	08:09	2:06:11
16	335	Jimjay	Ocampo	M 30-39	3K-30K-2K	0:09:58	0:23:11	07:44	0:03:34	1:16:20	23.58	0:04:58	0:08:51	0:19:01	09:31	2:07:06
17	333	Joseph	Nieva	M 30-39	3K-30K-2K	0:08:09	0:19:06	06:22	0:04:11	1:25:54	20.95	0:04:31	0:07:00	0:14:42	07:21	2:08:25
18	663	Mark	Limchoa	M 30-39	3K-30K-2K	0:08:44	0:22:58	07:39	0:03:10	1:23:18	21.61	0:03:13	0:10:04	0:18:45	09:22	2:11:25
19	671	Johann	Ramos	M 30-39	3K-30K-2K	0:10:23	0:23:48	07:56	0:03:34	1:22:33	21.80	0:04:36	0:09:39	0:19:48	09:54	2:14:20
20	656	Rex	Elvambuena	M 30-39	3K-30K-2K	0:08:55	0:23:04	07:41	0:02:29	1:26:26	20.83	0:05:59	0:11:55	0:24:16	12:08	2:22:14
21	682	Lino Crisanto	Yao	M 30-39	3K-30K-2K	0:07:57	0:18:46	06:15	0:04:30	1:44:07	17.29	0:04:51	0:11:22	0:21:07	10:34	2:33:21
22	661	Michael	Kiong	M 30-39	3K-30K-2K	0:09:29	0:21:56	07:19	0:03:03	1:44:10	17.28	0:02:47	0:11:29	0:23:25	11:43	2:35:21
23	668	Mark Eugene	Palmaria	M 30-39	3K-30K-2K	0:12:01	0:28:30	09:30	0:02:37	1:39:23	18.11	0:03:11	0:12:08	0:24:47	12:23	2:38:27
24	679	Sherwin	Tan	M 30-39	3K-30K-2K	0:08:52	0:21:25	07:08	0:03:22	1:44:51	17.17	0:03:44	0:14:05	0:27:30	13:45	2:40:52
25	667	Reynaldo jr	Odulio	M 30-39	3K-30K-2K	0:09:08	0:23:45	07:55	0:03:30	1:52:58	15.93	0:02:33	0:10:22	0:22:27	11:13	2:45:12
26	650	Tom	Barba	M 30-39	3K-30K-2K	0:09:31	0:20:26	06:49	0:06:41	1:59:10	15.11	0:02:24	0:08:07	0:17:12	08:36	2:45:53
27	658	Steward	Go	M 30-39	3K-30K-2K	0:09:00	0:21:37	07:12	0:02:46	1:55:39	15.56	0:02:56	0:11:55	0:24:09	12:04	2:47:08
28	670	Ruelo Jose	Ramos	M 30-39	3K-30K-2K	0:11:41	0:27:03	09:01	0:02:20	1:57:04	15.38	0:02:45	0:09:56	0:23:52	11:56	2:53:04
29	676	Joshua	Sebastian	M 30-39	3K-30K-2K	0:08:15	0:20:39	06:53	0:03:34	3:04:56	9.73					3:55:58
	680	Vlad	Valdepenas	M 30-39	3K-30K-2K	0:09:27	0:20:27	06:49	0:06:08	1:39:12	18.14	0:02:47	0:09:59	0:18:40	09:20	DNS
	657	Richard	Estanislao	M 30-39	3K-30K-2K											
	660	Ryan Jervis	Jao	M 30-39	3K-30K-2K											
	673	Harvey	Robles	M 30-39	3K-30K-2K											
	675	Yahia Toham	Salman	M 30-39	3K-30K-2K											
	677	Rizalito Paul	Tagam	M 30-39	3K-30K-2K											
	678	Mathew	Tamaray	M 30-39	3K-30K-2K											
	681	Rex Marvin	Yabut	M 30-39	3K-30K-2K											

Rank	Bib	First Name	Last Name	Category	Distance	Run 1 Km 1.5	RUN	Pace (Min./K m)	T1	BIKE	Speed (Kms/Hr)	T2	Run 2 Km 1	RUN	Pace (Min./K m)	Total
1	408	Michael	Espiritu	M 40-49	3K-30K-2K	0:05:35	0:13:02	04:21	0:01:40	1:03:26	28.38	0:01:51	0:05:28	0:11:14	05:37	1:31:13
2	704	Oliver	Yao	M 40-49	3K-30K-2K	0:06:50	0:15:33	05:11	0:01:38	1:00:51	29.58	0:02:30	0:05:59	0:11:48	05:54	1:32:21
3	694	Gilchrist	Jayma	M 40-49	3K-30K-2K	0:05:25	0:12:57	04:19	0:02:11	1:04:52	27.75	0:02:32	0:05:34	0:11:19	05:40	1:33:50
4	701	Manuel Jr	Quiambao	M 40-49	3K-30K-2K	0:06:35	0:14:44	04:55	0:03:23	1:10:45	25.44	0:03:02	0:05:56	0:12:41	06:20	1:44:34
5	698	Anthony	Marquez	M 40-49	3K-30K-2K	0:08:00	0:19:02	06:21	0:04:03	1:03:20	28.42	0:04:28	0:07:49	0:16:54	08:27	1:47:47
6	383	John Jason	Alberto	M 40-49	3K-30K-2K	0:06:45	0:15:37	05:12	0:02:57	1:16:54	23.41	0:02:53	0:06:16	0:13:34	06:47	1:51:55
7	687	Gary	Cabalde	M 40-49	3K-30K-2K	0:08:14	0:19:13	06:24	0:03:24	1:10:06	25.68	0:02:55	0:07:45	0:16:41	08:21	1:52:20
8	703	Jonathan	Tiangco	M 40-49	3K-30K-2K	0:07:41	0:17:31	05:50	0:02:32	1:13:44	24.41	0:02:34	0:07:25	0:16:46	08:23	1:53:07
9	691	Cristino	Crisostomo	M 40-49	3K-30K-2K	0:08:35	0:17:36	05:52	0:04:01	1:17:10	23.33	0:02:59	0:06:28	0:13:24	06:42	1:55:10
10	696	Noel	Lamorena	M 40-49	3K-30K-2K	0:07:57	0:17:22	05:47	0:05:07	1:14:01	24.32	0:05:21	0:06:47	0:13:57	06:58	1:55:48
11	449	Ramon Benedicto	Reyes	M 40-49	3K-30K-2K	0:09:11	0:19:31	06:30	0:04:00	1:17:00	23.38	0:04:45	0:06:56	0:14:22	07:11	1:59:38
12	702	Johnson	Sioco	M 40-49	3K-30K-2K	0:07:57	0:18:26	06:09	0:01:55	1:23:30	21.56	0:02:22	0:07:05	0:15:21	07:41	2:01:34
13	688	Allen	Candaliza	M 40-49	3K-30K-2K	0:06:38	0:16:28	05:29	0:03:00	1:22:13	21.89	0:03:35	0:09:21	0:18:44	09:22	2:04:01
14	683	Emerlito	Agero	M 40-49	3K-30K-2K	0:10:06	0:21:58	07:19	0:02:17	1:28:44	20.29	0:02:36	0:08:43	0:18:31	09:16	2:14:06
15	695	Jonathan	Juarez	M 40-49	3K-30K-2K	0:10:59	0:24:17	08:06	0:02:21	1:26:25	20.83	0:02:49	0:10:27	0:20:15	10:07	2:16:07

16	705	Renato	Zialcita Jr.	M 40-49	3K-30K-2K	0:07:29	0:18:12	06:04	0:02:58	1:35:33	18.84	0:02:15	0:08:26	0:17:51	08:56	2:16:49
17	699	Vicente Carlomagno	Mendoza li	M 40-49	3K-30K-2K	0:12:19	0:26:57	08:59	0:03:14	1:29:13	20.18	0:03:30	0:10:38	0:21:32	10:46	2:24:25
18	431	Dennis	Macalisang	M 40-49	3K-30K-2K	0:10:00	0:23:32	07:51	0:03:31	1:31:30	19.67	0:02:55	0:12:45	0:24:22	12:11	2:25:51
19	697	Rondel	Lindayag	M 40-49	3K-30K-2K	0:10:49	0:23:16	07:45	0:03:15	1:35:35	18.83	0:04:15	0:09:58	0:20:27	10:13	2:26:49
20	700	Norman	Pobre	M 40-49	3K-30K-2K	0:09:23	0:24:02	08:01	0:03:00	1:34:54	18.97	0:04:41	0:11:14	0:22:05	11:02	2:28:42
21	684	Jaybee	Angeles	M 40-49	3K-30K-2K	0:08:43	0:19:54	06:38	0:02:59	1:38:32	18.27	0:03:45	0:12:28	0:24:18	12:09	2:29:28
22	689	Ivan	Chan	M 40-49	3K-30K-2K	0:11:18	0:25:06	08:22	0:03:54	1:56:52	15.40	0:05:32	0:11:17	0:24:56	12:28	2:56:19
23	690	Milo	Chan	M 40-49	3K-30K-2K	0:12:29	0:27:04	09:01	0:05:55	2:11:46	13.66	0:07:29	0:12:17	0:24:49	12:25	3:17:03
24	693	Jorge Jr	Gusilatar	M 40-49	3K-30K-2K	0:13:07	0:29:48	09:56	0:05:55	2:12:09	13.62	0:07:00	0:16:26	0:34:05	17:03	3:28:58
	685	Narciso	Atienza	M 40-49	3K-30K-2K											DNS
	686	Jhun	Barcelona	M 40-49	3K-30K-2K											DNS
	692	Vincent	Gaspar	M 40-49	3K-30K-2K											DNS

Rank	Bib	First Name	Last Name	Category	Distance	Run 1 Km 1.5	RUN	Pace (Min./K m)	T1	BIKE	Speed (Kms/Hr)	T2	Run 2 Km 1	RUN	Pace (Min./K m)	Total
1	710	Doddie Jr	Dino	M 50-above	3K-30K-2K	0:05:20	0:12:54	04:18	0:01:49	0:59:40	30.17	0:02:16	0:04:56	0:10:45	05:23	1:27:24
2	715	Robert	Tan	M 50-above	3K-30K-2K	0:06:51	0:16:14	05:25	0:02:42	1:07:41	26.59	0:03:30	0:06:37	0:14:15	07:08	1:44:22
3	708	Antonio	Bautista	M 50-above	3K-30K-2K	0:08:06	0:18:19	06:06	0:02:40	1:08:24	26.31	0:02:38	0:07:13	0:16:08	08:04	1:48:10
4	707	Winston	Bandonill	M 50-above	3K-30K-2K	0:08:06	0:19:25	06:28	0:02:15	1:14:56	24.02	0:02:23	0:09:08	0:18:23	09:11	1:57:21
5	714	Jose Kennedy	Salcedo	M 50-above	3K-30K-2K	0:08:49	0:20:25	06:48	0:02:47	1:18:23	22.97	0:04:18	0:08:19	0:17:06	08:33	2:02:57
6	713	Ardie	Rivera	M 50-above	3K-30K-2K	0:11:53	0:25:37	08:32	0:04:43	1:14:39	24.11	0:03:49	0:09:05	0:17:51	08:55	2:06:39
7	711	Roy	Francisco	M 50-above	3K-30K-2K	0:12:02	0:25:38	08:33	0:04:39	1:17:36	23.19	0:02:46	0:10:11	0:20:34	10:17	2:11:13
8	712	Jerry	Reyes	M 50-above	3K-30K-2K	0:10:40	0:24:07	08:02	0:04:02	1:20:55	22.24	0:04:58	0:10:15	0:20:57	10:28	2:14:59
9	532	Godofredo	Dungca, Iii	M 50-above	3K-30K-2K	0:12:10	0:27:55	04:39	0:03:53	1:38:59	18.19	0:04:08	0:12:17	0:24:30	06:07	2:39:24
10	706	Florentino	Afable	M 50-above	3K-30K-2K	0:10:12	0:25:48	08:36	0:03:38	2:06:33	14.22	0:03:51	0:09:53	0:23:28	11:44	3:03:18
	709	Eduardo	Chua	M 50-above	3K-30K-2K											DNS

Rank	Bib	First Name	Last Name	Category	Distance	Run 1 Km 1.5	Run Km 4.5	RUN	Pace (Min./Km)	T1	BIKE	Speed (Kms/Hr)	T2	Run 2 Km 1	Run 2 Km 3	RUN	Pace (Min./Km)	Total
1	10	Irish Ivy	Domingo	F 18-24	6K-60K-4K	0:05:45	0:20:32	0:28:18	04:43	0:02:14	1:53:02	31.85	0:01:59	0:05:42	0:19:32	0:25:15	06:19	2:50:48
2	11	Catherine Mae	Vergara	F 18-24	6K-60K-4K	0:08:17	0:33:13	0:46:47	07:48	0:01:58	2:45:09	21.80	0:03:29	0:11:28	0:33:50	0:42:57	10:44	4:20:20

Rank	Bib	First Name	Last Name	Category	Distance	Run 1 Km 1.5	Run Km 4.5	RUN	Pace (Min./Km)	T1	BIKE	Speed (Kms/Hr)	T2	Run 2 Km 1	Run 2 Km 3	RUN	Pace (Min./Km)	Total
1	23	Michelle	Vinluan	F 25-29	6K-60K-4K	0:06:07	0:22:22	0:30:55	05:09	0:02:15	2:08:39	27.98	0:02:33	0:06:25	0:19:56	0:26:09	06:32	3:10:32
2	17	Sittie Aminah	Dimaporo	F 25-29	6K-60K-4K	0:09:44	0:28:12	0:36:27	06:04	0:02:23	2:05:46	28.62	0:02:01	0:06:21	0:18:51	0:24:16	06:04	3:10:53
3	15	Jilliane	Caancan	F 25-29	6K-60K-4K	0:06:44	0:23:05	0:31:36	05:16	0:02:24	2:12:23	27.19	0:01:53	0:05:30	0:18:25	0:24:36	06:09	3:12:51
4	18	Heather	Europa	F 25-29	6K-60K-4K	0:07:30	0:25:45	0:35:19	05:53	0:02:54	2:11:34	27.36	0:02:37	0:06:53	0:23:41	0:30:25	07:36	3:22:49
5	21	Caroline	Orcena	F 25-29	6K-60K-4K	0:06:33	0:24:52	0:34:43	05:47	0:01:55	2:24:32	24.91	0:03:10	0:06:27	0:21:48	0:28:49	07:12	3:33:08
6	22	Joy	Sy	F 25-29	6K-60K-4K	0:07:17	0:24:36	0:34:07	05:41	0:03:55	2:26:15	24.62	0:03:13	0:07:13	0:20:47	0:27:20	06:50	3:34:48
7	12	Mia	Alcantara	F 25-29	6K-60K-4K	0:07:15	0:25:21	0:35:03	05:50	0:03:44	2:17:51	26.12	0:02:51	0:08:17	0:27:27	0:35:29	08:52	3:34:58

54	Felisa Asuncion	Runas	F 35-39	6K-60K-4K														DNS
55	Maylene	Tamaray	F 35-39	6K-60K-4K														DNS
47	Anais	Lapid	F 35-39	6K-60K-4K	0:07:52	0:25:36	0:34:34	05:46	0:02:23	2:12:07	27.25	0:02:19	0:05:50	0:06:31	0:12:04	03:01		DSQ

Rank	Bib	First Name	Last Name	Category	Distance	Run 1 Km 1.5	Run Km 4.5	RUN	Pace (Min./Km)	T1	BIKE	Speed (Kms/Hr)	T2	Run 2 Km 1	Run 2 Km 3	RUN	Pace (Min./Km)	Total
1	70	Jennifer	Soto	F 40-44	6K-60K-4K	0:06:43	0:22:13	0:30:14	05:02	0:01:36	2:02:16	29.44	0:01:50	0:05:45	0:17:22	0:23:04	05:46	2:59:01
2	63	Bic	Ferreria	F 40-44	6K-60K-4K	0:06:44	0:23:20	0:32:30	05:25	0:02:26	2:04:22	28.95	0:02:43	0:05:54	0:19:38	0:26:02	06:30	3:08:03
3	67	Ivy	Mendoza	F 40-44	6K-60K-4K	0:07:28	0:25:46	0:35:19	05:53	0:02:53	2:13:31	26.96	0:03:17	0:06:17	0:19:33	0:25:48	06:27	3:20:48
4	61	Cynthia	Co	F 40-44	6K-60K-4K	0:07:35	0:25:39	0:34:57	05:49	0:02:40	2:14:37	26.74	0:02:45	0:06:21	0:20:25	0:26:53	06:43	3:21:51
5	59	Ella	Arienda	F 40-44	6K-60K-4K	0:07:14	0:24:45	0:34:02	05:40	0:02:27	2:21:41	25.41	0:03:21	0:06:47	0:20:45	0:26:49	06:42	3:28:19
6	65	Sophie	Jenkins	F 40-44	6K-60K-4K	0:07:30	0:25:37	0:35:12	05:52	0:03:19	2:20:05	25.70	0:03:08	0:07:05	0:21:49	0:28:19	07:05	3:30:04
7	60	Irene	Bartolome	F 40-44	6K-60K-4K	0:08:51	0:30:05	0:41:12	06:52	0:02:58	2:21:29	25.45	0:04:03	0:07:56	0:26:06	0:34:28	08:37	3:44:10
8	66	Doodsie	Mallari	F 40-44	6K-60K-4K	0:07:59	0:27:23	0:37:43	06:17	0:03:30	2:28:07	24.31	0:04:16	0:07:22	0:23:35	0:31:09	07:47	3:44:45
9	69	Xandra-Fey	Pauco	F 40-44	6K-60K-4K	0:07:54	0:27:01	0:37:19	06:13	0:03:50	2:31:37	23.74	0:03:57	0:07:36	0:27:23	0:36:15	09:04	3:52:58
10	62	Mimi	Dizon	F 40-44	6K-60K-4K	0:09:23	0:31:10	0:42:57	07:10	0:03:59	2:32:24	23.62	0:03:57	0:08:44	0:28:34	0:38:49	09:42	4:02:07
11	610	Ma.Leonora	Tabladillo	F 40-44	6K-60K-4K	0:09:22	0:30:03	0:40:17	06:43	0:06:04	2:50:33	21.11	0:04:53	0:07:31	0:25:48	0:33:50	08:27	4:15:36
12	58	Tatax	Almoro	F 40-44	6K-60K-4K	0:07:52	0:26:19	0:35:35	05:56	0:02:46	3:01:37	19.82	0:04:52	0:10:58	0:33:43	0:41:55	10:29	4:26:45
64	Sherylle Marie	Guiyab	F 40-44	6K-60K-4K	0:08:09	0:31:27	0:43:38	07:16	0:05:41	3:12:23	18.71	0:04:53	0:10:01	0:31:12	0:40:10	10:02	4:46:44	
68	Yang-Yang	Ng	F 40-44	6K-60K-4K														DNS
71	Meshelle	Villanueva	F 40-44	6K-60K-4K														DNS

Rank	Bib	First Name	Last Name	Category	Distance	Run 1 Km 1.5	Run Km 4.5	RUN	Pace (Min./Km)	T1	BIKE	Speed (Kms/Hr)	T2	Run 2 Km 1	Run 2 Km 3	RUN	Pace (Min./Km)	Total
1	76	Bernadette	Tan	F 45-above	6K-60K-4K	0:06:24	0:21:30	0:29:22	04:54	0:02:12	1:55:14	31.24	0:02:56	0:05:56	0:17:01	0:22:15	05:34	2:51:59
2	74	Tina	Reyes	F 45-above	6K-60K-4K	0:07:30	0:25:03	0:34:16	05:43	0:02:23	2:11:23	27.40	0:02:58	0:06:18	0:21:24	0:28:23	07:06	3:19:23
3	75	Tess	Rodriguez	F 45-above	6K-60K-4K	0:08:55	0:28:28	0:38:13	06:22	0:02:35	2:19:50	25.74	0:03:10	0:07:12	0:22:40	0:29:54	07:29	3:33:41
4	72	May	Bonalos	F 45-above	6K-60K-4K	0:08:19	0:27:59	0:38:06	06:21	0:02:45	2:35:27	23.16	0:02:57	0:07:33	0:23:20	0:30:23	07:36	3:49:39
73	Cricket	Chen	F 45-above	6K-60K-4K														DNS

Rank	Bib	First Name	Last Name	Category	Distance	Run 1 Km 1.5	Run Km 4.5	RUN	Pace (Min./Km)	T1	BIKE	Speed (Kms/Hr)	T2	Run 2 Km 1	Run 2 Km 3	RUN	Pace (Min./Km)	Total
1	722	Mirasol	Abad	F Elite	6K-60K-4K	0:05:00	0:17:39	0:24:32	04:05	0:01:04	1:51:55	32.17	0:01:29	0:04:34	0:14:18	0:18:54	04:43	2:37:53
2	723	Mischelle	Gilbuena	F Elite	6K-60K-4K	0:05:00	0:17:48	0:24:38	04:06	0:01:03	1:52:49	31.91	0:01:12	0:04:29	0:14:07	0:18:33	04:38	2:38:16
3	9	Rowena	Valdez	F Elite	6K-60K-4K	0:05:43	0:20:01	0:27:22	04:34	0:01:15	1:55:56	31.05	0:01:22	0:05:13	0:15:51	0:20:54	05:13	2:46:48

Rank	Bib	First Name	Last Name	Category	Distance	Run 1 Km 1.5	Run Km 4.5	RUN	Pace (Min./Km)	T1	BIKE	Speed (Kms/Hr)	T2	Run 2 Km 1	Run 2 Km 3	RUN	Pace (Min./Km)	Total
1	716	Mervin	Santiago	M 18-24	6K-60K-4K	0:04:26	0:16:00	0:22:01	03:40	0:01:03	1:39:42	36.11	0:01:00	0:03:55	0:11:59	0:15:50	03:57	2:19:36
2	97	Gabriele Allen	Santiago	M 18-24	6K-60K-4K							1:44:04	34.59	0:01:11	0:04:35	0:19:47	04:57	2:29:53

3	82	Xy James	Dacayanan	M 18-24	6K-60K-4K	0:05:07	0:17:35	0:24:22	04:04	0:00:57	1:49:32	32.87	0:01:15	0:06:17	0:20:02	0:24:53	06:13	2:40:59
4	101	Chadwick Jerald	Tsai	M 18-24	6K-60K-4K	0:06:00	0:20:21	0:27:26	04:34	0:01:37	1:50:18	32.64	0:01:47	0:05:07	0:15:26	0:19:58	05:00	2:41:07
5	96	Robin	Reyes	M 18-24	6K-60K-4K	0:05:52	0:20:47	0:29:02	04:50	0:01:58	1:52:21	32.04	0:01:43	0:06:02	0:19:22	0:25:51	06:28	2:50:56
6	83	Ryan Rey	Daga	M 18-24	6K-60K-4K	0:08:49	0:26:47	0:35:31	05:55	0:01:09	1:52:02	32.13	0:01:30	0:06:05	0:19:21	0:25:23	06:21	2:55:34
7	80	Edwin Jaro	Aseron	M 18-24	6K-60K-4K	0:06:51	0:23:27	0:32:18	05:23	0:03:45	1:49:24	32.91	0:02:41	0:06:10	0:21:04	0:27:44	06:56	2:55:51
8	93	Joeseeph Emil	Paras	M 18-24	6K-60K-4K	0:07:19	0:25:29	0:34:50	05:48	0:02:14	1:59:19	30.17	0:02:30	0:05:39	0:18:10	0:24:15	06:04	3:03:08
9	77	Jolo	Anyayahan	M 18-24	6K-60K-4K	0:06:18	0:22:19	0:30:31	05:05	0:01:35	2:11:13	27.44	0:01:39	0:05:33	0:16:49	0:22:59	05:45	3:07:58
10	94	John Elyson	Paras	M 18-24	6K-60K-4K	0:06:39	0:21:29	0:29:24	04:54	0:02:34	2:05:51	28.60	0:02:45	0:06:29	0:21:55	0:28:34	07:08	3:09:08
11	95	Raymond	Purugganan	M 18-24	6K-60K-4K	0:07:08	0:24:08	0:32:40	05:27	0:02:31	2:06:10	28.53	0:02:22	0:06:48	0:23:40	0:30:12	07:33	3:13:55
12	78	Gabriel	Aoyong	M 18-24	6K-60K-4K	0:07:06	0:23:24	0:31:36	05:16	0:02:01	2:09:51	27.72	0:02:48	0:07:31	0:24:25	0:30:50	07:43	3:17:07
13	79	Edwin Andrei	Aseron	M 18-24	6K-60K-4K	0:07:37	0:27:04	0:37:38	06:16	0:03:15	2:03:52	29.06	0:02:54	0:07:29	0:26:44	0:35:20	08:50	3:22:59
14	98	Rafi	Silerio	M 18-24	6K-60K-4K	0:07:50	0:25:51	0:35:33	05:56	0:03:06	2:13:47	26.91	0:03:12	0:07:19	0:24:12	0:30:19	07:35	3:25:57
15	91	Julius Wilson	Lundang	M 18-24	6K-60K-4K	0:07:41	0:25:19	0:34:10	05:42	0:02:05	2:15:10	26.64	0:02:23	0:08:34	0:25:21	0:33:22	08:21	3:27:10
16	104	Rommel	Vitug	M 18-24	6K-60K-4K	0:08:22	0:28:19	0:38:42	06:27	0:03:02	2:11:56	27.29	0:02:52	0:07:45	0:24:04	0:31:28	07:52	3:28:01
17	85	Matthew	De Guzman	M 18-24	6K-60K-4K	0:08:53	0:27:42	0:37:22	06:14	0:02:11	2:12:22	27.20	0:02:57	0:09:19	0:28:19	0:36:11	09:03	3:31:03
18	87	Francis	Del Rosario	M 18-24	6K-60K-4K	0:07:23	0:25:35	0:36:17	06:03	0:03:26	2:13:17	27.01	0:04:49	0:07:13	0:25:36	0:34:48	08:42	3:32:38
19	103	Vincent Allen	Villa	M 18-24	6K-60K-4K	0:08:44	0:28:26	0:38:28	06:25	0:04:03	2:19:43	25.77	0:03:44	0:08:25	0:26:48	0:33:28	08:22	3:39:25
20	86	Ralph Jansset	De Guzman	M 18-24	6K-60K-4K	0:06:41	0:23:52	0:33:39	05:36	0:02:16	2:27:46	24.36	0:03:15	0:09:02	0:29:49	0:36:12	09:03	3:43:07
21	99	Adrian	Talavera	M 18-24	6K-60K-4K	0:09:21	0:31:29	0:43:41	07:17	0:02:10	2:18:15	26.04	0:03:10	0:08:39	0:28:48	0:37:02	09:15	3:44:18
22	100	Cesar	Tamayo Jr.	M 18-24	6K-60K-4K	0:06:27	0:23:16	0:31:23	05:14	0:03:06	2:35:55	23.09	0:03:42	0:07:28	0:25:42	0:34:09	08:32	3:48:14
23	90	Kenneth Joel	Icaro	M 18-24	6K-60K-4K	0:08:07	0:27:48	0:38:09	06:22	0:03:26	2:31:40	23.74	0:04:41	0:09:05	0:27:40	0:36:26	09:07	3:54:23
24	89	Kevin Raphael	Dumol	M 18-24	6K-60K-4K	0:07:36	0:26:50	0:37:53	06:19	0:02:39	2:35:34	23.14	0:03:44	0:12:17	0:35:49	0:45:31	11:23	4:05:22
25	84	Jirro Ozel	De Guia	M 18-24	6K-60K-4K	0:08:10	0:28:59	0:40:24	06:44	0:04:08	2:59:27	20.06	0:04:19	0:11:51	0:35:45	0:46:06	11:31	4:34:23
	102	Martian Teo	Umandal	M 18-24	6K-60K-4K	0:07:47	0:27:02	0:37:20	06:13	0:06:58	3:09:33	18.99	0:06:44	0:10:15	0:35:23	0:45:36	11:24	4:46:11
	81	Mark Jason	Brown	M 18-24	6K-60K-4K													DNS
	88	Sydney	Du	M 18-24	6K-60K-4K													DNS
	92	Marjun	Manahan	M 18-24	6K-60K-4K													DNS

Rank	Bib	First Name	Last Name	Category	Distance	Run 1 Km 1.5	Run Km 4.5	RUN	Pace (Min./Km)	T1	BIKE	Speed (Kms/Hr)	T2	Run 2 Km 1	Run 2 Km 3	RUN	Pace (Min./Km)	Total
1	133	Christopher	Iblan	M 25-29	6K-60K-4K	0:05:05	0:16:45	0:22:31	03:45	0:01:10	1:42:09	35.24	0:01:20	0:04:05	0:12:25	0:16:08	04:02	2:23:20
2	140	Oscar Miguel	Mapalo	M 25-29	6K-60K-4K	0:05:13	0:18:46	0:25:37	04:16	0:01:05	1:37:37	36.88	0:01:18	0:05:09	0:15:47	0:20:49	05:12	2:26:25
3	147	Julius	Panopio	M 25-29	6K-60K-4K	0:05:42	0:18:44	0:25:22	04:14	0:01:06	1:41:18	35.54	0:01:36	0:05:05	0:14:42	0:19:12	04:48	2:28:33
4	141	Bryan	Mendiola	M 25-29	6K-60K-4K	0:05:28	0:19:14	0:26:39	04:26	0:01:12	1:47:33	33.47	0:01:34	0:05:08	0:15:05	0:19:44	04:56	2:36:42
5	155	Joseph Kennedy	Salcedo	M 25-29	6K-60K-4K	0:05:23	0:19:26	0:27:02	04:30	0:01:15	1:48:46	33.10	0:01:30	0:05:01	0:16:19	0:21:27	05:22	2:40:00
6	139	Timothy	Mallari	M 25-29	6K-60K-4K	0:06:01	0:20:55	0:28:45	04:47	0:01:31	1:50:14	32.66	0:01:25	0:05:21	0:16:48	0:21:44	05:26	2:43:38
7	136	Juan Antonio	Macasieb	M 25-29	6K-60K-4K	0:07:19	0:23:25	0:31:34	05:16	0:01:15	1:47:29	33.49	0:01:46	0:05:27	0:16:47	0:21:57	05:29	2:44:01
8	164	Aiken	Ting	M 25-29	6K-60K-4K	0:05:30	0:19:27	0:27:46	04:38	0:02:31	2:02:10	29.47	0:01:41	0:04:12	0:13:23	0:17:35	04:24	2:51:43
9	110	Jan Harley	Bangayan	M 25-29	6K-60K-4K	0:05:53	0:20:33	0:28:22	04:44	0:01:38	1:58:03	30.50	0:02:21	0:05:25	0:17:55	0:23:37	05:54	2:54:01
10	114	Perkin	Chai	M 25-29	6K-60K-4K	0:07:09	0:22:26	0:30:02	05:00	0:01:55	1:56:28	30.91	0:01:59	0:05:42	0:19:00	0:24:49	06:12	2:55:13
11	106	Rodolfo Jr.	Albis	M 25-29	6K-60K-4K	0:05:56	0:20:25	0:28:19	04:43	0:01:24	1:55:29	31.17	0:01:55	0:07:59	0:23:07	0:29:58	07:29	2:57:04
12	166	Rommel Ivan	Umlas	M 25-29	6K-60K-4K	0:06:55	0:21:35	0:29:26	04:54	0:02:09	1:59:37	30.10	0:02:07	0:05:59		0:24:52	06:13	2:58:10
13	153	Jerome	Reyes	M 25-29	6K-60K-4K	0:07:04	0:24:01	0:32:28	05:25	0:02:35	1:56:13	30.97	0:02:36	0:05:49	0:18:42	0:24:51	06:13	2:58:44

58	127	John Angelo	Evangelio	M 25-29	6K-60K-4K	0:09:13	0:29:05	0:39:02	06:30	0:02:16	2:52:35	20.86	0:02:57	0:09:58	0:32:40	0:41:07	10:17	4:17:57
59	123	Diego Rizal	Dilig	M 25-29	6K-60K-4K	0:08:47	0:33:06	0:45:19	07:33	0:12:16	2:38:45	22.68	0:04:10	0:09:20	0:31:22	0:41:15	10:19	4:21:44
60	160	Marco Paolo	Taguiam	M 25-29	6K-60K-4K	0:09:02	0:29:30	0:40:11	06:42	0:06:21	2:54:13	20.66	0:04:13	0:09:42	0:30:23	0:40:24	10:06	4:25:22
61	156	Richard	Siccion	M 25-29	6K-60K-4K	0:09:01	0:32:36	0:44:59	07:30	0:05:51	2:49:22	21.25	0:04:54	0:10:26	0:36:50	0:47:46	11:56	4:32:52
62	158	Ashley	Sison	M 25-29	6K-60K-4K	0:10:20	0:34:22	0:46:45	07:47	0:04:48	2:59:26	20.06	0:04:17	0:09:22	0:30:11	0:39:31	09:53	4:34:46
63	129	Christian Albert	Gacias	M 25-29	6K-60K-4K	0:13:45	0:45:28	1:01:17	10:13	0:04:06								5:31:00
	157	Rogelio	Siccion	M 25-29	6K-60K-4K	0:08:28	0:28:17	0:39:09	06:31	0:03:30								DNF
	107	Nicodemus	Andrada	M 25-29	6K-60K-4K													
	161	Paul Henry	Tambasen	M 25-29	6K-60K-4K													
	165	Melvin Joseph	Tiu	M 25-29	6K-60K-4K													

Rank	Bib	First Name	Last Name	Category	Distance	Run 1 Km 1.5	Run Km 4.5	RUN	Pace (Min./Km)	T1	BIKE	Speed (Kms/Hr)	T2	Run 2 Km 1	Run 2 Km 3	RUN	Pace (Min./Km)	Total
1	224	Jethro Karl	Ramos	M 30-34	6K-60K-4K	0:04:46	0:16:37	0:23:11	03:52	0:01:05	1:39:08	36.32	0:01:15	0:04:22	0:13:24	0:17:44	04:26	2:22:24
2	233	Timmy	Santos	M 30-34	6K-60K-4K	0:04:44	0:16:38	0:22:52	03:49	0:00:51	1:44:16	34.53	0:01:09	0:04:31	0:16:36	0:22:36	05:39	2:31:44
3	229	Ralph Jerome	Salvador	M 30-34	6K-60K-4K	0:05:59	0:19:03	0:25:43	04:17	0:01:14	1:44:09	34.56	0:01:21	0:04:56	0:15:05	0:19:34	04:54	2:32:01
4	228	Jeric	Saclauso	M 30-34	6K-60K-4K	0:05:30	0:19:07	0:26:25	04:24	0:01:35	1:49:22	32.92	0:01:38	0:04:35	0:14:53	0:19:43	04:56	2:38:43
5	238	Christian	Tamayo	M 30-34	6K-60K-4K	0:06:03	0:20:08	0:27:25	04:34	0:02:16	1:47:05	33.62	0:02:09	0:05:57	0:18:34	0:24:12	06:03	2:43:07
6	226	Kenneth	Romero	M 30-34	6K-60K-4K	0:06:29	0:22:37	0:31:16	05:13	0:01:41	1:50:25	32.60	0:01:34	0:05:09	0:17:11	0:23:01	05:45	2:47:58
7	186	Weisser	Coilan	M 30-34	6K-60K-4K	0:05:33	0:19:36	0:27:03	04:30	0:01:23	1:58:10	30.47	0:01:56	0:04:44	0:15:57	0:20:53	05:13	2:49:24
8	203	Ramon Bryan	Locsin	M 30-34	6K-60K-4K	0:06:23	0:21:18	0:29:12	04:52	0:02:07	1:52:55	31.88	0:01:56	0:05:53	0:19:08	0:25:27	06:22	2:51:37
9	215	Martin Luther	Norial	M 30-34	6K-60K-4K	0:06:43	0:21:48	0:29:20	04:53	0:01:36	1:59:51	30.04	0:01:47	0:05:20	0:17:07	0:22:12	05:33	2:54:46
10	193	Guz	Dela Rosa	M 30-34	6K-60K-4K	0:05:32	0:20:13	0:27:46	04:38	0:02:27	2:02:22	29.42	0:02:19	0:05:11	0:17:37	0:23:11	05:48	2:58:05
11	198	Dennis	Gan	M 30-34	6K-60K-4K	0:08:20	0:26:03	0:34:27	05:44	0:02:01	1:56:02	31.03	0:02:23	0:05:25	0:17:34	0:23:20	05:50	2:58:13
12	216	Albert	Ong	M 30-34	6K-60K-4K	0:06:40	0:21:07	0:28:13	04:42	0:02:29	2:05:38	28.66	0:02:37	0:05:01	0:15:34	0:20:38	05:09	2:59:34
13	236	Marlon	Sison	M 30-34	6K-60K-4K	0:07:07	0:22:58	0:31:01	05:10	0:02:12	1:59:32	30.12	0:02:16	0:05:58	0:19:23	0:24:52	06:13	2:59:54
14	195	Edmar	Dionson	M 30-34	6K-60K-4K	0:05:23	0:19:05	0:26:14	04:22	0:03:30	2:08:09	28.09	0:03:11	0:05:07	0:15:23	0:19:58	05:00	3:01:02
15	246	Adrian Nino	Villanueva	M 30-34	6K-60K-4K	0:06:02	0:21:30	0:29:31	04:55	0:01:52	2:02:47	29.32	0:02:27	0:06:26	0:19:57	0:26:16	06:34	3:02:53
16	247	Clive Manuel	Wee Sit	M 30-34	6K-60K-4K	0:08:14	0:26:09	0:34:51	05:48	0:02:49	2:00:10	29.96	0:02:19	0:05:56	0:18:24	0:24:51	06:13	3:05:00
17	235	Sean Patrick	Sioco	M 30-34	6K-60K-4K	0:07:35	0:24:12	0:32:35	05:26	0:03:39	2:11:25	27.39	0:03:39	0:05:54	0:06:37	0:13:47	03:27	3:05:05
18	181	Robinson	Chan	M 30-34	6K-60K-4K	0:07:32	0:24:29	0:32:41	05:27	0:01:23	2:06:36	28.44	0:01:51	0:05:38	0:17:40	0:23:40	05:55	3:06:12
19	221	Jofert	Petalino	M 30-34	6K-60K-4K	0:06:31	0:22:41	0:31:51	05:18	0:02:14	2:01:47	29.56	0:02:41	0:06:39	0:21:25	0:27:58	07:00	3:06:30
20	217	Jevon	Ong	M 30-34	6K-60K-4K	0:07:59	0:25:24	0:34:04	05:41	0:02:38	2:00:01	30.00	0:02:24	0:06:48	0:21:09	0:28:02	07:00	3:07:08
21	248	Kervin	Whang	M 30-34	6K-60K-4K	0:10:41	0:33:31	0:44:54	07:29	0:03:11	1:55:33	31.15	0:03:12	0:06:34	0:18:57	0:25:05	06:16	3:11:56
22	208	Paolo Mari	Mallari	M 30-34	6K-60K-4K	0:06:26	0:23:47	0:33:18	05:33	0:02:19	2:04:28	28.93	0:03:03	0:07:54	0:24:20	0:31:03	07:46	3:14:10
23	204	Christian	Lopez	M 30-34	6K-60K-4K	0:07:44	0:26:18	0:35:40	05:57	0:03:00	2:06:30	28.46	0:03:40	0:06:30	0:21:46	0:28:14	07:03	3:17:04
24	209	Irving Bryson	Marantan	M 30-34	6K-60K-4K	0:05:12	0:20:02	0:27:40	04:37	0:04:23	2:16:30	26.37	0:03:50	0:05:30	0:19:45	0:26:34	06:39	3:18:57
25	212	Robert	Mil	M 30-34	6K-60K-4K	0:08:04	0:25:06	0:33:50	05:38	0:01:42	2:11:21	27.41	0:01:40	0:07:03	0:24:18	0:31:31	07:53	3:20:03
26	717	Nomar	Alferos	M 30-34	6K-60K-4K	0:07:15	0:24:39	0:33:40	05:37	0:02:20	2:08:37	27.99	0:02:38	0:06:55	0:24:41	0:33:16	08:19	3:20:32
27	237	Ralph David	So	M 30-34	6K-60K-4K	0:08:34	0:26:59	0:36:30	06:05	0:02:40	2:08:57	27.92	0:02:10	0:07:18	0:22:55	0:30:30	07:38	3:20:48
28	206	Ralph Jerome	Madriaga	M 30-34	6K-60K-4K	0:07:17	0:23:46	0:32:22	05:24	0:02:14	2:11:05	27.46	0:03:45	0:06:43	0:26:56	0:34:24	08:36	3:23:48
29	174	Stephen	Apetrior	M 30-34	6K-60K-4K	0:06:58	0:23:42	0:32:17	05:23	0:02:50	2:22:03	25.34	0:03:22	0:05:46	0:18:46	0:24:17	06:04	3:24:50
30	185	Gerard	Cinco	M 30-34	6K-60K-4K	0:07:11	0:23:45	0:32:24	05:24	0:01:57	2:17:33	26.17	0:01:47	0:06:51	0:23:24	0:31:16	07:49	3:24:56

227	Frederick	Rugayan	M 30-34	6K-60K-4K														DNS
230	Jon Eric	Santiago	M 30-34	6K-60K-4K														DNS
231	Richard	Santillan	M 30-34	6K-60K-4K														DNS
242	Carlo Paulo	Tolentino	M 30-34	6K-60K-4K														DNS
244	Mj	Verzosa	M 30-34	6K-60K-4K														DNS

Rank	Bib	First Name	Last Name	Category	Distance	Run 1 Km 1.5	Run Km 4.5	RUN	Pace (Min./Km)	T1	BIKE	Speed (Kms/Hr)	T2	Run 2 Km 1	Run 2 Km 3	RUN	Pace (Min./Km)	Total
1	328	Edison	Morales	M 35-39	6K-60K-4K	0:04:44	0:16:35	0:22:34	03:46	0:01:28	1:39:08	36.31	0:01:30	0:04:14	0:14:08	0:18:27	04:37	2:23:07
2	295	Alfred	Gonzales	M 35-39	6K-60K-4K	0:05:36	0:19:12	0:26:38	04:26	0:01:13	1:47:23	33.52	0:01:28	0:05:04	0:17:53	0:23:55	05:59	2:40:38
3	334	Adrian	Ocampo	M 35-39	6K-60K-4K	0:06:19	0:20:51	0:28:15	04:43	0:02:03	1:48:27	33.20	0:01:45	0:05:01	0:16:01	0:21:00	05:15	2:41:30
4	290	Xerxes	Garcia	M 35-39	6K-60K-4K	0:05:56	0:21:04	0:28:44	04:47	0:01:43	1:48:53	33.06	0:01:37	0:05:38	0:17:39	0:22:34	05:38	2:43:30
5	264	Jernard	Capati	M 35-39	6K-60K-4K	0:06:22	0:21:40	0:29:29	04:55	0:02:02	1:50:56	32.45	0:01:28	0:05:21	0:16:50	0:22:18	05:35	2:46:13
6	324	Jeff	Mendoza	M 35-39	6K-60K-4K	0:06:25	0:22:16	0:29:47	04:58	0:01:51	1:53:28	31.73	0:02:02	0:05:28	0:17:06	0:22:35	05:39	2:49:42
7	342	Jeffrey	Pineda	M 35-39	6K-60K-4K	0:06:56	0:24:12	0:32:51	05:28	0:01:39	1:50:36	32.55	0:01:58	0:05:56	0:18:17	0:23:34	05:54	2:50:38
8	332	Gary	Nepomuceno	M 35-39	6K-60K-4K	0:07:15	0:24:18	0:33:16	05:33	0:02:32	1:49:07	32.99	0:02:38	0:06:17	0:19:10	0:24:44	06:11	2:52:17
9	269	Marlon	Castillo	M 35-39	6K-60K-4K	0:08:38	0:24:01	0:31:47	05:18	0:03:25	1:52:04	32.12	0:03:06	0:05:34	0:17:04	0:22:31	05:38	2:52:53
10	300	Lloyd	Jenkins	M 35-39	6K-60K-4K	0:06:22	0:21:34	0:29:12	04:52	0:02:05	1:58:26	30.40	0:01:56	0:05:28	0:17:01	0:22:07	05:32	2:53:46
11	321	Karl Mark	Martinez	M 35-39	6K-60K-4K	0:06:25	0:22:05	0:29:51	04:58	0:01:23	1:57:27	30.65	0:01:46	0:05:17	0:17:28	0:23:26	05:51	2:53:53
12	360	John Paul	Segundo	M 35-39	6K-60K-4K	0:06:48	0:21:41	0:29:23	04:54	0:02:08	1:57:22	30.67	0:01:33	0:05:33	0:17:54	0:23:47	05:57	2:54:12
13	309	Joseph	Legasto	M 35-39	6K-60K-4K	0:06:33	0:22:27	0:30:44	05:07	0:01:47	1:55:30	31.17	0:02:43	0:06:07	0:18:58	0:24:58	06:15	2:55:43
14	315	Carlo Paolo	Mallari	M 35-39	6K-60K-4K	0:06:40	0:22:46	0:31:30	05:15	0:01:46	1:59:14	30.19	0:01:36	0:05:14	0:16:32	0:21:49	05:27	2:55:55
15	341	Marc Janssen	Pe	M 35-39	6K-60K-4K	0:06:25	0:21:15	0:28:39	04:46	0:02:32	2:00:24	29.90	0:03:06	0:05:24	0:16:21	0:21:34	05:23	2:56:14
16	329	Nino	Mundo	M 35-39	6K-60K-4K	0:07:07	0:23:35	0:32:00	05:20	0:01:57	1:56:52	30.81	0:02:22	0:05:45	0:17:55	0:23:17	05:49	2:56:29
17	287	Raymond	Flores	M 35-39	6K-60K-4K	0:07:19	0:23:54	0:32:40	05:27	0:02:50	1:52:08	32.10	0:03:09	0:06:25	0:20:17	0:27:03	06:46	2:57:49
18	358	Kenneth	Sarabia	M 35-39	6K-60K-4K	0:06:38	0:23:18	0:32:38	05:26	0:02:59	1:52:27	32.02	0:03:06	0:06:18	0:20:10	0:27:23	06:51	2:58:33
19	345	Ronald	Recabar	M 35-39	6K-60K-4K	0:06:35	0:22:45	0:31:20	05:13	0:02:08	1:56:53	30.80	0:02:20	0:06:17	0:19:04	0:25:54	06:28	2:58:35
20	258	Michael	Armamento	M 35-39	6K-60K-4K	0:07:18	0:24:38	0:33:27	05:35	0:02:14	1:56:13	30.98	0:02:08	0:06:07	0:19:52	0:25:54	06:29	2:59:57
21	344	Romer	Recabar	M 35-39	6K-60K-4K	0:07:25	0:24:04	0:32:27	05:25	0:03:36	2:03:02	29.26	0:02:44	0:05:26	0:16:47	0:21:27	05:22	3:03:16
22	337	Raffy Ian	Pamittan	M 35-39	6K-60K-4K	0:06:48	0:22:32	0:30:47	05:08	0:01:52	2:00:50	29.79	0:02:21	0:06:40	0:21:17	0:27:40	06:55	3:03:31
23	302	Mark	Jingco	M 35-39	6K-60K-4K	0:07:20	0:24:33	0:33:20	05:33	0:02:33	2:00:09	29.96	0:02:43	0:05:42	0:18:29	0:25:23	06:21	3:04:09
24	278	Jason	Del Rosario	M 35-39	6K-60K-4K	0:08:29	0:25:46	0:34:35	05:46	0:02:15	1:57:34	30.62	0:02:57	0:06:34	0:20:45	0:27:10	06:47	3:04:30
25	314	George Jason	Maliwat	M 35-39	6K-60K-4K	0:06:48	0:22:33	0:30:45	05:08	0:01:49	2:05:28	28.69	0:02:02	0:05:16	0:17:53	0:24:37	06:09	3:04:41
26	276	Jan Michael	David	M 35-39	6K-60K-4K	0:08:16	0:25:23	0:33:58	05:40	0:02:12	2:00:11	29.95	0:02:14	0:06:04	0:20:23	0:26:46	06:41	3:05:21
27	288	Jaspher	Galanza	M 35-39	6K-60K-4K	0:06:25	0:21:34	0:29:26	04:54	0:01:53	2:08:48	27.95	0:02:39	0:06:17	0:20:23	0:26:17	06:34	3:09:02
28	374	Miguel	Veal	M 35-39	6K-60K-4K	0:08:21	0:26:49	0:36:18	06:03	0:02:53	1:58:50	30.30	0:02:18	0:07:40	0:23:00	0:29:27	07:22	3:09:45
29	365	Jonathan	Soriano	M 35-39	6K-60K-4K	0:08:36	0:28:27	0:38:43	06:27	0:02:17	2:01:05	29.73	0:02:15	0:06:30	0:20:03	0:26:25	06:36	3:10:44
30	317	Norberto	Manzano	M 35-39	6K-60K-4K	0:06:44	0:23:23	0:32:38	05:26	0:02:35	2:06:13	28.52	0:02:09	0:06:20	0:20:24	0:27:17	06:49	3:10:52
31	305	Francis	Lacson	M 35-39	6K-60K-4K	0:09:09	0:27:24	0:36:16	06:03	0:02:31	2:03:06	29.25	0:02:45	0:06:21	0:19:44	0:26:26	06:36	3:11:04
32	343	Aubrey	Quirimit	M 35-39	6K-60K-4K	0:07:09	0:24:26	0:33:33	05:36	0:02:52	2:01:29	29.63	0:02:50	0:07:21	0:23:20	0:30:32	07:38	3:11:16
33	378	Miguel	Yuhico	M 35-39	6K-60K-4K	0:07:57	0:25:34	0:33:58	05:40	0:04:53	2:01:44	29.57	0:03:47	0:06:29	0:21:15	0:27:17	06:49	3:11:40
34	297	Earl	Guzman	M 35-39	6K-60K-4K	0:05:54	0:21:16	0:29:18	04:53	0:02:46	2:08:55	27.93	0:02:27	0:06:20	0:22:21	0:28:20	07:05	3:11:45
35	361	Anthony	Serra	M 35-39	6K-60K-4K	0:06:26	0:22:32	0:31:21	05:13	0:02:57	2:09:00	27.91	0:02:42	0:06:30	0:20:38	0:26:46	06:42	3:12:46

357	Arojo	Santos	M 35-39	6K-60K-4K															DNF
366	Robin	Soriano	M 35-39	6K-60K-4K															DNF
369	Don	Taguiam	M 35-39	6K-60K-4K															DNF
313	Ronald	Mabborang	M 35-39	6K-60K-4K															DNF

Rank	Bib	First Name	Last Name	Category	Distance	Run 1 Km 1.5	Run Km 4.5	RUN	Pace (Min./Km)	T1	BIKE	Speed (Kms/Hr)	T2	Run 2 Km 1	Run 2 Km 3	RUN	Pace (Min./Km)	Total
1	429	Edward	Luna	M 40-44	6K-60K-4K	0:05:09	0:17:47	0:24:21	04:04	0:01:05	1:38:12	36.66	0:01:40	0:06:12	0:17:04	0:21:30	05:22	2:26:48
2	452	Junrox	Roque	M 40-44	6K-60K-4K	0:05:45	0:19:06	0:25:52	04:19	0:01:03	1:43:35	34.76	0:01:17	0:04:47	0:14:47	0:19:25	04:51	2:31:12
3	459	Dennis Manuel	Sianghio	M 40-44	6K-60K-4K	0:05:52	0:19:37	0:27:03	04:30	0:01:08	1:47:54	33.37	0:01:53	0:04:59	0:16:58	0:21:57	05:29	2:39:55
4	384	Dennis	Aoyong	M 40-44	6K-60K-4K	0:06:11	0:21:04	0:28:20	04:43	0:01:26	1:48:18	33.24	0:01:43	0:05:31	0:16:33	0:21:30	05:22	2:41:16
5	398	Jason	Chi	M 40-44	6K-60K-4K	0:05:41	0:20:57	0:28:34	04:46	0:01:56	1:49:51	32.77	0:01:46	0:05:23	0:16:56	0:22:19	05:35	2:44:26
6	473	Terry	Yutuc	M 40-44	6K-60K-4K	0:06:47	0:21:36	0:29:14	04:52	0:01:14	1:50:03	32.71	0:01:41	0:06:08	0:18:08	0:23:40	05:55	2:45:51
7	424	Jose, Jr	Isip	M 40-44	6K-60K-4K	0:05:28	0:19:35	0:27:04	04:31	0:01:15	1:55:10	31.26	0:01:33	0:05:06	0:16:30	0:21:37	05:24	2:46:38
8	427	Ngoan	Le	M 40-44	6K-60K-4K	0:05:53	0:19:54	0:27:03	04:31	0:02:59	1:54:58	31.31	0:03:05	0:05:23	0:16:02	0:20:57	05:14	2:49:03
9	450	Allan Roy	Rodrigo	M 40-44	6K-60K-4K	0:05:51	0:21:13	0:28:59	04:50	0:01:26	1:54:31	31.44	0:01:36	0:05:42	0:17:23	0:22:40	05:40	2:49:12
10	433	Jason Brian	Marquez	M 40-44	6K-60K-4K	0:07:03	0:22:23	0:30:12	05:02	0:01:39	1:49:44	32.81	0:01:41	0:05:57	0:20:01	0:26:15	06:34	2:49:32
11	456	Arnold	Sarmiento	M 40-44	6K-60K-4K	0:05:38	0:20:15	0:27:51	04:39	0:01:29	1:59:05	30.23	0:01:37	0:04:43	0:16:26	0:21:58	05:29	2:51:59
12	396	Resty	Capulong	M 40-44	6K-60K-4K	0:05:42	0:19:55	0:27:33	04:35	0:01:22	1:54:12	31.52	0:01:49	0:05:46	0:20:42	0:27:28	06:52	2:52:24
13	422	Ricky	Hernandez	M 40-44	6K-60K-4K	0:07:07	0:24:45	0:33:32	05:35	0:01:46	1:49:39	32.83	0:01:51	0:06:37	0:20:19	0:26:28	06:37	2:53:17
14	413	Victoriano	Ferrer	M 40-44	6K-60K-4K	0:06:17	0:21:03	0:28:20	04:43	0:01:39	1:59:46	30.06	0:01:55	0:05:30	0:17:24	0:22:44	05:41	2:54:22
15	423	Jaime	Hizon	M 40-44	6K-60K-4K	0:06:54	0:23:37	0:32:14	05:22	0:02:25	1:57:50	30.55	0:02:31	0:06:03	0:18:18	0:23:36	05:54	2:58:36
16	381	Glenn	Adviento	M 40-44	6K-60K-4K	0:06:49	0:23:41	0:32:19	05:23	0:02:35	1:57:39	30.60	0:02:10	0:05:47	0:18:42	0:24:22	06:05	2:59:05
17	439	Rey	Ordenez	M 40-44	6K-60K-4K	0:06:12	0:21:06	0:28:42	04:47	0:02:04	2:00:09	29.96	0:02:50	0:05:58	0:19:57	0:25:25	06:21	2:59:10
18	463	Rene	Tayag	M 40-44	6K-60K-4K	0:07:06	0:24:26	0:33:44	05:37	0:02:07	1:52:24	32.03	0:03:00	0:07:24	0:22:30	0:29:11	07:18	3:00:26
19	464	Raffy	Tima	M 40-44	6K-60K-4K	0:07:34	0:24:21	0:33:02	05:30	0:02:26	1:52:55	31.88	0:02:38	0:07:03	0:23:05	0:29:44	07:26	3:00:45
20	407	Junrey	De guzman	M 40-44	6K-60K-4K	0:07:09	0:24:44	0:33:53	05:39	0:03:24	1:54:55	31.33	0:02:34	0:06:59	0:21:35	0:27:57	06:59	3:02:42
21	409	Jay	Estira	M 40-44	6K-60K-4K	0:06:54	0:21:29	0:29:03	04:50	0:01:51	2:03:50	29.07	0:02:44	0:06:14	0:19:22	0:25:37	06:24	3:03:05
22	395	Teddy	Calosing	M 40-44	6K-60K-4K	0:06:24	0:21:31	0:29:10	04:52	0:03:01	2:04:22	28.95	0:02:55	0:05:35	0:18:05	0:23:40	05:55	3:03:07
23	405	Vince	Datiles	M 40-44	6K-60K-4K	0:08:26	0:25:18	0:33:37	05:36	0:02:49	2:01:14	29.70	0:02:21	0:05:53	0:19:03	0:25:01	06:15	3:05:02
24	453	Rogelio	Roy	M 40-44	6K-60K-4K	0:08:15	0:26:12	0:35:52	05:59	0:02:00	1:57:44	30.58	0:01:54	0:06:08	0:21:01	0:28:09	07:02	3:05:39
25	392	Arnel	Bondoc	M 40-44	6K-60K-4K	0:07:58	0:25:47	0:34:25	05:44	0:02:44	1:59:55	30.02	0:02:44	0:06:20	0:19:44	0:26:07	06:32	3:05:55
26	393	Julius Cesar	Buen	M 40-44	6K-60K-4K	0:07:13	0:23:24	0:31:50	05:18	0:02:58	2:05:59	28.57	0:02:26	0:06:05	0:18:59	0:24:47	06:12	3:08:01
27	380	Dennis	Accibal	M 40-44	6K-60K-4K	0:06:05	0:21:54	0:30:36	05:06	0:03:16	1:59:30	30.13	0:03:44	0:06:46	0:23:42	0:31:31	07:53	3:08:36
28	465	Joseph	To	M 40-44	6K-60K-4K	0:07:22	0:24:36	0:33:40	05:37	0:02:33	2:00:34	29.86	0:02:38	0:06:19	0:21:21	0:29:26	07:22	3:08:51
29	471	Ronald	Yao	M 40-44	6K-60K-4K	0:08:16	0:24:09	0:32:00	05:20	0:02:43	2:05:17	28.73	0:02:07	0:05:46	0:18:07	0:27:11	06:48	3:09:19
30	417	Teddy	Gonzales	M 40-44	6K-60K-4K	0:06:00	0:22:04	0:30:44	05:07	0:03:38	2:03:46	29.09	0:03:50	0:06:14	0:21:07	0:27:42	06:55	3:09:40
31	438	Edgardo	Nicolas	M 40-44	6K-60K-4K	0:05:49	0:20:59	0:28:56	04:49	0:03:04	2:06:03	28.56	0:03:23	0:06:50	0:22:01	0:28:14	07:04	3:09:41
32	399	Garry	Clavecillas	M 40-44	6K-60K-4K	0:06:26	0:24:32	0:35:03	05:51	0:03:16	2:11:14	27.43	0:03:50	0:08:36	0:09:51	0:16:44	04:11	3:10:07
33	411	Timothy	Evangelista	M 40-44	6K-60K-4K	0:07:08	0:24:07	0:33:12	05:32	0:02:28	2:05:45	28.63	0:02:20	0:06:01	0:20:03	0:26:38	06:40	3:10:23
34	718	Marvin	Manalang	M 40-44	6K-60K-4K	0:07:45	0:24:42	0:33:13	05:32	0:02:09	2:04:20	28.96	0:02:12	0:06:21	0:21:51	0:29:08	07:17	3:11:02
35	432	Ryan	Mallari	M 40-44	6K-60K-4K	0:06:57	0:24:22	0:33:20	05:33	0:02:28	1:56:39	30.86	0:02:27	0:08:22	0:26:23	0:36:16	09:04	3:11:10
36	448	Gerard	Reyes	M 40-44	6K-60K-4K	0:08:39	0:28:16	0:37:31	06:15	0:02:36	2:03:11	29.22	0:02:23	0:06:41	0:20:34	0:25:40	06:25	3:11:22

81	470	Enrico	Villanueva	M 40-44	6K-60K-4K	0:11:02	0:39:22	0:53:15	08:52	0:04:45	3:10:27	18.90	0:04:02	0:11:03	0:32:45	0:42:22	10:35	4:54:51
82	447	Brian	Rabago	M 40-44	6K-60K-4K	0:09:02	0:31:48	0:43:21	07:13	0:03:45								DNF
	430	Desi Enrico	Maala	M 40-44	6K-60K-4K	0:11:16	0:39:39	0:54:23	09:04	0:02:56								DNF
	406	Jon	David	M 40-44	6K-60K-4K													DNS
	444	Glenn	Penetrante	M 40-44	6K-60K-4K													DNS
	385	Mario Cresencio	Apostol	M 40-44	6K-60K-4K													DNS
	388	Rommel	Bala	M 40-44	6K-60K-4K													DNS
	404	Neil	Dalumpines	M 40-44	6K-60K-4K													DNS
	421	Jose Emmanuel	Hernandez	M 40-44	6K-60K-4K													DNS
	426	Arnold Roy	Jimenez	M 40-44	6K-60K-4K													DNS
	436	Jovit	Morando	M 40-44	6K-60K-4K													DNS
	461	Benjamin	Syling	M 40-44	6K-60K-4K													DNS

Rank	Bib	First Name	Last Name	Category	Distance	Run 1 Km 1.5	Run Km 4.5	RUN	Pace (Min./Km)	T1	BIKE	Speed (Kms/Hr)	T2	Run 2 Km 1	Run 2 Km 3	RUN	Pace (Min./Km)	Total
1	495	John Thomas	Gonzales	M 45-49	6K-60K-4K	0:05:22	0:18:34	0:25:12	04:12	0:01:15	1:42:30	35.12	0:01:29	0:04:40	0:14:46	0:19:32	04:53	2:29:57
2	494	Raul Leorex	Gaerlan	M 45-49	6K-60K-4K	0:05:22	0:18:35	0:25:18	04:13	0:02:09	1:49:23	32.91	0:01:45	0:04:41	0:14:45	0:19:40	04:55	2:38:15
3	525	John	Villanueva	M 45-49	6K-60K-4K	0:05:53	0:20:23	0:28:04	04:41	0:02:20	1:49:30	32.87	0:01:37	0:05:16	0:17:04	0:22:23	05:36	2:43:55
4	524	Nelson	Villamayor	M 45-49	6K-60K-4K	0:05:48	0:21:03	0:28:48	04:48	0:02:09	1:49:03	33.01	0:01:57	0:05:03	0:17:06	0:22:12	05:33	2:44:09
5	515	Angelo	Panopio	M 45-49	6K-60K-4K	0:06:00	0:20:20	0:27:26	04:34	0:01:59	1:56:26	30.92	0:01:56	0:05:14	0:15:54	0:21:00	05:15	2:48:47
6	512	Kim	O	M 45-49	6K-60K-4K	0:06:23	0:20:50	0:28:37	04:46	0:02:23	1:51:47	32.20	0:02:05	0:05:54	0:18:50	0:24:43	06:11	2:49:34
7	479	Dennis	Capulong	M 45-49	6K-60K-4K	0:05:35	0:19:54	0:27:34	04:36	0:01:49	1:55:39	31.13	0:02:22	0:05:10	0:16:48	0:22:54	05:44	2:50:18
8	484	Charlie	Chua	M 45-49	6K-60K-4K	0:06:54	0:23:11	0:31:33	05:15	0:02:46	1:57:45	30.57	0:02:25	0:05:32	0:17:27	0:23:04	05:46	2:57:33
9	504	Edwin	Lipat	M 45-49	6K-60K-4K	0:07:07	0:24:43	0:33:32	05:35	0:01:49	1:54:28	31.45	0:02:42	0:07:06	0:22:18	0:29:17	07:19	3:01:48
10	507	Raul	Manlangit	M 45-49	6K-60K-4K	0:07:17	0:23:11	0:31:26	05:14	0:02:41	1:59:50	30.04	0:03:20	0:06:50	0:20:09	0:25:41	06:25	3:02:58
11	508	Ronan	Marasigan	M 45-49	6K-60K-4K	0:07:33	0:24:03	0:32:53	05:29	0:02:59	1:57:33	30.63	0:03:24	0:06:03	0:20:00	0:26:46	06:41	3:03:35
12	481	Ronaldo	Celestial	M 45-49	6K-60K-4K	0:06:39	0:22:41	0:31:04	05:11	0:01:58	2:04:49	28.84	0:01:59	0:06:12	0:18:04	0:23:49	05:57	3:03:39
13	522	Arnel	Tiquia	M 45-49	6K-60K-4K	0:07:56	0:25:22	0:34:28	05:45	0:03:47	1:57:55	30.53	0:03:06	0:06:06	0:19:20	0:25:43	06:26	3:04:59
14	509	Frederick	Mendiola	M 45-49	6K-60K-4K	0:08:20	0:27:09	0:36:43	06:07	0:01:44	1:58:21	30.42	0:02:33	0:06:09	0:20:08	0:26:36	06:39	3:05:58
15	490	Jaime	Dizon	M 45-49	6K-60K-4K	0:06:38	0:23:42	0:32:48	05:28	0:02:18	2:00:40	29.83	0:02:22	0:07:16	0:21:57	0:28:05	07:01	3:06:12
16	489	Theodore	Del Rosario	M 45-49	6K-60K-4K	0:07:15	0:24:18	0:33:22	05:34	0:03:25	1:57:52	30.54	0:03:25	0:06:11	0:22:16	0:29:48	07:27	3:07:52
17	477	Virgilio	Belen Jr.	M 45-49	6K-60K-4K	0:08:08	0:26:04	0:34:54	05:49	0:02:37	1:58:10	30.46	0:03:03	0:07:21	0:22:56	0:29:14	07:18	3:07:59
18	517	Enrique	Puno	M 45-49	6K-60K-4K	0:07:21	0:24:40	0:33:23	05:34	0:01:44	2:01:41	29.58	0:01:50	0:07:12	0:22:03	0:29:25	07:21	3:08:03
19	476	Pablito	Banta	M 45-49	6K-60K-4K	0:07:02	0:22:56	0:31:05	05:11	0:02:18	2:07:40	28.20	0:02:09	0:06:45	0:20:54	0:27:17	06:49	3:10:29
20	500	Peter	Jarin	M 45-49	6K-60K-4K	0:08:11	0:26:02	0:35:00	05:50	0:02:07	2:04:08	29.00	0:02:46	0:06:57	0:21:13	0:27:27	06:52	3:11:29
21	498	Jan	Imperio	M 45-49	6K-60K-4K	0:07:35	0:23:27	0:31:32	05:15	0:02:48	2:10:05	27.67	0:02:20	0:05:04	0:18:30	0:24:57	06:14	3:11:41
22	520	Orly	Terrado	M 45-49	6K-60K-4K	0:06:23	0:21:08	0:28:52	04:49	0:02:34	2:08:01	28.12	0:03:11	0:06:25	0:22:25	0:29:40	07:25	3:12:18
23	486	Guillermo	De Guzman	M 45-49	6K-60K-4K	0:08:46	0:28:45	0:38:41	06:27	0:02:02	2:00:17	29.93	0:02:10	0:07:50	0:22:38	0:29:11	07:18	3:12:21
24	510	Benedict	Muriel	M 45-49	6K-60K-4K	0:07:17	0:23:02	0:30:54	05:09	0:01:59	2:08:17	28.06	0:02:54	0:07:26	0:23:19	0:30:00	07:30	3:14:04
25	501	Reynaldo	Jimenez	M 45-49	6K-60K-4K	0:07:11	0:22:42	0:30:59	05:10	0:02:36	2:07:27	28.25	0:02:26	0:06:19	0:22:52	0:30:56	07:44	3:14:24
26	492	Erwin	Estaris	M 45-49	6K-60K-4K	0:07:59	0:26:51	0:36:11	06:02	0:02:49	2:05:12	28.75	0:02:35	0:08:04	0:23:25	0:30:23	07:36	3:17:10
27	511	Abell Jim	Ngo	M 45-49	6K-60K-4K	0:06:36	0:23:16	0:32:10	05:22	0:02:21	2:12:36	27.15	0:02:09	0:06:05	0:21:06	0:28:13	07:03	3:17:29
28	521	Rodrigo	Tiangsing	M 45-49	6K-60K-4K	0:07:12	0:24:29	0:33:33	05:36	0:03:39	2:09:54	27.71	0:03:37	0:06:34	0:21:20	0:28:14	07:04	3:18:57

29	487	Jojo	De Guzman	M 45-49	6K-60K-4K	0:08:55	0:28:03	0:36:47	06:08	0:02:50	2:10:47	27.53	0:02:43	0:07:00	0:21:09	0:27:55	06:59	3:21:02
30	485	Marl	Dario	M 45-49	6K-60K-4K	0:08:03	0:26:44	0:36:35	06:06	0:02:34	2:14:21	26.80	0:02:27	0:06:11	0:20:31	0:27:07	06:47	3:23:05
31	721	Edsel	De Dios	M 45-49	6K-60K-4K	0:08:51	0:26:09	0:34:35	05:46	0:03:00	2:16:40	26.34	0:03:12	0:05:53	0:20:29	0:27:08	06:47	3:24:35
32	526	Marvin	Zamora	M 45-49	6K-60K-4K	0:07:04	0:25:22	0:35:30	05:55	0:03:16	2:12:24	27.19	0:02:58	0:08:32	0:23:44	0:30:32	07:38	3:24:41
33	475	Dennis Bernard	Antonio	M 45-49	6K-60K-4K	0:07:04	0:23:52	0:32:39	05:26	0:03:12	2:22:24	25.28	0:04:12	0:06:31	0:20:45	0:27:22	06:51	3:29:49
34	505	Aloysius	Llanes	M 45-49	6K-60K-4K	0:07:03	0:22:44	0:31:09	05:11	0:03:35	2:17:13	26.24	0:04:16	0:06:45	0:25:23	0:33:45	08:26	3:29:58
35	488	Neil Anthony	De Torres	M 45-49	6K-60K-4K	0:09:36	0:29:58	0:39:53	06:39	0:03:44	2:22:43	25.23	0:03:33	0:08:02	0:24:31	0:31:39	07:55	3:41:32
36	502	Alfred	Justo	M 45-49	6K-60K-4K	0:08:05	0:27:45	0:38:22	06:24	0:03:58	2:23:54	25.02	0:03:54	0:07:22	0:25:15	0:33:27	08:22	3:43:34
37	474	Cecil	Andin	M 45-49	6K-60K-4K	0:07:51	0:28:40	0:39:51	06:38	0:04:35	2:18:41	25.96	0:03:42	0:08:20	0:28:35	0:37:39	09:25	3:44:28
38	514	Joel	Pabelico	M 45-49	6K-60K-4K	0:08:54	0:27:48	0:36:41	06:07	0:03:40	2:29:07	24.14	0:03:16	0:07:26	0:24:16	0:31:52	07:58	3:44:35
39	478	Ener	Calbang	M 45-49	6K-60K-4K	0:07:17	0:26:27	0:37:04	06:11	0:04:21	2:23:32	25.08	0:03:29	0:08:17	0:28:35	0:36:29	09:07	3:44:55
40	516	Arthur li	Pascua	M 45-49	6K-60K-4K	0:09:40	0:31:58	0:43:06	07:11	0:05:28	2:36:23	23.02	0:03:04	0:08:20	0:24:49	0:32:01	08:00	4:00:00
41	518	Tomas	Reyes	M 45-49	6K-60K-4K	0:08:52	0:31:42	0:44:02	07:20	0:04:07	2:28:02	24.32	0:04:47	0:09:57	0:31:05	0:40:50	10:12	4:01:48
42	519	James	Rosca	M 45-49	6K-60K-4K	0:10:56	0:37:27	0:50:37	08:26	0:02:59	2:30:40	23.90	0:03:31	0:08:24	0:28:42	0:37:54	09:29	4:05:41
43	503	Jean Pierre	Leung	M 45-49	6K-60K-4K	0:10:26	0:36:23	0:48:57	08:09	0:03:25	2:38:28	22.72	0:03:43	0:08:58	0:29:55	0:39:42	09:55	4:14:14
44	523	Ambrosio	Valdez	M 45-49	6K-60K-4K	0:10:27	0:36:23	0:48:57	08:10	0:03:22	2:38:25	22.72	0:03:49	0:08:57	0:29:54	0:39:42	09:55	4:14:15
45	497	Gerardo	Gutierrez	M 45-49	6K-60K-4K	0:09:48	0:33:10	0:44:35	07:26	0:02:18	2:59:40	20.04	0:03:34	0:11:52	0:38:04	0:48:29	12:07	4:38:35
46	513	Oliver	Ocampo	M 45-49	6K-60K-4K	0:12:46	0:41:34	0:56:19	09:23	0:04:39								5:10:19
	480	Arnel	Castro	M 45-49	6K-60K-4K	0:11:09	0:33:45	0:44:20	07:23	0:02:13								DNF
	483	Nigel	Chen	M 45-49	6K-60K-4K													DNS
	493	Nazarito li	Floresca	M 45-49	6K-60K-4K													DNS
	496	Peter	Gonzalez	M 45-49	6K-60K-4K													DNS
	491	Frankie	Domingo	M 45-49	6K-60K-4K													DNS
	499	Jovencio	Jabanes	M 45-49	6K-60K-4K													DNS
	506	RJ	Lorenzo	M 45-49	6K-60K-4K													DNS

Rank	Bib	First Name	Last Name	Category	Distance	Run 1 Km 1.5	Run Km 4.5	RUN	Pace (Min./Km)	T1	BIKE	Speed (Kms/Hr)	T2	Run 2 Km 1	Run 2 Km 3	RUN	Pace (Min./Km)	Total
1	546	David	Richmond	M 50-54	6K-60K-4K	0:06:24	0:20:53	0:28:11	04:42	0:01:43	1:50:36	32.55	0:01:41	0:05:17	0:15:55	0:20:47	05:12	2:42:59
2	529	Mike	Caragay	M 50-54	6K-60K-4K	0:05:27	0:19:57	0:27:43	04:37	0:02:40	1:57:33	30.62	0:02:21	0:05:26	0:18:02	0:23:48	05:57	2:54:04
3	536	Eduardo	Francisco	M 50-54	6K-60K-4K	0:07:10	0:22:36	0:29:54	04:59	0:01:28	2:02:04	29.49	0:01:39	0:05:22	0:16:11	0:20:46	05:11	2:55:52
4	544	Mario	Perez	M 50-54	6K-60K-4K	0:08:24	0:25:53	0:34:14	05:42	0:02:29	2:03:11	29.23	0:02:36	0:06:33	0:19:53	0:26:07	06:32	3:08:36
5	538	Orberto	Garcia	M 50-54	6K-60K-4K	0:08:18	0:27:09	0:36:36	06:06	0:02:59	2:07:30	28.23	0:02:52	0:06:52	0:21:14	0:27:55	06:59	3:17:52
6	535	Joey	Fermo	M 50-54	6K-60K-4K	0:07:22	0:25:24	0:34:53	05:49	0:02:42	2:09:02	27.90	0:04:35	0:07:11	0:22:21	0:29:33	07:23	3:20:46
7	542	Marco	Medina	M 50-54	6K-60K-4K	0:08:46	0:27:01	0:36:22	06:04	0:02:55	2:15:13	26.63	0:03:04	0:07:17	0:22:14	0:29:38	07:24	3:27:11
8	547	Eduardo	Uy	M 50-54	6K-60K-4K	0:06:42	0:24:45	0:34:31	05:45	0:04:02	2:17:14	26.23	0:03:38	0:07:01	0:26:16	0:34:23	08:36	3:33:48
9	527	Hessel	Bandonill	M 50-54	6K-60K-4K	0:06:45	0:26:07	0:36:30	06:05	0:03:48	2:15:52	26.50	0:05:17	0:11:53	0:30:53	0:38:15	09:34	3:39:42
10	528	Dante Nathaniel	Cachola	M 50-54	6K-60K-4K	0:08:46	0:28:06	0:38:16	06:23	0:03:27	2:19:43	25.77	0:03:57	0:08:33	0:26:48	0:34:47	08:42	3:40:10
11	537	Joseph	Frias	M 50-54	6K-60K-4K	0:08:03	0:27:04	0:37:02	06:10	0:03:32	2:19:15	25.85	0:04:07	0:08:26	0:32:54	0:42:12	10:33	3:46:09
12	539	Antonino	Hidalgo	M 50-54	6K-60K-4K	0:07:09	0:25:39	0:35:44	05:57	0:03:15	2:31:19	23.79	0:03:45	0:09:04	0:27:13	0:35:15	08:49	3:49:18
13	530	Alfredo	Cateneo	M 50-54	6K-60K-4K	0:09:43	0:32:46	0:45:03	07:31	0:04:00	2:21:11	25.50	0:03:24	0:08:49	0:27:42	0:36:03	09:01	3:49:42
14	540	Ronald	Manaois	M 50-54	6K-60K-4K	0:08:27	0:29:44	0:40:33	06:46	0:04:51	2:41:43	22.26	0:04:42	0:08:38	0:28:09	0:36:49	09:12	4:08:38
15	541	Randolfo	Mandia	M 50-54	6K-60K-4K	0:11:54	0:37:15	0:49:53	08:19	0:03:34	3:10:14	18.92	0:04:33	0:10:31	0:29:32	0:38:37	09:39	4:46:51

