Relay

Overall Results : Female

| Pos | No | Name | Category | Time | C.Pos | Swim | T1 | Cycle | T2 | Run |
|-----|-----|------------------|---------------------|-------|-------|----------|----------|----------|----------|----------|
| 1 | 312 | South Coast A | Senior Female | 30:22 | 1 | 00:05:52 | 00:00:32 | 00:16:16 | 00:00:37 | 00:07:03 |
| 2 | 188 | South Coast A | Intermediate Female | 30:58 | 1 | 00:05:48 | 00:00:29 | 00:16:32 | 00:00:29 | 00:07:38 |
| 3 | 167 | Met North A | Intermediate Female | 31:08 | 2 | 00:06:24 | 00:00:34 | 00:16:08 | 00:00:31 | 00:07:30 |
| 4 | 297 | Met North A | Senior Female | 31:36 | 2 | 00:06:48 | 00:00:29 | 00:15:44 | 00:00:28 | 00:08:04 |
| 5 | 292 | Met East A | Senior Female | 31:46 | 3 | 00:06:11 | 00:00:32 | 00:16:50 | 00:00:32 | 00:07:40 |
| 6 | 194 | Sunshine Coast A | Intermediate Female | 31:55 | 3 | 00:06:30 | 00:00:36 | 00:15:58 | 00:00:36 | 00:08:13 |
| 7 | 152 | Met East A | Intermediate Female | 32:02 | 4 | 00:06:44 | 00:00:35 | 00:16:22 | 00:00:35 | 00:07:44 |
| 8 | 149 | Darling Downs A | Intermediate Female | 32:09 | 5 | 00:07:00 | 00:00:30 | 00:17:07 | 00:00:27 | 00:07:03 |
| 9 | 286 | Darling Downs A | Senior Female | 32:32 | 4 | 00:07:05 | 00:00:42 | 00:16:32 | 00:00:34 | 00:07:37 |
| 10 | 45 | South Coast A | Junior Female | 32:40 | 1 | 00:06:14 | 00:00:40 | 00:17:35 | 00:00:48 | 00:07:22 |
| 11 | 313 | South Coast B | Senior Female | 32:49 | 5 | 00:06:20 | 00:00:35 | 00:17:34 | 00:00:30 | 00:07:47 |
| 12 | 53 | South Coast B | Junior Female | 32:51 | 2 | 00:06:27 | 00:00:45 | 00:17:37 | 00:00:34 | 00:07:26 |
| 13 | 174 | Met West A | Intermediate Female | 32:57 | 6 | 00:07:26 | 00:00:33 | 00:16:51 | 00:00:30 | 00:07:35 |
| 14 | 300 | Met West A | Senior Female | 32:59 | 6 | 00:07:12 | 00:00:39 | 00:17:04 | 00:00:40 | 00:07:22 |
| 15 | 182 | South Coast B | Intermediate Female | 33:12 | 7 | 00:06:29 | 00:00:32 | 00:17:04 | 00:00:31 | 00:08:35 |
| 16 | 26 | Met North A | Junior Female | 33:13 | 3 | 00:06:27 | 00:00:35 | 00:18:14 | 00:00:29 | 00:07:27 |
| 17 | 34 | Met West A | Junior Female | 33:17 | 4 | 00:06:35 | 00:00:36 | 00:17:38 | 00:00:28 | 00:07:58 |
| 18 | 308 | South Coast C | Senior Female | 33:34 | 7 | 00:06:18 | 00:00:30 | 00:17:59 | 00:00:27 | 00:08:18 |
| 19 | 190 | South Coast C | Intermediate Female | 34:01 | 8 | 00:06:39 | 00:00:35 | 00:17:31 | 00:00:31 | 00:08:43 |
| 20 | 15 | Met East A | Junior Female | 34:03 | 5 | 00:07:09 | 00:00:37 | 00:18:03 | 00:00:38 | 00:07:34 |
| 21 | 162 | Met North B | Intermediate Female | 34:13 | 9 | 00:06:53 | 00:00:31 | 00:17:37 | 00:00:29 | 00:08:41 |
| 22 | 4 | Darling Downs A | Junior Female | 34:16 | 6 | 00:06:41 | 00:00:36 | 00:18:30 | 00:00:36 | 00:07:51 |
| 23 | 294 | Met East B | Senior Female | 34:20 | 8 | 00:07:31 | 00:00:32 | 00:17:23 | 00:00:36 | 00:08:15 |
| 24 | 171 | Met West B | Intermediate Female | 34:49 | 10 | 00:07:23 | 00:00:39 | 00:17:56 | 00:00:40 | 00:08:09 |
| 25 | 153 | Met East B | Intermediate Female | 34:52 | 11 | 00:07:59 | 00:00:29 | 00:18:07 | 00:00:29 | 00:07:47 |
| 26 | 316 | Sunshine Coast A | Senior Female | 34:55 | 9 | 00:08:36 | 00:00:39 | 00:17:43 | 00:00:29 | 00:07:26 |
| 27 | 305 | Northern A | Senior Female | 34:58 | 10 | 00:07:30 | 00:00:50 | 00:17:03 | 00:00:39 | 00:08:53 |
| 28 | 2 | Capricornia A | Junior Female | 35:05 | 7 | 00:06:48 | 00:00:41 | 00:18:05 | 00:00:30 | 00:08:59 |
| 29 | 323 | Wide Bay A | Senior Female | 35:09 | 11 | 00:07:07 | 00:00:36 | 00:18:43 | 00:00:31 | 00:08:09 |
| 30 | 72 | Wide Bay A | Junior Female | 35:11 | 8 | 00:07:28 | 00:00:37 | 00:18:08 | 00:00:35 | 00:08:21 |
| 31 | 27 | Met North B | Junior Female | 35:16 | 9 | 00:06:43 | 00:00:39 | 00:19:07 | 00:00:33 | 00:08:13 |
| 32 | 179 | Peninsula A | Intermediate Female | 35:22 | 12 | 00:07:48 | 00:00:31 | 00:17:29 | 00:00:40 | 00:08:51 |
| 33 | 46 | South Coast C | Junior Female | 35:33 | 10 | 00:06:21 | 00:00:41 | 00:18:37 | 00:00:35 | 00:09:16 |
| 34 | 63 | Sunshine Coast A | Junior Female | 35:35 | 11 | 00:06:02 | 00:00:41 | 00:20:21 | 00:00:34 | 00:07:56 |
| 35 | 283 | Capricornia A | Senior Female | 35:39 | 12 | 00:08:50 | 00:00:28 | 00:17:21 | 00:00:32 | 00:08:26 |
| 36 | 195 | Sunshine Coast B | Intermediate Female | 35:53 | 13 | 00:07:13 | 00:00:51 | 00:18:44 | 00:00:35 | 00:08:28 |

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Relay

Overall Results: Female

| Pos | No | Name | Category | Time | C.Pos | Swim | T1 | Cycle | T2 | Run |
|-----|-----|------------------|---------------------|-------|-------|----------|----------|----------|----------|----------|
| 37 | 5 | Darling Downs B | Junior Female | 36:02 | 12 | 00:07:35 | 00:00:38 | 00:18:34 | 00:00:40 | 00:08:32 |
| 38 | 14 | Met East B | Junior Female | 36:05 | 13 | 00:07:20 | 00:00:38 | 00:19:10 | 00:00:43 | 00:08:13 |
| 39 | 200 | Wide Bay A | Intermediate Female | 36:06 | 14 | 00:07:30 | 00:00:30 | 00:18:50 | 00:00:37 | 00:08:38 |
| 40 | 183 | South Coast D | Intermediate Female | 36:07 | 15 | 00:07:29 | 00:00:29 | 00:18:16 | 00:00:35 | 00:09:16 |
| 41 | 299 | Met West B | Senior Female | 36:20 | 13 | 00:07:30 | 00:00:31 | 00:19:50 | 00:00:34 | 00:07:53 |
| 42 | 143 | Capricornia A | Intermediate Female | 36:34 | 16 | 00:08:06 | 00:00:35 | 00:18:10 | 00:00:37 | 00:09:04 |
| 43 | 42 | Peninsula A | Junior Female | 36:38 | 14 | 00:08:12 | 00:00:34 | 00:19:16 | 00:00:34 | 00:08:02 |
| 44 | 177 | Darling Downs B | Senior Female | 37:21 | 14 | 00:07:33 | 00:00:37 | 00:19:53 | 00:00:36 | 00:08:40 |
| 45 | 320 | Sunshine Coast B | Senior Female | 37:44 | 15 | 00:08:05 | 00:00:32 | 00:19:23 | 00:00:39 | 00:09:04 |
| 46 | 20 | Met East C | Junior Female | 37:52 | 15 | 00:08:50 | 00:00:42 | 00:18:22 | 00:00:43 | 00:09:14 |
| 47 | 68 | Wide Bay B | Junior Female | 38:24 | 16 | 00:08:39 | 00:00:31 | 00:19:13 | 00:00:37 | 00:09:21 |
| 48 | 35 | Met West B | Junior Female | 38:31 | 17 | 00:08:21 | 00:00:40 | 00:20:16 | 00:00:31 | 00:08:42 |
| 49 | 56 | South West A | Junior Female | 38:32 | 18 | 00:07:34 | 00:00:42 | 00:20:06 | 00:00:39 | 00:09:30 |
| 50 | 145 | Capricornia B | Intermediate Female | 38:34 | 17 | 00:08:10 | 00:00:35 | 00:19:30 | 00:00:37 | 00:09:39 |
| 51 | 150 | Darling Downs B | Intermediate Female | 38:49 | 18 | 00:08:43 | 00:00:30 | 00:19:22 | 00:00:32 | 00:09:39 |
| 52 | 159 | Met East C | Intermediate Female | 38:56 | 19 | 00:08:50 | 00:00:39 | 00:20:15 | 00:00:35 | 00:08:34 |
| 53 | 173 | Met West C | Intermediate Female | 39:02 | 20 | 00:07:52 | 00:00:39 | 00:19:36 | 00:00:47 | 00:10:05 |
| 54 | 280 | Capricornia B | Senior Female | 39:31 | 16 | 00:08:48 | 00:00:37 | 00:20:49 | 00:00:41 | 00:08:33 |
| 55 | 57 | Sunshine Coast B | Junior Female | 39:58 | 19 | 00:08:40 | 00:00:41 | 00:21:10 | 00:00:37 | 00:08:48 |
| 56 | 28 | Met North C | Junior Female | 40:29 | 20 | 00:10:25 | 00:00:38 | 00:20:33 | 00:00:33 | 00:08:17 |
| 57 | 74 | Wide Bay B | Intermediate Female | 43:06 | 21 | 00:08:42 | 00:00:58 | 00:20:31 | 00:00:39 | 00:12:14 |
| | | | | | | 1 | | | | |

Relay Overall Results: Male

| Pos | No | Name | Category | Time | C.Pos | Swim | T1 | Cycle | T2 | Run |
|-----|-----|------------------|-------------------|-------|-------|----------|----------|----------|----------|----------|
| 1 | 347 | Met West A | Senior Male | 27:34 | 1 | 00:05:55 | 00:00:30 | 00:14:09 | 00:00:36 | 00:06:22 |
| 2 | 234 | Met North A | Intermediate Male | 27:41 | 1 | 00:06:04 | 00:00:32 | 00:14:00 | 00:00:36 | 00:06:26 |
| 3 | 359 | South Coast A | Senior Male | 28:00 | 2 | 00:05:54 | 00:00:26 | 00:14:40 | 00:00:36 | 00:06:23 |
| 4 | 263 | Sunshine Coast A | Intermediate Male | 28:14 | 2 | 00:05:41 | 00:00:38 | 00:14:51 | 00:00:26 | 00:06:37 |
| 5 | 259 | Sunshine Coast B | Intermediate Male | 28:29 | 3 | 00:05:45 | 00:00:30 | 00:15:19 | 00:00:29 | 00:06:25 |
| 6 | 369 | Wide Bay A | Senior Male | 28:34 | 3 | 00:06:17 | 00:00:20 | 00:14:39 | 00:00:38 | 00:06:38 |
| 7 | 274 | Wide Bay A | Intermediate Male | 29:08 | 4 | 00:06:04 | 00:00:34 | 00:15:17 | 00:00:37 | 00:06:33 |
| 8 | 361 | South Coast B | Senior Male | 29:09 | 4 | 00:06:26 | 00:00:24 | 00:14:52 | 00:00:27 | 00:06:58 |
| 9 | 256 | South Coast B | Intermediate Male | 29:12 | 5 | 00:06:08 | 00:00:28 | 00:15:21 | 00:00:28 | 00:06:46 |
| 10 | 248 | South Coast A | Intermediate Male | 29:12 | 6 | 00:05:42 | 00:00:28 | 00:15:18 | 00:00:33 | 00:07:07 |
| 11 | 355 | Peninsula B | Senior Male | 29:29 | 5 | 00:06:51 | 00:00:31 | 00:15:03 | 00:00:27 | 00:06:35 |
| 12 | 219 | Met East A | Intermediate Male | 29:30 | 7 | 00:05:54 | 00:00:27 | 00:15:37 | 00:00:33 | 00:06:57 |
| 13 | 353 | Peninsula A | Senior Male | 29:34 | 6 | 00:06:22 | 00:00:44 | 00:15:18 | 00:00:32 | 00:06:36 |
| 14 | 339 | Met North A | Senior Male | 29:46 | 7 | 00:06:27 | 00:00:26 | 00:15:31 | 00:00:29 | 00:06:51 |
| 15 | 213 | Darling Downs A | Intermediate Male | 29:50 | 8 | 00:05:56 | 00:00:32 | 00:15:04 | 00:00:26 | 00:07:50 |
| 16 | 236 | Met West A | Intermediate Male | 29:57 | 9 | 00:07:08 | 00:00:26 | 00:15:01 | 00:00:30 | 00:06:50 |
| 17 | 266 | Sunshine Coast C | Intermediate Male | 29:58 | 10 | 00:06:03 | 00:00:31 | 00:16:06 | 00:00:31 | 00:06:45 |
| 18 | 252 | South Coast C | Intermediate Male | 30:00 | 11 | 00:06:02 | 00:00:27 | 00:15:28 | 00:00:30 | 00:07:31 |
| 19 | 350 | Met West B | Senior Male | 30:08 | 8 | 00:07:18 | 00:00:30 | 00:15:21 | 00:00:32 | 00:06:27 |
| 20 | 276 | Wide Bay B | Intermediate Male | 30:16 | 12 | 00:06:51 | 00:00:33 | 00:15:14 | 00:00:29 | 00:07:07 |
| 21 | 116 | South Coast A | Junior Male | 30:31 | 1 | 00:06:58 | 00:00:29 | 00:15:44 | 00:00:38 | 00:06:40 |
| 22 | 217 | Met East B | Intermediate Male | 30:34 | 13 | 00:06:24 | 00:00:31 | 00:16:13 | 00:00:30 | 00:06:54 |
| 23 | 119 | South Coast B | Junior Male | 30:35 | 2 | 00:06:36 | 00:00:26 | 00:15:50 | 00:00:28 | 00:07:13 |
| 24 | 333 | Met East A | Senior Male | 30:55 | 9 | 00:07:18 | 00:00:33 | 00:15:15 | 00:00:25 | 00:07:21 |
| 25 | 101 | Met North A | Junior Male | 31:29 | 3 | 00:06:41 | 00:00:29 | 00:16:21 | 00:00:31 | 00:07:26 |
| 26 | 328 | Darling Downs A | Senior Male | 31:38 | 10 | 00:06:30 | 00:00:38 | 00:17:22 | 00:00:31 | 00:06:36 |
| 27 | 98 | Met North B | Junior Male | 31:42 | 4 | 00:07:07 | 00:00:34 | 00:16:08 | 00:00:43 | 00:07:09 |
| 28 | 366 | Sunshine Coast A | Senior Male | 31:49 | 11 | 00:07:42 | 00:00:26 | 00:15:41 | 00:00:30 | 00:07:27 |
| 29 | 247 | Peninsula A | Intermediate Male | 31:53 | 14 | 00:07:06 | 00:00:30 | 00:16:24 | 00:00:31 | 00:07:19 |
| 30 | 109 | Met West A | Junior Male | 31:56 | 5 | 00:06:54 | 00:00:30 | 00:16:51 | 00:00:26 | 00:07:13 |
| 31 | 343 | Met North B | Senior Male | 32:10 | 12 | | | | 00:00:25 | 00:09:05 |
| 32 | 86 | Met East A | Junior Male | 32:16 | 6 | 00:07:30 | 00:00:31 | 00:16:26 | 00:00:39 | 00:07:08 |
| 33 | 237 | Met West B | Intermediate Male | 32:31 | 15 | 00:07:42 | 00:00:30 | 00:16:24 | 00:00:30 | 00:07:23 |
| 34 | 220 | Met East C | Intermediate Male | 32:41 | 16 | 00:06:53 | 00:00:34 | 00:16:52 | 00:00:32 | 00:07:48 |
| 35 | 326 | Capricornia A | Senior Male | 33:02 | 13 | 00:07:46 | 00:00:30 | 00:15:40 | 00:00:32 | 00:08:32 |
| 36 | 77 | Darling Downs A | Junior Male | 33:13 | 7 | 00:07:21 | 00:00:29 | 00:17:18 | 00:00:31 | 00:07:32 |
| | | | | | | 1 | | | | |

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Relay

Overall Results: Male

| Pos | No | Name | Category | Time | C.Pos | Swim | T1 | Cycle | T2 | Run |
|-----|-----|------------------|-------------------|-------|-------|----------|----------|----------|----------|----------|
| 37 | 360 | South Coast C | Senior Male | 33:42 | 14 | 00:08:10 | 00:00:28 | 00:15:52 | 00:00:38 | 00:08:33 |
| 38 | 114 | South Coast C | Junior Male | 34:25 | 8 | 00:07:25 | 00:00:33 | 00:18:11 | 00:00:30 | 00:07:44 |
| 39 | 233 | Met North B | Intermediate Male | 34:27 | 17 | 00:08:19 | 00:00:31 | 00:16:29 | 00:00:30 | 00:08:37 |
| 40 | 243 | Met West C | Senior Male | 34:44 | 15 | 00:08:33 | 00:00:33 | 00:17:41 | 00:00:37 | 00:07:18 |
| 41 | 141 | Wide Bay A | Junior Male | 34:45 | 9 | 00:08:17 | 00:00:32 | 00:17:52 | 00:00:31 | 00:07:30 |
| 42 | 203 | Capricornia B | Intermediate Male | 34:59 | 18 | 00:07:23 | 00:00:32 | 00:18:01 | 00:00:31 | 00:08:31 |
| 43 | 130 | Sunshine Coast A | Junior Male | 35:06 | 10 | 00:07:24 | 00:00:31 | 00:18:41 | 00:00:31 | 00:07:58 |
| 44 | 245 | Northern A | Intermediate Male | 35:11 | 19 | 00:08:19 | 00:00:33 | 00:17:02 | 00:00:33 | 00:08:42 |
| 45 | 84 | Met East B | Junior Male | 35:19 | 11 | 00:08:55 | 00:00:35 | 00:17:33 | 00:00:41 | 00:07:33 |
| 46 | 95 | Met North C | Junior Male | 35:19 | 12 | 00:07:47 | 00:00:42 | 00:19:01 | 00:00:29 | 00:07:19 |
| 47 | 332 | Darling Downs B | Senior Male | 35:20 | 16 | 00:07:10 | 00:00:46 | 00:17:38 | 00:00:36 | 00:09:08 |
| 48 | 107 | Met West B | Junior Male | 35:43 | 13 | 00:08:37 | 00:00:31 | 00:17:57 | 00:00:33 | 00:08:02 |
| 49 | 81 | Darling Downs B | Junior Male | 35:43 | 14 | 00:08:10 | 00:00:32 | 00:18:30 | 00:00:34 | 00:07:56 |
| 50 | 221 | Met East B | Senior Male | 36:24 | 17 | 00:07:34 | 00:00:32 | 00:18:06 | 00:00:26 | 00:09:43 |
| 51 | 113 | Peninsula A | Junior Male | 37:04 | 15 | 00:07:44 | 00:00:44 | 00:19:18 | 00:00:34 | 00:08:42 |
| 52 | 125 | Sunshine Coast B | Junior Male | 37:17 | 16 | 00:08:37 | 00:00:36 | 00:19:13 | 00:00:28 | 00:08:22 |
| 53 | 351 | Northern A | Senior Male | 38:15 | 18 | 00:08:06 | 00:00:34 | 00:19:43 | 00:00:43 | 00:09:06 |
| 54 | 97 | Wide Bay C | Composite Male | 38:33 | 1 | 00:08:07 | 00:00:30 | 00:18:54 | 00:00:37 | 00:10:23 |
| 55 | 91 | Met East C | Junior Male | 38:51 | 17 | 00:09:36 | 00:00:50 | 00:19:17 | 00:00:38 | 00:08:28 |
| 56 | 209 | Darling Downs B | Intermediate Male | 38:52 | 20 | 00:08:11 | | | | |
| 57 | 204 | Capricornia B | Senior Male | 40:03 | 19 | 00:09:36 | 00:00:30 | 00:19:24 | 00:00:44 | 00:09:47 |
| 58 | 134 | Wide Bay B | Junior Male | 41:30 | 18 | 00:12:21 | 00:00:36 | 00:18:59 | 00:00:39 | 00:08:53 |
| 59 | 62 | Sunshine Coast C | Junior Male | 43:28 | 19 | 00:09:09 | 00:00:34 | 00:22:58 | 00:00:37 | 00:10:08 |
| 60 | 13 | Met East D | Junior Male | 46:11 | 20 | 00:11:27 | 00:00:43 | 00:23:49 | 00:00:34 | 00:09:36 |
| | | | | | | 1 | | | | |