

LAAR Race Records

*Excludes 2017 solo run (changed course)

Shoot-Out

Male	0:32:53	Mark Phillips, 2017
Female	0:37:43	Susie Williams, 2018

Teams

	4:20:24	Mid-Life Crisis, 2014
Swim	0:34:37	Charlies Angels, 2015
Run	0:39:38	Donny Hamo Ft. Big Horse 2016
Cycle	0:59:19	LAARFIN, 2017
Kayak	1:14:30	Back-It-Up, 2017

Solo Male

4:54:10 Mark Phillips, 2016

Solo Female

5:04:50 Nadia Mooney, 2015

Swim + transition 0:35:45 Kyle Gear, 2018

Kayak 1:47:36 Paul Mock, 2017

Run 0:57:00 Nick Richardson, 2015

Cycle 0:57:10 Mark Phillips, 2016