

LAAR Race Records		*Excludes 2017 solo run (changed course)	
<u>Shoot-Out</u>			
Male	0:32:53	Mark Phillips, 2017	
Female	0:37:43	Susie Williams, 2018	
<u>Teams</u>	3:59:28	Trifecta, 2019	
Swim	0:33:51	Cycle Zone, 2019	
Run	0:37:41	Beef Hooked, 2019	
Cycle	0:59:19	LAARFIN, 2017	
Kayak	1:14:30	Back-It-Up, 2017	
<u>Solo Male</u>	4:23:25	Kyle Gear, 2019	
<u>Solo Female</u>	5:04:50	Nadia Mooney, 2015	
Swim + transition	0:32:58	Kyle Gear, 2019	
Kayak	1:45:02	Kyle Gear, 2019	
Run	0:50:00	Sebastian Pufke, 2019	
Cycle	0:57:10	Mark Phillips, 2016	