

Lake Norfolk Sprint Tri - Women

Line Through = Disqualified

Place	Name	Hometown	Type	Bib #	Time	Pace	Speed	Sex	Age	ID Number
1	MELANIE ABBOTT	CABOT, AR	ATHLETE	136	01:42:34.20		mph	F	17	2100098279
	Swim >	0:07:36.105	(0:07:36.105)							
	T1 >	0:01:32.058	(0:09:08.163)							
	Bike >	0:46:13.099	(0:55:21.262)							
	T2 >	0:00:50.966	(0:56:12.228)							
	Run >	0:46:21.975	(1:42:34.203)							
2	LISA CROPPER	WEST PLAINS, MO	ATHLETE	107	01:44:00.00		mph	F	41	GVXBN2KYRP
	Swim >	0:14:40.089	(0:14:40.089)							
	T1 >	0:01:24.801	(0:16:04.890)							
	Bike >	0:48:20.967	(1:04:25.857)							
	T2 >	0:01:07.512	(1:05:33.369)							
	Run >	0:38:26.632	(1:44:00.001)							
3	DELANEY SHIPMAN	BARTLESVILLE, OK	ATHLETE	126	01:49:01.81		mph	F	17	557624
	Swim >	0:07:49.552	(0:07:49.552)							
	T1 >	0:02:04.453	(0:09:54.005)							
	Bike >	0:45:25.825	(0:55:19.830)							
	T2 >	0:00:57.171	(0:56:17.001)							
	Run >	0:52:44.813	(1:49:01.814)							
4	CHRISTIANA RUGLOSKI		ATHLETE	143	01:51:31.74		mph	F	20	
	Swim >	0:14:14.971	(0:14:14.971)							
	T1 >	0:02:14.257	(0:16:29.228)							
	Bike >	0:53:36.785	(1:10:06.013)							
	T2 >	0:00:55.729	(1:11:01.742)							
	Run >	0:40:29.998	(1:51:31.740)							
5	VERONICA DOCKERY	FAYETTEVILLE, AR	ATHLETE	130	01:53:32.82		mph	F	35	N768EBLQ97
	Swim >	0:10:10.397	(0:10:10.397)							
	T1 >	0:01:04.028	(0:11:14.425)							
	Bike >	0:54:22.447	(1:05:36.872)							
	T2 >	0:00:38.039	(1:06:14.911)							
	Run >	0:47:17.912	(1:53:32.823)							
6	JAIME TURNER	FAYETTEVILLE, AR	ATHLETE	135	02:00:21.84		mph	F	29	2100251702
	Swim >	0:11:21.688	(0:11:21.688)							
	T1 >	0:01:17.394	(0:12:39.082)							
	Bike >	0:54:32.409	(1:07:11.491)							
	T2 >	0:00:37.871	(1:07:49.362)							
	Run >	0:52:32.484	(2:00:21.846)							
7	RACHAEL BEAUCHAMP	WEST PLAINS, MO	ATHLETE	103	02:01:42.06		mph	F	22	HQNT6QVVHK
	Swim >	0:15:51.004	(0:15:51.004)							
	T1 >	0:01:38.344	(0:17:29.348)							
	Bike >	0:53:15.235	(1:10:44.583)							
	T2 >	0:01:22.898	(1:12:07.481)							
	Run >	0:49:34.583	(2:01:42.064)							
8	MISTY KRUG	MOUNTAIN HOME, AR	ATHLETE	120	02:02:03.55		mph	F	39	2100270474
	Swim >	0:13:50.103	(0:13:50.103)							
	T1 >	0:03:21.535	(0:17:11.638)							
	Bike >	0:56:45.908	(1:13:57.546)							
	T2 >	0:02:00.638	(1:15:58.184)							
	Run >	0:46:05.375	(2:02:03.559)							
9	JULIE SWARD	SAINT LOUIS, MO	ATHLETE	127	02:04:55.95		mph	F	47	XJUUZQT5UM
	Swim >	0:12:29.910	(0:12:29.910)							
	T1 >	0:01:28.750	(0:13:58.660)							
	Bike >	0:53:09.792	(1:07:08.452)							
	T2 >	0:01:23.288	(1:08:31.740)							
	Run >	0:56:24.213	(2:04:55.953)							
10	KARI KNIGHTON	MOUNTAIN HOME, AR	ATHLETE	144	02:06:29.55		mph	F	41	54UZPR3ABH
	Swim >	0:11:59.872	(0:11:59.872)							
	T1 >	0:02:04.643	(0:14:04.515)							
	Bike >	0:57:06.423	(1:11:10.938)							
	T2 >	0:01:20.752	(1:12:31.690)							
	Run >	0:53:57.861	(2:06:29.551)							
11	CHARITY HERTZOG	CABOT, AR	ATHLETE	112	02:10:39.02		mph	F	38	2QM4TCUFPN
	Swim >	0:17:08.368	(0:17:08.368)							
	T1 >	0:02:02.375	(0:19:10.743)							
	Bike >	1:01:09.485	(1:20:20.228)							
	T2 >	0:03:04.735	(1:23:24.963)							
	Run >	0:47:14.059	(2:10:39.022)							
12	AMY HUGHES	CABOT, AR	ATHLETE	117	02:10:50.76		mph	F	35	D9EPSWQZE2
	Swim >	0:13:57.581	(0:13:57.581)							
	T1 >	0:02:52.503	(0:16:50.084)							
	Bike >	1:03:37.398	(1:20:27.482)							
	T2 >	0:02:30.900	(1:22:58.382)							
	Run >	0:47:52.385	(2:10:50.767)							

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13	LINDSEY HODGES	BATESVILLE, AR	ATHLETE	114	02:13:59.61		mph	F	30	D6P3N8UQ7H
	Swim >	0:15:05.837	(0:15:05.837)							
	T1 >	0:02:49.644	(0:17:55.481)							
	Bike >	0:58:30.966	(1:16:26.447)							
	T2 >	0:01:10.408	(1:17:36.855)							
	Run >	0:56:22.755	(2:13:59.610)							
14	LAUREN RYBURN	HARDY, AR	ATHLETE	124	02:16:10.63		mph	F	39	2100283033
	Swim >	0:11:12.087	(0:11:12.087)							
	T1 >	0:03:11.996	(0:14:24.083)							
	Bike >	1:00:15.408	(1:14:39.491)							
	T2 >	0:02:25.605	(1:17:05.096)							
	Run >	0:59:05.534	(2:16:10.630)							
15	NATALIE KARNOWSKI	COLUMBIA, MO	ATHLETE	118	02:16:53.84		mph	F	31	2100279651
	Swim >	0:10:18.467	(0:10:18.467)							
	T1 >	0:00:25.760	(0:10:44.227)							
	Bike >	1:02:43.717	(1:13:27.944)							
	T2 >	0:00:50.861	(1:14:18.805)							
	Run >	1:02:35.040	(2:16:53.845)							
16	PATRICIA MARKOWSKI	MOUNTAIN HOME, AR	ATHLETE	122	02:17:53.65		mph	F	60	TBKVCLCK74
	Swim >	0:15:39.095	(0:15:39.095)							
	T1 >	0:03:18.643	(0:18:57.738)							
	Bike >	0:51:43.275	(1:10:41.013)							
	T2 >	0:02:44.709	(1:13:25.722)							
	Run >	1:04:27.934	(2:17:53.656)							
17	ELIZABETH ANDERSON	MIDWAY, AR	ATHLETE	102	02:18:46.24		mph	F	43	GXF92YTHTK
	Swim >	0:11:09.105	(0:11:09.105)							
	T1 >	0:04:53.137	(0:16:02.242)							
	Bike >	1:03:16.114	(1:19:18.356)							
	T2 >	0:03:15.648	(1:22:34.004)							
	Run >	0:56:12.243	(2:18:46.247)							
18	HANNA MCENTIRE	SALEM, AR	ATHLETE	123	02:26:13.17		mph	F	30	FNCYX42HZY
	Swim >	0:16:32.405	(0:16:32.405)							
	T1 >	0:02:28.566	(0:19:00.971)							
	Bike >	1:08:37.592	(1:27:38.563)							
	T2 >	0:01:06.369	(1:28:44.932)							
	Run >	0:57:28.241	(2:26:13.173)							
19	JULIA ALLEN	BATESVILLE, AR	ATHLETE	101	02:30:16.96		mph	F	54	RRVX44RNXM
	Swim >	0:11:20.708	(0:11:20.708)							
	T1 >	0:03:30.787	(0:14:51.495)							
	Bike >	1:02:57.936	(1:17:49.431)							
	T2 >	0:01:42.763	(1:19:32.194)							
	Run >	1:10:44.772	(2:30:16.966)							
20	LAURA FREEMAN	POCAHONTAS, AR	ATHLETE	131	02:32:50.66		mph	F	29	2100264928
	Swim >	0:11:46.823	(0:11:46.823)							
	T1 >	0:01:25.840	(0:13:12.663)							
	Bike >	1:14:44.611	(1:27:57.274)							
	T2 >	0:01:03.353	(1:29:00.627)							
	Run >	1:03:50.037	(2:32:50.664)							
21	ANN HINES		ATHLETE	140	02:50:22.30		mph	F	45	
	Swim >	0:15:01.924	(0:15:01.924)							
	T1 >	0:03:16.803	(0:18:18.727)							
	Bike >	1:13:29.459	(1:31:48.186)							
	T2 >	0:01:14.688	(1:33:02.874)							
	Run >	1:17:19.431	(2:50:22.305)							
22	MOSEMARIE BOYD		ATHLETE	137	03:05:31.23		mph	F	48	
	Swim >	0:20:27.698	(0:20:27.698)							
	T1 >	0:05:43.235	(0:26:10.933)							
	Bike >	1:08:21.889	(1:34:32.822)							
	T2 >	0:11:07.056	(1:45:39.878)							
	Run >	1:19:51.357	(3:05:31.235)							
DNF	CHARITY FITZGERALD	NIXA, MO	ATHLETE	111	02:17:53.94	44:23	1.4mph	F	40	2100282889
	Swim >	2:17:30.940	(2:17:30.940)							