

# Trailfest for MS Duathlon Part 4 TEAM RELAY: Coler Park (Bentonville, AR)

Place	Name	Hometown	Gender	Type	Bib #	Time	Pace	Speed	Division Rank
1	PHILLIP STAYTON	OKLAHOMA CITY, OK	M: 1	RUNNER	177	01:37:11.47	05:41	10.6mph	Overall Team: 1
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Run		00:26:13.447	07:36	7.9mph	00:26:13.447
				T1		00:00:11.602		0.0mph	00:26:25.049
				Bike		00:43:22.532	04:15	14.1mph	01:09:47.581
				T2		00:00:10.355		0.0mph	01:09:57.936
				Run		00:27:13.543	07:53	7.6mph	01:37:11.479
2	ADAM LETT	NEOSHONEOSHO, MO	M: 2	RUNNER	182	01:47:00.19	06:15	9.6mph	Overall Team: 2
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Run		00:26:45.424	07:45	7.7mph	00:26:45.424
				T1		00:00:18.089		0.0mph	00:27:03.513
				Bike		00:52:57.667	05:11	11.6mph	01:20:01.180
				T2		00:00:15.894		0.0mph	01:20:17.074
				Run		00:26:43.116	07:44	7.7mph	01:47:00.190
3	LYNN MEYER	BENTONVILLE, AR	M: 3	RUNNER	208	01:50:30.57	06:27	9.3mph	Overall Team: 3
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Run		00:28:47.845	08:20	7.2mph	00:28:47.845
				T1		00:00:21.675		0.0mph	00:29:09.520
				Bike		00:49:41.246	04:52	12.3mph	01:18:50.766
				T2		00:01:18.293		0.0mph	01:20:09.059
				Run		00:30:21.516	08:47	6.8mph	01:50:30.575
4	DANA WISE	BENTONVILLE, AR	M: 4	RUNNER	178	02:01:42.98	07:07	8.4mph	Overall Team: 4
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Run		00:32:30.432	09:25	6.4mph	00:32:30.432
				T1		00:00:18.080		0.0mph	00:32:48.512
				Bike		00:54:52.788	05:22	11.2mph	01:27:41.300
				T2		00:00:16.177		0.0mph	01:27:57.477
				Run		00:33:45.505	09:47	6.1mph	02:01:42.982
5	DELTON BUSH	BENTONVILLE, AR	M: 5	RUNNER	170	02:05:49.66	07:21	8.2mph	Overall Team: 5
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Run		00:33:58.902	09:51	6.1mph	00:33:58.902
				T1		00:00:19.983		0.0mph	00:34:18.885
				Bike		00:56:02.646	05:29	10.9mph	01:30:21.531
				T2		00:00:24.359		0.0mph	01:30:45.890
				Run		00:35:03.773	10:09	5.9mph	02:05:49.663
6	TAMMY HUFF	BENTONVILLE, AR	F: 1	RUNNER	189	02:32:17.08	08:54	6.7mph	Overall Team: 6
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Run		00:40:08.248	11:38	5.2mph	00:40:08.248
				T1		00:00:09.896		0.0mph	00:40:18.144
				Bike		01:09:08.863	06:46	8.9mph	01:49:27.007
				T2		00:00:11.500		0.0mph	01:49:38.507
				Run		00:42:38.578	12:21	4.9mph	02:32:17.085
7	LEANN ESSARY	MARSHFIELD, MO	F: 2	RUNNER	198	02:39:55.37	09:21	6.4mph	Overall Team: 7
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Run		00:44:24.665	12:52	4.7mph	00:44:24.665
				T1		00:00:30.868		0.0mph	00:44:55.533
				Bike		01:06:23.938	06:30	9.2mph	01:51:19.471
				T2		00:00:14.321		0.0mph	01:51:33.792
				Run		00:48:21.586	14:01	4.3mph	02:39:55.378