

Lake Norfolk Olympic Tri - Men



Line Through = Disqualified

Place	Name	Hometown	Type	Bib #	Time	Pace	Speed	Sex	Age	Distance (meters)
1	BEN CARRON	SAINT LOUIS, MO	OLY	408	02:28:17.21	04:38	12.9mph	M	27	50800
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cummulative</u>	
					Swim	00:13:37.229	27:23	2.2mph	00:13:37.229	
					T1	00:02:35.573		0.0mph	00:16:12.802	
					Bike	01:14:59.273	03:01	19.9mph	01:31:12.075	
					T2	00:01:19.148		0.0mph	01:32:31.223	
					Run	00:55:45.989	08:58	6.7mph	02:28:17.212	
2	BRUCE WOOD	SHERWOOD, AR	OLY	403	02:40:36.59	05:01	12.0mph	M	56	50800
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cummulative</u>	
					Swim	00:14:12.581	28:35	2.1mph	00:14:12.581	
					T1	00:01:28.239		0.0mph	00:15:40.820	
					Bike	01:16:56.272	03:05	19.4mph	01:32:37.092	
					T2	00:00:52.940		0.0mph	01:33:30.032	
					Run	01:07:06.562	10:48	5.6mph	02:40:36.594	
3	LUKE CARRON	SAINT LOUIS, MO	OLY	411	02:45:19.01	05:09	11.6mph	M	22	50800
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cummulative</u>	
					Swim	00:16:07.025	32:25	1.9mph	00:16:07.025	
					T1	00:00:30.063		0.0mph	00:16:37.088	
					Bike	01:27:06.157	03:30	17.1mph	01:43:43.245	
					T2	00:01:31.269		0.0mph	01:45:14.514	
					Run	01:00:04.499	09:40	6.2mph	02:45:19.013	
4	CHRISTIAN CARRON	SAINT ROBERT, MO	OLY	409	03:00:37.55	05:38	10.6mph	M	27	50800
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cummulative</u>	
					Swim	00:19:15.469	38:44	1.5mph	00:19:15.469	
					T1	00:01:45.358		0.0mph	00:21:00.827	
					Bike	01:26:38.133	03:29	17.2mph	01:47:38.960	
					T2	00:00:52.395		0.0mph	01:48:31.355	
					Run	01:12:06.196	11:36	5.2mph	03:00:37.551	
5	TYLER CARRON	KANSAS CITY, MO	OLY	412	03:01:24.30	05:40	10.6mph	M	25	50800
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cummulative</u>	
					Swim	00:19:14.901	38:43	1.5mph	00:19:14.901	
					T1	00:02:45.578		0.0mph	00:22:00.479	
					Bike	01:29:07.944	03:35	16.7mph	01:51:08.423	
					T2	00:01:10.992		0.0mph	01:52:19.415	
					Run	01:09:04.886	11:07	5.4mph	03:01:24.301	
6	J FAIRRIIS	WALNUT RIDGE, AR	OLY	437	03:04:02.60	05:45	10.4mph	M	22	50800
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cummulative</u>	
					Swim	00:22:41.607	45:39	1.3mph	00:22:41.607	
					T1	00:01:59.311		0.0mph	00:24:40.918	
					Bike	01:29:27.352	03:35	16.7mph	01:54:08.270	
					T2	00:01:30.096		0.0mph	01:55:38.366	
					Run	01:08:24.237	11:00	5.5mph	03:04:02.603	
7	JERRY DONOHUE	COLUMBIA, MO	OLY	417	03:10:11.81	05:56	10.1mph	M	65	50800
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cummulative</u>	
					Swim	00:17:24.855	35:01	1.7mph	00:17:24.855	
					T1	00:02:45.628		0.0mph	00:20:10.483	
					Bike	01:29:59.233	03:37	16.6mph	01:50:09.716	
					T2	00:01:51.053		0.0mph	01:52:00.769	
					Run	01:18:11.048	12:34	4.8mph	03:10:11.817	
8	JEFF CLEMENTS	MOUNTAIN HOME, AR	OLY	415	03:14:17.65	06:04	9.9mph	M	37	50800
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cummulative</u>	
					Swim	00:17:13.690	34:39	1.7mph	00:17:13.690	
					T1	00:00:00.000		0.0mph	00:17:13.690	
					Bike	00:00:00.000	00:00	0.0mph	00:17:13.690	
					T2	00:00:00.000		0.0mph	00:17:13.690	
					Run	02:57:03.960	28:29	2.1mph	03:14:17.650	
9	BRAD BEETCH	FARMINGTON, AR	OLY	405	03:15:15.45	06:06	9.8mph	M	47	50800
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cummulative</u>	
					Swim	00:19:11.467	38:36	1.6mph	00:19:11.467	
					T1	00:01:33.635		0.0mph	00:20:45.102	
					Bike	01:24:30.367	03:23	17.6mph	01:45:15.469	
					T2	00:03:27.287		0.0mph	01:48:42.756	
					Run	01:26:32.700	13:55	4.3mph	03:15:15.456	

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10	MICHAEL LOIDA	KANSAS CITY, MO	OLY	429	03:16:17.52	06:08	9.8mph	M	25	50800
				<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cummulative</u>		
				Swim	00:17:51.408	35:55	1.7mph	00:17:51.408		
				T1	00:03:56.694		0.0mph	00:21:48.102		
				Bike	01:34:06.175	03:47	15.8mph	01:55:54.277		
				T2	00:02:19.526		0.0mph	01:58:13.803		
				Run	01:18:03.722	12:33	4.8mph	03:16:17.525		
11	JOHN HILL	BENTONVILLE, AR	OLY	421	03:16:42.31	06:08	9.8mph	M	57	50800
				<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cummulative</u>		
				Swim	00:17:34.054	35:20	1.7mph	00:17:34.054		
				T1	00:01:01.318		0.0mph	00:18:35.372		
				Bike	01:30:16.871	03:37	16.5mph	01:48:52.243		
				T2	00:00:56.275		0.0mph	01:49:48.518		
				Run	01:26:53.797	13:59	4.3mph	03:16:42.315		
12	JARED EBERT	HALLSVILLE, MO	OLY	418	03:20:06.86	06:15	9.6mph	M	34	50800
				<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cummulative</u>		
				Swim	00:20:54.089	42:02	1.4mph	00:20:54.089		
				T1	00:02:43.306		0.0mph	00:23:37.395		
				Bike	01:30:09.728	03:37	16.5mph	01:53:47.123		
				T2	00:02:11.844		0.0mph	01:55:58.967		
				Run	01:24:07.894	13:32	4.4mph	03:20:06.861		
13	PAUL OSBORN	LITTLE ROCK, AR	OLY	432	03:20:46.79	06:16	9.6mph	M	33	50800
				<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cummulative</u>		
				Swim	00:19:13.360	38:40	1.6mph	00:19:13.360		
				T1	00:03:42.906		0.0mph	00:22:56.266		
				Bike	01:38:38.604	03:58	15.1mph	02:01:34.870		
				T2	00:02:32.622		0.0mph	02:04:07.492		
				Run	01:16:39.305	12:20	4.9mph	03:20:46.797		
14	RAY JOHNSON	MEMPHIS, TN	OLY	424	03:22:17.50	06:19	9.5mph	M	65	50800
				<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cummulative</u>		
				Swim	00:22:03.528	44:22	1.4mph	00:22:03.528		
				T1	00:01:56.475		0.0mph	00:24:00.003		
				Bike	01:31:13.047	03:40	16.3mph	01:55:13.050		
				T2	00:02:16.131		0.0mph	01:57:29.181		
				Run	01:24:48.324	13:38	4.4mph	03:22:17.505		
15	JOHN SCHAEFER	SAINT LOUIS, MO	OLY	434	03:22:28.80	06:19	9.5mph	M	25	50800
				<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cummulative</u>		
				Swim	00:19:20.027	38:53	1.5mph	00:19:20.027		
				T1	00:02:46.620		0.0mph	00:22:06.647		
				Bike	01:42:20.281	04:07	14.6mph	02:04:26.928		
				T2	00:01:06.300		0.0mph	02:05:33.228		
				Run	01:16:55.580	12:22	4.8mph	03:22:28.808		
16	ZACH HUTCHENS	MOUNTAIN HOME, AR	OLY	422	03:23:05.32	06:20	9.5mph	M	34	50800
				<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cummulative</u>		
				Swim	00:18:53.308	37:59	1.6mph	00:18:53.308		
				T1	00:02:13.761		0.0mph	00:21:07.069		
				Bike	01:36:26.074	03:52	15.5mph	01:57:33.143		
				T2	00:02:26.944		0.0mph	02:00:00.087		
				Run	01:23:05.234	13:22	4.5mph	03:23:05.321		
17	KEVIN WHALEY	ROGERS, AR	OLY	404	03:25:41.11	06:25	9.3mph	M	48	50800
				<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cummulative</u>		
				Swim	00:18:17.700	36:48	1.6mph	00:18:17.700		
				T1	00:02:06.099		0.0mph	00:20:23.799		
				Bike	01:31:52.228	03:41	16.2mph	01:52:16.027		
				T2	00:00:51.348		0.0mph	01:53:07.375		
				Run	01:32:33.735	14:53	4.0mph	03:25:41.110		
18	FRANCISCO MATA	JONESBORO, AR	OLY	431	03:28:13.66	06:30	9.2mph	M	42	50800
				<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cummulative</u>		
				Swim	00:17:05.689	34:23	1.7mph	00:17:05.689		
				T1	00:03:00.262		0.0mph	00:20:05.951		
				Bike	01:43:28.170	04:09	14.4mph	02:03:34.121		
				T2	00:01:37.976		0.0mph	02:05:12.097		
				Run	01:23:01.570	13:21	4.5mph	03:28:13.667		

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Place	Name	Hometown	Type	Bib #	Time	Pace	Speed	Sex	Age	Distance (meters)
19	BRYAN NEAL	JONESBORO, AR	OLY	401	03:32:15.55	06:37	9.0mph	M	51	50800
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cummulative</u>	
					Swim	00:18:00.931	36:14	1.7mph	00:18:00.931	
					T1	00:01:57.534		0.0mph	00:19:58.465	
					Bike	01:34:26.678	03:47	15.8mph	01:54:25.143	
					T2	00:02:19.010		0.0mph	01:56:44.153	
					Run	01:35:31.400	15:22	3.9mph	03:32:15.553	
20	PHILO HAWKINS	BLYTHEVILLE, AR	OLY	420	03:42:51.56	06:57	8.6mph	M	59	50800
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cummulative</u>	
					Swim	00:19:05.931	38:25	1.6mph	00:19:05.931	
					T1	00:04:46.505		0.0mph	00:23:52.436	
					Bike	01:39:46.678	04:00	14.9mph	02:03:39.114	
					T2	00:02:28.924		0.0mph	02:06:08.038	
					Run	01:36:43.531	15:33	3.9mph	03:42:51.569	
21	PAUL CEFARATTI	AUSTIN, TX	OLY	413	03:56:25.66	07:23	8.1mph	M	26	50800
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cummulative</u>	
					Swim	00:24:36.251	49:29	1.2mph	00:24:36.251	
					T1	00:00:31.997		0.0mph	00:25:08.248	
					Bike	01:44:24.624	04:12	14.3mph	02:09:32.872	
					T2	00:02:44.385		0.0mph	02:12:17.257	
					Run	01:44:08.406	16:45	3.6mph	03:56:25.663	
22	BRANDON JOHNSON	JONESBORO, AR	OLY	423	04:00:36.43	07:31	8.0mph	M	30	50800
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cummulative</u>	
					Swim	00:23:26.750	47:09	1.3mph	00:23:26.750	
					T1	00:01:32.047		0.0mph	00:24:58.797	
					Bike	01:51:57.135	04:30	13.3mph	02:16:55.932	
					T2	00:01:28.599		0.0mph	02:18:24.531	
					Run	01:42:11.907	16:26	3.6mph	04:00:36.438	