

Lake Norfolk Olympic Tri - Women

Overall Female

Place	Bib #	Name	Time	Class	Type	Hometown	Pace	Speed	Overall	Age	ID Number
1	427	KAREN KELLY	03:07:36.33		Oly	Bella Vista, AR	/M	mph	1	59	DHX7UA2NEC
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cummulative</u>					
		Swim	00:16:26.091	1.8mph	33:03	00:16:26.091					
		T1	00:01:16.258	0.0mph		00:17:42.349					
		Bike	01:29:03.302	16.7mph	03:34	01:46:45.651					
		T2	00:01:42.307	0.0mph		01:48:27.958					
		Run	01:19:08.373	4.7mph	12:44	03:07:36.331					

Female 20 - 29

Place	Bib #	Name	Time	Class	Type	Hometown	Pace	Speed	Overall	Age	ID Number
1	410	JULIANNE CARRON	04:02:43.53		Oly	Kansas City, MO	/M	mph	5	25	5K947Z5BTP
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cummulative</u>					
		Swim	00:19:45.465	1.5mph	39:44	00:19:45.465					
		T1	00:02:18.650	0.0mph		00:22:04.115					
		Bike	01:57:33.819	12.7mph	04:43	02:19:37.934					
		T2	00:02:24.846	0.0mph		02:22:02.780					
		Run	01:40:40.754	3.7mph	16:12	04:02:43.534					

Female 30 - 39

Place	Bib #	Name	Time	Class	Type	Hometown	Pace	Speed	Overall	Age	ID Number
1	419	MARCI HANSON	03:29:11.20		Oly	Ft Leavnwrth, KS	/M	mph	3	35	2100338709
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cummulative</u>					
		Swim	00:21:23.518	1.4mph	43:02	00:21:23.518					
		T1	00:01:17.082	0.0mph		00:22:40.600					
		Bike	01:46:57.584	13.9mph	04:18	02:09:38.184					
		T2	00:01:44.269	0.0mph		02:11:22.453					
		Run	01:17:48.754	4.8mph	12:31	03:29:11.207					
2	438	SARAH HANSEN	04:06:48.92		Oly		/M	mph	6	39	
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cummulative</u>					
		Swim	00:18:44.590	1.6mph	37:42	00:18:44.590					
		T1	00:02:13.888	0.0mph		00:20:58.478					
		Bike	02:00:05.452	12.4mph	04:49	02:21:03.930					
		T2	00:03:23.761	0.0mph		02:24:27.691					
		Run	01:42:21.234	3.6mph	16:28	04:06:48.925					

Female 40 - 49

Place	Bib #	Name	Time	Class	Type	Hometown	Pace	Speed	Overall	Age	ID Number
1	414	KATHIE CHEEK	03:20:42.73		Oly	Walls, MS	/M	mph	2	45	2100274215
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cummulative</u>					
		Swim	00:17:19.333	1.7mph	34:50	00:17:19.333					
		T1	00:02:50.237	0.0mph		00:20:09.570					
		Bike	01:35:31.422	15.6mph	03:50	01:55:40.992					
		T2	00:01:37.709	0.0mph		01:57:18.701					
		Run	01:23:24.037	4.5mph	13:25	03:20:42.738					
2	430	REBECCA MARTIN	03:31:41.76		Oly	Mountain Home, AR	/M	mph	4	42	2100324579
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cummulative</u>					
		Swim	00:20:22.470	1.5mph	40:59	00:20:22.470					
		T1	00:02:57.740	0.0mph		00:23:20.210					
		Bike	01:26:34.428	17.2mph	03:28	01:49:54.638					
		T2	00:02:27.205	0.0mph		01:52:21.843					
		Run	01:39:19.920	3.8mph	15:59	03:31:41.763					
3	436	DEBBIE WRIGHT	04:29:51.50		Oly	Benton, AR	/M	mph	7	49	2100279066
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cummulative</u>					
		Swim	00:21:27.568	1.4mph	43:10	00:21:27.568					
		T1	00:02:56.841	0.0mph		00:24:24.409					
		Bike	02:01:52.590	12.2mph	04:54	02:26:16.999					
		T2	00:02:17.265	0.0mph		02:28:34.264					
		Run	02:01:17.236	3.1mph	19:31	04:29:51.500					