

Lake Norfolk Sprint Tri - Men

Overall Male

Place	Bib #	Name	Time	Class	Type	Hometown	Pace	Speed	Overall	Age	ID Number
1	303	STUART SWEARINGEN	01:26:12.12		Sprint	Mountain Home, AR	/M	mph	1	34	36728874
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cummulative</u>					
		Swim	00:08:07.790	1.8mph	32:42	00:08:07.790					
		T1	00:00:06.312	0.0mph		00:08:14.102					
		Bike	00:39:52.302	18.7mph	03:12	00:48:06.404					
		T2	00:00:53.284	0.0mph		00:48:59.688					
		Run	00:37:12.440	5.0mph	11:58	01:26:12.128					

Male 0 - 19

Place	Bib #	Name	Time	Class	Type	Hometown	Pace	Speed	Overall	Age	ID Number
1	329	BENNETT MOLITOR-KIRSCH	02:18:38.75		Sprint	Leawood, KS	/M	mph	16	12	2100024828
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cummulative</u>					
		Swim	00:08:47.043	1.7mph	35:20	00:08:47.043					
		T1	00:00:54.401	0.0mph		00:09:41.444					
		Bike	01:01:39.997	12.1mph	04:57	01:11:21.441					
		T2	00:01:11.382	0.0mph		01:12:32.823					
		Run	01:06:05.932	2.8mph	21:16	02:18:38.755					

Male 20 - 29

Place	Bib #	Name	Time	Class	Type	Hometown	Pace	Speed	Overall	Age	ID Number
1	305	DANIEL ALLEN	01:51:48.74		Sprint	Saint Robert, MO	/M	mph	9	26	U5BH6MNC76
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cummulative</u>					
		Swim	00:13:25.564	1.1mph	54:01	00:13:25.564					
		T1	00:01:38.450	0.0mph		00:15:04.014					
		Bike	00:50:50.972	14.7mph	04:05	01:05:54.986					
		T2	00:01:13.153	0.0mph		01:07:08.139					
		Run	00:44:40.602	4.2mph	14:22	01:51:48.741					
2	312	CHAD CRIDER	01:58:08.16		Sprint	Russellville, AR	/M	mph	11	28	9R43KW3YF W
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cummulative</u>					
		Swim	00:09:23.533	1.6mph	37:47	00:09:23.533					
		T1	00:02:16.965	0.0mph		00:11:40.498					
		Bike	00:51:16.847	14.5mph	04:07	01:02:57.345					
		T2	00:01:38.508	0.0mph		01:04:35.853					
		Run	00:53:32.314	3.5mph	17:13	01:58:08.167					
3	309	ZACH CARRON	02:01:50.77		Sprint	Nashville, TN	/M	mph	12	25	AZHCW3GDR 2
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cummulative</u>					
		Swim	00:08:48.764	1.7mph	35:27	00:08:48.764					
		T1	00:03:11.238	0.0mph		00:12:00.002					
		Bike	00:54:16.671	13.7mph	04:22	01:06:16.673					
		T2	00:01:18.175	0.0mph		01:07:34.848					
		Run	00:54:15.927	3.4mph	17:27	02:01:50.775					

Lake Norfolk Sprint Tri - Men

Male 30 - 39

Place	Bib #	Name	Time	Class	Type	Hometown	Pace	Speed	Overall	Age	ID Number
1	328	ROBERT MCCURDY	01:26:54.69		Sprint	Mountain Home, AR	/M	mph	2	32	YLGK9CAP4H
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cummulative</u>					
		Swim	00:08:19.438	1.8mph	33:29	00:08:19.438					
		T1	00:00:25.626	0.0mph		00:08:45.064					
		Bike	00:42:01.850	17.7mph	03:22	00:50:46.914					
		T2	00:00:28.778	0.0mph		00:51:15.692					
		Run	00:35:39.003	5.2mph	11:28	01:26:54.695					
2	317	BRADFORD HANSON	01:39:33.61		Sprint	Columbia, MO	/M	mph	4	33	3HGP49GCYB
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cummulative</u>					
		Swim	00:18:36.759	0.8mph	14:53	00:18:36.759					
		T1	00:01:34.910	0.0mph		00:20:11.669					
		Bike	00:43:29.488	17.1mph	03:29	01:03:41.157					
		T2	00:00:49.134	0.0mph		01:04:30.291					
		Run	00:35:03.328	5.3mph	11:16	01:39:33.619					
3	321	NATHAN KING	01:41:23.28		Sprint	Walnut Shade, MO	/M	mph	5	35	EAF2E6LGYX
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cummulative</u>					
		Swim	00:08:03.352	1.9mph	32:24	00:08:03.352					
		T1	00:01:31.515	0.0mph		00:09:34.867					
		Bike	00:49:44.528	15.0mph	04:00	00:59:19.395					
		T2	00:02:18.537	0.0mph		01:01:37.932					
		Run	00:39:45.350	4.7mph	12:47	01:41:23.282					

Male 40 - 49

Place	Bib #	Name	Time	Class	Type	Hometown	Pace	Speed	Overall	Age	ID Number
1	301	JOHN WHETSELL	01:43:22.10		Sprint	Paragould, AR	/M	mph	7	40	5RLMBHHN4B
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cummulative</u>					
		Swim	00:08:14.995	1.8mph	33:11	00:08:14.995					
		T1	00:02:16.218	0.0mph		00:10:31.213					
		Bike	00:47:52.024	15.6mph	03:51	00:58:23.237					
		T2	00:01:52.136	0.0mph		01:00:15.373					
		Run	00:43:06.729	4.3mph	13:52	01:43:22.102					
2	313	MATT DOBSON	01:50:10.61		Sprint	Bentonville, AR	/M	mph	8	42	2100336644
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cummulative</u>					
		Swim	00:12:41.102	1.2mph	51:02	00:12:41.102					
		T1	00:03:59.239	0.0mph		00:16:40.341					
		Bike	00:48:50.477	15.3mph	03:55	01:05:30.818					
		T2	00:01:12.081	0.0mph		01:06:42.899					
		Run	00:43:27.714	4.3mph	13:59	01:50:10.613					
3	340	ERIC BURCH	02:20:13.69		Sprint		/M	mph	18	43	
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cummulative</u>					
		Swim	00:11:49.982	1.3mph	47:36	00:11:49.982					
		T1	00:04:35.148	0.0mph		00:16:25.130					
		Bike	00:57:36.601	12.9mph	04:38	01:14:01.731					
		T2	00:01:31.171	0.0mph		01:15:32.902					
		Run	01:04:40.788	2.9mph	20:49	02:20:13.690					

Lake Norfolk Sprint Tri - Men

Male 50 - 59

Place	Bib #	Name	Time	Class	Type	Hometown	Pace	Speed	Overall	Age	ID Number
1	324	WADE MANN	01:34:10.02		Sprint	Vilonia, AR	/M	mph	3	52	2100234129
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cummulative</u>					
		Swim	00:08:37.049	1.7mph	34:40	00:08:37.049					
		T1	00:01:33.353	0.0mph		00:10:10.402					
		Bike	00:40:19.422	18.5mph	03:14	00:50:29.824					
		T2	00:01:09.855	0.0mph		00:51:39.679					
		Run	00:42:30.345	4.4mph	13:40	01:34:10.024					
2	335	RUSSELL SPAULDING	01:42:02.79		Sprint	Rogersville, MO	/M	mph	6	55	C3XML7XEE6
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cummulative</u>					
		Swim	00:09:54.674	1.5mph	39:52	00:09:54.674					
		T1	00:01:50.302	0.0mph		00:11:44.976					
		Bike	00:41:09.721	18.1mph	03:18	00:52:54.697					
		T2	00:00:47.425	0.0mph		00:53:42.122					
		Run	00:48:20.672	3.9mph	15:33	01:42:02.794					
3	326	ROBERT MCCURDY	01:57:08.81		Sprint	Anderson, IN	/M	mph	10	57	2100345467
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cummulative</u>					
		Swim	00:09:46.657	1.5mph	39:20	00:09:46.657					
		T1	00:02:28.539	0.0mph		00:12:15.196					
		Bike	00:49:33.899	15.0mph	03:59	01:01:49.095					
		T2	00:01:29.697	0.0mph		01:03:18.792					
		Run	00:53:50.019	3.5mph	17:19	01:57:08.811					

Male 60+

Place	Bib #	Name	Time	Class	Type	Hometown	Pace	Speed	Overall	Age	ID Number
1	337	PETE THAUWALD	02:29:02.15		Sprint	Mountain View, MO	/M	mph	19	68	153585
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cummulative</u>					
		Swim	00:11:07.245	1.3mph	44:44	00:11:07.245					
		T1	00:05:36.007	0.0mph		00:16:43.252					
		Bike	00:56:36.689	13.2mph	04:33	01:13:19.941					
		T2	00:03:15.852	0.0mph		01:16:35.793					
		Run	01:12:26.360	2.6mph	23:18	02:29:02.153					