

Lake Norfolk Sprint Tri - Men



Line Through = Disqualified

Place	Name	Hometown	Type	Bib #	Time	Pace	Speed	Sex	Age	Distance (meters)
1	STUART SWEARINGEN	MOUNTAIN HOME, AR	SPRINT	303	01:26:12.12	07:17	0.0mph	M	34	25400
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>		<u>Speed</u>	<u>Cummulative</u>
					Swim	00:08:07.790	32:42		1.8mph	00:08:07.790
					T1	00:00:06.312			0.0mph	00:08:14.102
					Bike	00:39:52.302	03:12		18.7mph	00:48:06.404
					T2	00:00:53.284			0.0mph	00:48:59.688
					Run	00:37:12.440	11:58		5.0mph	01:26:12.128
2	ROBERT MCCURDY	MOUNTAIN HOME, AR	SPRINT	328	01:26:54.69	18:42	0.0mph	M	32	25400
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>		<u>Speed</u>	<u>Cummulative</u>
					Swim	00:08:19.438	33:29		1.8mph	00:08:19.438
					T1	00:00:25.626			0.0mph	00:08:45.064
					Bike	00:42:01.850	03:22		17.7mph	00:50:46.914
					T2	00:00:28.778			0.0mph	00:51:15.692
					Run	00:35:39.003	11:28		5.2mph	01:26:54.695
3	WADE MANN	VILONIA, AR	SPRINT	324	01:34:10.02	15:28	0.0mph	M	52	25400
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>		<u>Speed</u>	<u>Cummulative</u>
					Swim	00:08:37.049	34:40		1.7mph	00:08:37.049
					T1	00:01:33.353			0.0mph	00:10:10.402
					Bike	00:40:19.422	03:14		18.5mph	00:50:29.824
					T2	00:01:09.855			0.0mph	00:51:39.679
					Run	00:42:30.345	13:40		4.4mph	01:34:10.024
4	BRADFORD HANSON	COLUMBIA, MO	SPRINT	317	01:39:33.61	42:15	0.0mph	M	33	25400
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>		<u>Speed</u>	<u>Cummulative</u>
					Swim	00:18:36.759	14:53		0.8mph	00:18:36.759
					T1	00:01:34.910			0.0mph	00:20:11.669
					Bike	00:43:29.488	03:29		17.1mph	01:03:41.157
					T2	00:00:49.134			0.0mph	01:04:30.291
					Run	00:35:03.328	11:16		5.3mph	01:39:33.619
5	NATHAN KING	WALNUT SHADE, MO	SPRINT	321	01:41:23.28	11:40	0.0mph	M	35	25400
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>		<u>Speed</u>	<u>Cummulative</u>
					Swim	00:08:03.352	32:24		1.9mph	00:08:03.352
					T1	00:01:31.515			0.0mph	00:09:34.867
					Bike	00:49:44.528	04:00		15.0mph	00:59:19.395
					T2	00:02:18.537			0.0mph	01:01:37.932
					Run	00:39:45.350	12:47		4.7mph	01:41:23.282
6	RUSSELL SPAULDING	ROGERSVILLE, MO	SPRINT	335	01:42:02.79	22:16	0.0mph	M	55	25400
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>		<u>Speed</u>	<u>Cummulative</u>
					Swim	00:09:54.674	39:52		1.5mph	00:09:54.674
					T1	00:01:50.302			0.0mph	00:11:44.976
					Bike	00:41:09.721	03:18		18.1mph	00:52:54.697
					T2	00:00:47.425			0.0mph	00:53:42.122
					Run	00:48:20.672	15:33		3.9mph	01:42:02.794
7	JOHN WHETSELL	PARAGOULD, AR	SPRINT	301	01:43:22.10	43:32	0.0mph	M	40	25400
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>		<u>Speed</u>	<u>Cummulative</u>
					Swim	00:08:14.995	33:11		1.8mph	00:08:14.995
					T1	00:02:16.218			0.0mph	00:10:31.213
					Bike	00:47:52.024	03:51		15.6mph	00:58:23.237
					T2	00:01:52.136			0.0mph	01:00:15.373
					Run	00:43:06.729	13:52		4.3mph	01:43:22.102
8	MATT DOBSON	BENTONVILLE, AR	SPRINT	313	01:50:10.61	33:07	0.0mph	M	42	25400
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>		<u>Speed</u>	<u>Cummulative</u>
					Swim	00:12:41.102	51:02		1.2mph	00:12:41.102
					T1	00:03:59.239			0.0mph	00:16:40.341
					Bike	00:48:50.477	03:55		15.3mph	01:05:30.818
					T2	00:01:12.081			0.0mph	01:06:42.899
					Run	00:43:27.714	13:59		4.3mph	01:50:10.613
9	DANIEL ALLEN	SAINT ROBERT, MO	SPRINT	305	01:51:48.74	59:26	0.0mph	M	26	25400
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>		<u>Speed</u>	<u>Cummulative</u>
					Swim	00:13:25.564	54:01		1.1mph	00:13:25.564
					T1	00:01:38.450			0.0mph	00:15:04.014
					Bike	00:50:50.972	04:05		14.7mph	01:05:54.986
					T2	00:01:13.153			0.0mph	01:07:08.139
					Run	00:44:40.602	14:22		4.2mph	01:51:48.741

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10	ROBERT MCCURDY	ANDERSON, IN	SPRINT	326	01:57:08.81	25:17	0.0mph	M	57	25400
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cummulative</u>	
					Swim	00:09:46.657	39:20	1.5mph	00:09:46.657	
					T1	00:02:28.539		0.0mph	00:12:15.196	
					Bike	00:49:33.899	03:59	15.0mph	01:01:49.095	
					T2	00:01:29.697		0.0mph	01:03:18.792	
					Run	00:53:50.019	17:19	3.5mph	01:57:08.811	
11	CHAD CRIDER	RUSSELLVILLE, AR	SPRINT	312	01:58:08.16	41:12	0.0mph	M	28	25400
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cummulative</u>	
					Swim	00:09:23.533	37:47	1.6mph	00:09:23.533	
					T1	00:02:16.965		0.0mph	00:11:40.498	
					Bike	00:51:16.847	04:07	14.5mph	01:02:57.345	
					T2	00:01:38.508		0.0mph	01:04:35.853	
					Run	00:53:32.314	17:13	3.5mph	01:58:08.167	
12	ZACH CARRON	NASHVILLE, TN	SPRINT	309	02:01:50.77	40:55	0.0mph	M	25	25400
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cummulative</u>	
					Swim	00:08:48.764	35:27	1.7mph	00:08:48.764	
					T1	00:03:11.238		0.0mph	00:12:00.002	
					Bike	00:54:16.671	04:22	13.7mph	01:06:16.673	
					T2	00:01:18.175		0.0mph	01:07:34.848	
					Run	00:54:15.927	17:27	3.4mph	02:01:50.775	
13	TIM WICKER	BENTON, AR	SPRINT	338	02:09:40.64	46:57	0.0mph	M	56	25400
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cummulative</u>	
					Swim	00:10:46.113	43:19	1.4mph	00:10:46.113	
					T1	00:03:52.647		0.0mph	00:14:38.760	
					Bike	00:56:18.298	04:31	13.2mph	01:10:57.058	
					T2	00:01:50.858		0.0mph	01:12:47.916	
					Run	00:56:52.732	18:18	3.3mph	02:09:40.648	
14	ADAM JETT	BRANSON, MO	SPRINT	319	02:13:55.37	55:16	0.0mph	M	33	25400
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cummulative</u>	
					Swim	00:11:56.811	48:03	1.2mph	00:11:56.811	
					T1	00:03:01.744		0.0mph	00:14:58.555	
					Bike	00:56:30.480	04:32	13.2mph	01:11:29.035	
					T2	00:02:07.495		0.0mph	01:13:36.530	
					Run	01:00:18.844	19:24	3.1mph	02:13:55.374	
15	DANIEL BURNS	SAINT LOUIS, MO	SPRINT	407	02:17:34.76	54:07	0.0mph	M	30	25400
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cummulative</u>	
					Swim	00:16:56.800	08:10	0.9mph	00:16:56.800	
					T1	00:03:01.581		0.0mph	00:19:58.381	
					Bike	00:54:06.788	04:21	13.8mph	01:14:05.169	
					T2	00:01:33.861		0.0mph	01:15:39.030	
					Run	01:01:55.730	19:55	3.0mph	02:17:34.760	
16	BENNETT MOLITOR-KIRSCH	LEAWOOD, KS	SPRINT	329	02:18:38.75	11:17	0.0mph	M	12	25400
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cummulative</u>	
					Swim	00:08:47.043	35:20	1.7mph	00:08:47.043	
					T1	00:00:54.401		0.0mph	00:09:41.444	
					Bike	01:01:39.997	04:57	12.1mph	01:11:21.441	
					T2	00:01:11.382		0.0mph	01:12:32.823	
					Run	01:06:05.932	21:16	2.8mph	02:18:38.755	
17	DEREK JACOBS	JONESBORO, AR	SPRINT	318	02:20:12.76	36:29	0.0mph	M	35	25400
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cummulative</u>	
					Swim	00:11:49.050	47:32	1.3mph	00:11:49.050	
					T1	00:04:37.481		0.0mph	00:16:26.531	
					Bike	00:57:37.855	04:38	12.9mph	01:14:04.386	
					T2	00:00:41.406		0.0mph	01:14:45.792	
					Run	01:05:26.973	21:03	2.8mph	02:20:12.765	
18	ERIC BURCH		SPRINT	340	02:20:13.69	36:44	0.0mph	M	43	25400
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cummulative</u>	
					Swim	00:11:49.982	47:36	1.3mph	00:11:49.982	
					T1	00:04:35.148		0.0mph	00:16:25.130	
					Bike	00:57:36.601	04:38	12.9mph	01:14:01.731	
					T2	00:01:31.171		0.0mph	01:15:32.902	
					Run	01:04:40.788	20:49	2.9mph	02:20:13.690	

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Place	Name	Hometown	Type	Bib #	Time	Pace	Speed	Sex	Age	Distance (meters)
19	PETE THAUWALD	MOUNTAIN VIEW, MO	SPRINT	337	02:29:02.15	58:29	0.0mph	M	68	25400
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cummulative</u>	
					Swim	00:11:07.245	44:44	1.3mph	00:11:07.245	
					T1	00:05:36.007		0.0mph	00:16:43.252	
					Bike	00:56:36.689	04:33	13.2mph	01:13:19.941	
					T2	00:03:15.852		0.0mph	01:16:35.793	
					Run	01:12:26.360	23:18	2.6mph	02:29:02.153	
20	JORDAN SALLIS	SPRINGDALE, AR	SPRINT	332	03:00:54.67	31:28	0.0mph	M	37	25400
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cummulative</u>	
					Swim	00:13:54.469	55:57	1.1mph	00:13:54.469	
					T1	00:08:57.426		0.0mph	00:22:51.895	
					Bike	01:13:06.255	05:52	10.2mph	01:35:58.150	
					T2	00:01:08.893		0.0mph	01:37:07.043	
					Run	01:23:47.636	26:58	2.2mph	03:00:54.679	