

Lake Norfolk Sprint Tri - Women

Overall Female

Place	Bib #	Name	Time	Type	City	
1	302	VERONICA DOCKERY	01:43:51.96	Sprint		
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cummulative</u>
		Swim	00:08:11.256	1.8mph	32:56	00:08:11.256
		T1	00:00:45.757	0.0mph		00:08:57.013
		Bike	00:50:51.355	14.7mph	04:05	00:59:48.368
		T2	00:00:39.117	0.0mph		01:00:27.485
		Run	00:43:24.477	4.3mph	13:58	01:43:51.962

Female 20 - 29

Place	Bib #	Name	Time	Type	City	
1	336	LISA STANLEY	01:50:22.66	Sprint		
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cummulative</u>
		Swim	00:09:15.445	1.6mph	37:14	00:09:15.445
		T1	00:03:51.754	0.0mph		00:13:07.199
		Bike	00:54:09.361	13.8mph	04:21	01:07:16.560
		T2	00:01:13.149	0.0mph		01:08:29.709
		Run	00:41:52.953	4.5mph	13:28	01:50:22.662

2	314	AMANDA GAY	01:56:36.91	Sprint		
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cummulative</u>
		Swim	00:11:22.601	1.3mph	45:46	00:11:22.601
		T1	00:01:55.725	0.0mph		00:13:18.326
		Bike	00:56:43.655	13.1mph	04:33	01:10:01.981
		T2	00:01:36.466	0.0mph		01:11:38.447
		Run	00:44:58.467	4.1mph	14:28	01:56:36.914

3	308	MARIA CARRON	02:07:30.69	Sprint		
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cummulative</u>
		Swim	00:11:24.401	1.3mph	45:53	00:11:24.401
		T1	00:03:41.840	0.0mph		00:15:06.241
		Bike	00:55:15.645	13.5mph	04:26	01:10:21.886
		T2	00:01:31.271	0.0mph		01:11:53.157
		Run	00:55:37.537	3.4mph	17:54	02:07:30.694

Female 30 - 39

Place	Bib #	Name	Time	Type	City	
1	334	ASHLEY SHEPHERD	02:02:32.17	Sprint		
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cummulative</u>
		Swim	00:12:32.163	1.2mph	50:26	00:12:32.163
		T1	00:03:12.030	0.0mph		00:15:44.193
		Bike	00:52:30.608	14.2mph	04:13	01:08:14.801
		T2	00:01:15.502	0.0mph		01:09:30.303
		Run	00:53:01.867	3.5mph	17:04	02:02:32.170

Female 40 - 49

Place	Bib #	Name	Time	Type	City	
1	339	MAGGIE WILLIAMS	01:58:37.78	Sprint		
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cummulative</u>
		Swim	00:11:53.632	1.3mph	47:51	00:11:53.632
		T1	00:01:54.863	0.0mph		00:13:48.495
		Bike	00:58:39.160	12.7mph	04:43	01:12:27.655
		T2	00:01:33.598	0.0mph		01:14:01.253
		Run	00:44:36.529	4.2mph	14:21	01:58:37.782

2	323	ANNE MACE	02:12:22.27	Sprint		
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cummulative</u>
		Swim	00:11:26.690	1.3mph	46:02	00:11:26.690
		T1	00:03:33.223	0.0mph		00:14:59.913
		Bike	00:57:30.836	13.0mph	04:37	01:12:30.749
		T2	00:02:15.691	0.0mph		01:14:46.440
		Run	00:57:35.835	3.2mph	18:32	02:12:22.275

3	315	REBECCA GOHL	02:49:39.89	Sprint		
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cummulative</u>
		Swim	00:13:28.686	1.1mph	54:13	00:13:28.686
		T1	00:04:14.619	0.0mph		00:17:43.305
		Bike	01:13:26.553	10.2mph	05:54	01:31:09.858
		T2	00:01:19.000	0.0mph		01:32:28.858
		Run	01:17:11.033	2.4mph	24:50	02:49:39.891

Female 50 - 59

Place	Bib #	Name	Time	Type	City	
1	350	ERICA MOLITOR-KIRSCH	01:50:11.53	Sprint		
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cummulative</u>
		Swim	00:10:13.272	1.5mph	41:07	00:10:13.272
		T1	00:08:45.296	0.0mph		00:18:58.568
		Bike	00:39:00.696	19.1mph	03:08	00:57:59.264
		T2	00:00:53.801	0.0mph		00:58:53.065
		Run	00:51:18.472	3.6mph	16:30	01:50:11.537

2	306	JULIA ALLEN	01:53:16.04	Sprint		
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cummulative</u>
		Swim	00:08:47.339	1.7mph	35:21	00:08:47.339
		T1	00:01:12.799	0.0mph		00:10:00.138
		Bike	00:48:43.211	15.3mph	03:55	00:58:43.349
		T2	00:01:22.483	0.0mph		01:00:05.832
		Run	00:53:10.209	3.5mph	17:06	01:53:16.041

3	327	TERRI MCCURDY	02:05:14.43	Sprint		
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cummulative</u>
		Swim	00:19:51.996	0.8mph	19:55	00:19:51.996
		T1	00:04:35.407	0.0mph		00:24:27.403
		Bike	00:56:52.089	13.1mph	04:34	01:21:19.492
		T2	00:00:33.233	0.0mph		01:21:52.725
		Run	00:43:21.711	4.3mph	13:57	02:05:14.436

Female 60+

Place	Bib #	Name	Time	Type	City	
1	304	SUSAN BLAIR	02:12:19.15	Sprint		
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cummulative</u>
		Swim	00:12:44.277	1.2mph	51:14	00:12:44.277
		T1	00:02:24.423	0.0mph		00:15:08.700
		Bike	00:54:53.281	13.6mph	04:25	01:10:01.981
		T2	00:01:41.101	0.0mph		01:11:43.082
		Run	01:00:36.072	3.1mph	19:30	02:12:19.154