

Lake Norfolk Sprint Tri - Women



Line Through = Disqualified

Place	Name	Hometown	Type	Bib #	Time	Pace	Speed	Sex	Age	Distance (meters)
1	VERONICA DOCKERY	FAYETTEVILLE, AR	SPRINT	302	01:43:51.96	51:33	0.0mph	F	36	25400
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>		<u>Speed</u>	<u>Cummulative</u>
					Swim	00:08:11.256	32:56		1.8mph	00:08:11.256
					T1	00:00:45.757			0.0mph	00:08:57.013
					Bike	00:50:51.355	04:05		14.7mph	00:59:48.368
					T2	00:00:39.117			0.0mph	01:00:27.485
					Run	00:43:24.477	13:58		4.3mph	01:43:51.962
2	ERICA MOLITOR-KIRSCH		SPRINT	350	01:50:11.53	33:22	0.0mph	F	53	25400
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>		<u>Speed</u>	<u>Cummulative</u>
					Swim	00:10:13.272	41:07		1.5mph	00:10:13.272
					T1	00:08:45.296			0.0mph	00:18:58.568
					Bike	00:39:00.696	03:08		19.1mph	00:57:59.264
					T2	00:00:53.801			0.0mph	00:58:53.065
					Run	00:51:18.472	16:30		3.6mph	01:50:11.537
3	LISA STANLEY	RUSSELLVILLE, AR	SPRINT	336	01:50:22.66	36:21	0.0mph	F	29	25400
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>		<u>Speed</u>	<u>Cummulative</u>
					Swim	00:09:15.445	37:14		1.6mph	00:09:15.445
					T1	00:03:51.754			0.0mph	00:13:07.199
					Bike	00:54:09.361	04:21		13.8mph	01:07:16.560
					T2	00:01:13.149			0.0mph	01:08:29.709
					Run	00:41:52.953	13:28		4.5mph	01:50:22.662
4	JULIA ALLEN	BATESVILLE, AR	SPRINT	306	01:53:16.04	22:51	0.0mph	F	55	25400
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>		<u>Speed</u>	<u>Cummulative</u>
					Swim	00:08:47.339	35:21		1.7mph	00:08:47.339
					T1	00:01:12.799			0.0mph	00:10:00.138
					Bike	00:48:43.211	03:55		15.3mph	00:58:43.349
					T2	00:01:22.483			0.0mph	01:00:05.832
					Run	00:53:10.209	17:06		3.5mph	01:53:16.041
5	AMANDA GAY	BATESVILLE, AR	SPRINT	314	01:56:36.91	16:44	0.0mph	F	29	25400
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>		<u>Speed</u>	<u>Cummulative</u>
					Swim	00:11:22.601	45:46		1.3mph	00:11:22.601
					T1	00:01:55.725			0.0mph	00:13:18.326
					Bike	00:56:43.655	04:33		13.1mph	01:10:01.981
					T2	00:01:36.466			0.0mph	01:11:38.447
					Run	00:44:58.467	14:28		4.1mph	01:56:36.914
6	MAGGIE WILLIAMS	BATESVILLE, AR	SPRINT	339	01:58:37.78	49:09	0.0mph	F	43	25400
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>		<u>Speed</u>	<u>Cummulative</u>
					Swim	00:11:53.632	47:51		1.3mph	00:11:53.632
					T1	00:01:54.863			0.0mph	00:13:48.495
					Bike	00:58:39.160	04:43		12.7mph	01:12:27.655
					T2	00:01:33.598			0.0mph	01:14:01.253
					Run	00:44:36.529	14:21		4.2mph	01:58:37.782
7	ASHLEY SHEPHERD	MEMPHIS, TN	SPRINT	334	02:02:32.17	52:01	0.0mph	F	30	25400
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>		<u>Speed</u>	<u>Cummulative</u>
					Swim	00:12:32.163	50:26		1.2mph	00:12:32.163
					T1	00:03:12.030			0.0mph	00:15:44.193
					Bike	00:52:30.608	04:13		14.2mph	01:08:14.801
					T2	00:01:15.502			0.0mph	01:09:30.303
					Run	00:53:01.867	17:04		3.5mph	02:02:32.170
8	TERRI MCCURDY	ANDERSON, IN	SPRINT	327	02:05:14.43	35:32	0.0mph	F	57	25400
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>		<u>Speed</u>	<u>Cummulative</u>
					Swim	00:19:51.996	19:55		0.8mph	00:19:51.996
					T1	00:04:35.407			0.0mph	00:24:27.403
					Bike	00:56:52.089	04:34		13.1mph	01:21:19.492
					T2	00:00:33.233			0.0mph	01:21:52.725
					Run	00:43:21.711	13:57		4.3mph	02:05:14.436
9	MARIA CARRON	NASHVILLE, TN	SPRINT	308	02:07:30.69	12:05	0.0mph	F	27	25400
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>		<u>Speed</u>	<u>Cummulative</u>
					Swim	00:11:24.401	45:53		1.3mph	00:11:24.401
					T1	00:03:41.840			0.0mph	00:15:06.241
					Bike	00:55:15.645	04:26		13.5mph	01:10:21.886
					T2	00:01:31.271			0.0mph	01:11:53.157
					Run	00:55:37.537	17:54		3.4mph	02:07:30.694

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Place	Name	Hometown	Type	Bib #	Time	Pace	Speed	Sex	Age	Distance (meters)
10	JAN SCHMESKI	MOUNTAIN HOME, AR	SPRINT	333	02:12:01.28	24:40	0.0mph	F	58	25400
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cummulative</u>	
					Swim	00:10:57.164	44:04	1.4mph	00:10:57.164	
					T1	00:03:59.562		0.0mph	00:14:56.726	
					Bike	00:56:03.313	04:30	13.3mph	01:11:00.039	
					T2	00:03:28.166		0.0mph	01:14:28.205	
					Run	00:57:33.082	18:31	3.2mph	02:12:01.287	
11	SUSAN BLAIR	LITTLE ROCK, AR	SPRINT	304	02:12:19.15	29:27	0.0mph	F	62	25400
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cummulative</u>	
					Swim	00:12:44.277	51:14	1.2mph	00:12:44.277	
					T1	00:02:24.423		0.0mph	00:15:08.700	
					Bike	00:54:53.281	04:25	13.6mph	01:10:01.981	
					T2	00:01:41.101		0.0mph	01:11:43.082	
					Run	01:00:36.072	19:30	3.1mph	02:12:19.154	
12	ANNE MACE	MOUNTAIN HOME, AR	SPRINT	323	02:12:22.27	30:18	0.0mph	F	49	25400
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cummulative</u>	
					Swim	00:11:26.690	46:02	1.3mph	00:11:26.690	
					T1	00:03:33.223		0.0mph	00:14:59.913	
					Bike	00:57:30.836	04:37	13.0mph	01:12:30.749	
					T2	00:02:15.691		0.0mph	01:14:46.440	
					Run	00:57:35.835	18:32	3.2mph	02:12:22.275	
13	GINA MONALDI	LITTLE ROCK, AR	SPRINT	330	02:24:34.29	46:38	0.0mph	F	25	25400
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cummulative</u>	
					Swim	00:09:49.720	39:32	1.5mph	00:09:49.720	
					T1	00:03:13.483		0.0mph	00:13:03.203	
					Bike	01:07:25.903	05:25	11.1mph	01:20:29.106	
					T2	00:00:43.938		0.0mph	01:21:13.044	
					Run	01:03:21.253	20:23	2.9mph	02:24:34.297	
14	REBECCA GOHL	OZARK, MO	SPRINT	315	02:49:39.89	30:29	0.0mph	F	42	25400
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cummulative</u>	
					Swim	00:13:28.686	54:13	1.1mph	00:13:28.686	
					T1	00:04:14.619		0.0mph	00:17:43.305	
					Bike	01:13:26.553	05:54	10.2mph	01:31:09.858	
					T2	00:01:19.000		0.0mph	01:32:28.858	
					Run	01:17:11.033	24:50	2.4mph	02:49:39.891	