

Mtn Man Off-Road Tri - Sprint

Place	Name	Hometown	Gender	Type	Bib #	Time	Pace	Speed	Division Rank
1	CHAD BROWN	O FALLON, IL	M: 1	RUNNER	226	01:33:02.81	07:12	8.3mph	Overall Male: 1
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Swim		00:10:51.57	23:18	2.6mph	00:10:51.57
				T1		00:01:18.30		0.0mph	00:12:09.86
				Bike		00:52:21.95	05:37	10.7mph	01:04:31.80
				T2		00:01:01.70		0.0mph	01:05:33.50
				Run		00:27:29.31		0.0mph	01:33:02.81
2	PETER MAYNOR	SAINT LOUIS, MO	M: 2	RUNNER	205	01:56:23.23	09:01	6.6mph	Overall Male: 2
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Swim		00:13:40.99	29:21	2.0mph	00:13:40.99
				T1		00:02:12.59		0.0mph	00:15:53.57
				Bike		01:07:42.06	07:15	8.3mph	01:23:35.62
				T2		00:01:10.13		0.0mph	01:24:45.75
				Run		00:31:37.49		0.0mph	01:56:23.23
3	WAYNE BROWN	O FALLON, IL	M: 3	RUNNER	224	01:58:04.14	09:09	6.6mph	Overall Male: 3
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Swim		00:15:17.00	32:47	1.8mph	00:15:17.00
				T1		00:02:06.93		0.0mph	00:17:23.92
				Bike		01:08:08.55	07:18	8.2mph	01:25:32.46
				T2		00:01:05.74		0.0mph	01:26:38.20
				Run		00:31:25.95		0.0mph	01:58:04.14
4	MARC DECAUL	LANCE AUX EPINES, GD	M: 4	RUNNER	260	02:01:51.85	09:27	6.3mph	M40-44: 1
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Swim		00:12:34.29	26:58	2.2mph	00:12:34.29
				T1		00:00:56.44		0.0mph	00:13:30.72
				Bike		01:13:08.99	07:50	7.6mph	01:26:39.71
				T2		00:01:19.55		0.0mph	01:27:59.26
				Run		00:33:52.60		0.0mph	02:01:51.85
5	COVY CONFER II	KANSAS CITY, MO	M: 5	RUNNER	245	02:04:15.46	09:38	6.2mph	M35-39: 1
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Swim		00:14:48.76	31:47	1.9mph	00:14:48.76
				T1		00:01:31.59		0.0mph	00:16:20.34
				Bike		01:14:22.35	07:58	7.5mph	01:30:42.68
				T2		00:00:47.49		0.0mph	01:31:30.16
				Run		00:32:45.31		0.0mph	02:04:15.46
6	BOB STRATTON	OMAHA, NE	M: 6	RUNNER	218	02:06:33.26	09:48	6.1mph	M60-64: 1
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Swim		00:16:21.72	35:06	1.7mph	00:16:21.72
				T1		00:02:43.75		0.0mph	00:19:05.47
				Bike		01:15:14.11	08:04	7.4mph	01:34:19.57
				T2		00:01:25.95		0.0mph	01:35:45.52
				Run		00:30:47.74		0.0mph	02:06:33.26
7	JASON JOHNSON	POTTSVILLE, AR	M: 7	RUNNER	243	02:07:56.70	09:55	6.0mph	M45-49: 1
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Swim		00:14:39.80	31:27	1.9mph	00:14:39.80
				T1		00:01:44.67		0.0mph	00:16:24.46
				Bike		01:13:31.22	07:53	7.6mph	01:29:55.68
				T2		00:00:44.67		0.0mph	01:30:40.35
				Run		00:37:16.35		0.0mph	02:07:56.70
8	RUSSELL TUCKER	MOUNTAIN HOME, AR	M: 8	RUNNER	275	02:08:49.99	09:59	6.0mph	M40-44: 2
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Swim		00:16:53.02	36:13	1.7mph	00:16:53.02
				T1		00:02:52.53		0.0mph	00:19:45.54
				Bike		01:11:45.12	07:41	7.8mph	01:31:30.66
				T2		00:02:00.54		0.0mph	01:33:31.20
				Run		00:35:18.80		0.0mph	02:08:49.99
9	LUKE ALLEN	SPRINGFIELD, MO	M: 9	RUNNER	284	02:08:53.41	09:59	6.0mph	M20-24: 1
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Swim		00:14:43.47	31:35	1.9mph	00:14:43.47
				T1		00:02:20.03		0.0mph	00:17:03.49
				Bike		01:17:09.64	08:16	7.2mph	01:34:13.13
				T2		00:00:43.58		0.0mph	01:34:56.71
				Run		00:33:56.70		0.0mph	02:08:53.41

Mtn Man Off-Road Tri - Sprint

Place	Name	Hometown	Gender	Type	Bib #	Time	Pace	Speed	Division Rank
10	ADAM DE CAUL	SAINT DAVIDS, GD	M: 10	RUNNER	259	02:11:12.12	10:10	5.9mph	M35-39: 2
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Swim		00:13:57.99	29:58	2.0mph	00:13:57.99
				T1		00:01:11.20		0.0mph	00:15:09.18
				Bike		01:21:02.09	08:41	6.9mph	01:36:11.27
				T2		00:01:03.57		0.0mph	01:37:14.84
				Run		00:33:57.29		0.0mph	02:11:12.12
11	AJ JOHNSON	HOT SPRINGS NATIONAL PARK, AR	M: 11	RUNNER	209	02:11:28.42	10:11	5.9mph	M55-59: 1
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Swim		00:13:27.21	28:52	2.1mph	00:13:27.21
				T1		00:02:10.95		0.0mph	00:15:38.15
				Bike		01:14:18.34	07:58	7.5mph	01:29:56.49
				T2		00:01:13.87		0.0mph	01:31:10.36
				Run		00:40:18.07		0.0mph	02:11:28.42
12	BRENDON HOGGE	BENTONVILLE, AR	M: 12	RUNNER	279	02:18:00.94	10:42	5.6mph	M25-29: 1
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Swim		00:17:50.98	38:18	1.6mph	00:17:50.98
				T1		00:01:53.56		0.0mph	00:19:44.54
				Bike		01:23:30.79	08:57	6.7mph	01:43:15.32
				T2		00:01:10.75		0.0mph	01:44:26.07
				Run		00:33:34.87		0.0mph	02:18:00.94
13	STUART SWEARINGEN	MOUNTAIN HOME, AR	M: 13	RUNNER	206	02:20:15.56	10:52	5.5mph	M40-44: 3
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Swim		00:13:43.31	29:26	2.0mph	00:13:43.31
				T1		00:02:02.95		0.0mph	00:15:46.26
				Bike		01:22:51.13	08:53	6.7mph	01:38:37.39
				T2		00:01:31.75		0.0mph	01:40:09.13
				Run		00:40:06.43		0.0mph	02:20:15.56
14	MANDY BALLARD	HOT SPRINGS NATIONAL PARK, AR	F: 1	RUNNER	248	02:24:53.89	11:14	5.3mph	Overall Female: 1
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Swim		00:24:42.16	53:00	1.1mph	00:24:42.16
				T1		00:02:12.35		0.0mph	00:26:54.50
				Bike		01:19:07.50	08:29	7.1mph	01:46:01.99
				T2		00:00:51.43		0.0mph	01:46:53.42
				Run		00:38:00.47		0.0mph	02:24:53.89
15	DALTON HALEY	GASSVILLE, AR	M: 14	RUNNER	207	02:27:50.28	11:27	5.2mph	M35-39: 3
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Swim		00:17:42.77	38:00	1.6mph	00:17:42.77
				T1		00:02:03.91		0.0mph	00:19:46.68
				Bike		01:22:24.42	08:50	6.8mph	01:42:11.09
				T2		00:01:03.46		0.0mph	01:43:14.55
				Run		00:44:35.74		0.0mph	02:27:50.28
16	KIM MCALLISTER	HOT SPRINGS, AR	F: 2	RUNNER	212	02:28:01.32	11:28	5.2mph	Overall Female: 2
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Swim		00:16:40.17	35:46	1.7mph	00:16:40.17
				T1		00:01:55.22		0.0mph	00:18:35.39
				Bike		01:30:02.58	09:39	6.2mph	01:48:37.96
				T2		00:01:04.83		0.0mph	01:49:42.79
				Run		00:38:18.54		0.0mph	02:28:01.32
17	VICTOR BARBIERI	SPRINGFIELD, MO	M: 15	RUNNER	285	02:29:48.19	11:37	5.2mph	M20-24: 2
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Swim		00:22:55.73	49:12	1.2mph	00:22:55.73
				T1		00:03:54.05		0.0mph	00:26:49.77
				Bike		01:25:41.62	09:11	6.5mph	01:52:31.38
				T2		00:01:14.61		0.0mph	01:53:45.99
				Run		00:36:02.20		0.0mph	02:29:48.19
18	ROSS FARMER	GLENWOOD, AR	M: 16	RUNNER	204	02:29:55.58	11:37	5.2mph	M50-54: 1
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Swim		00:17:01.90	36:32	1.6mph	00:17:01.90
				T1		00:01:59.60		0.0mph	00:19:01.50
				Bike		01:22:06.51	08:48	6.8mph	01:41:08.01
				T2		00:02:01.76		0.0mph	01:43:09.76
				Run		00:46:45.82		0.0mph	02:29:55.58

Mtn Man Off-Road Tri - Sprint

Place	Name	Hometown	Gender	Type	Bib #	Time	Pace	Speed	Division Rank
19	MATTHEW GUERTTMAN	ADEL, IA	M: 17	RUNNER	280	02:30:13.50	11:39	5.1mph	M45-49: 2
			<u>Split Description</u>	<u>Split Time</u>		<u>Pace</u>		<u>Speed</u>	<u>Cumulative</u>
			Swim	00:16:36.14		35:37		1.7mph	00:16:36.14
			T1	00:02:14.27				0.0mph	00:18:50.40
			Bike	01:32:28.43		09:55		6.0mph	01:51:18.83
			T2	00:00:55.07				0.0mph	01:52:13.90
			Run	00:37:59.61				0.0mph	02:30:13.50
20	MATT KEENEY	KANSAS CITY, MO	M: 18	RUNNER	256	02:31:01.50	11:42	5.1mph	M55-59: 2
			<u>Split Description</u>	<u>Split Time</u>		<u>Pace</u>		<u>Speed</u>	<u>Cumulative</u>
			Swim	00:17:53.86		38:24		1.6mph	00:17:53.86
			T1	00:02:34.22				0.0mph	00:20:28.07
			Bike	01:31:21.45		09:48		6.1mph	01:51:49.52
			T2	00:01:06.36				0.0mph	01:52:55.87
			Run	00:38:05.63				0.0mph	02:31:01.50
21	NEHEMIAH JONES	BRANSON, MO	M: 19	RUNNER	208	02:31:36.91	11:45	5.1mph	M35-39: 4
			<u>Split Description</u>	<u>Split Time</u>		<u>Pace</u>		<u>Speed</u>	<u>Cumulative</u>
			Swim	00:20:54.61		44:52		1.3mph	00:20:54.61
			T1	00:02:20.24				0.0mph	00:23:14.85
			Bike	01:24:28.93		09:03		6.6mph	01:47:43.78
			T2	00:01:14.33				0.0mph	01:48:58.10
			Run	00:42:38.81				0.0mph	02:31:36.91
22	RICKY DEVILLE	BRANSON, MO	M: 20	RUNNER	265	02:32:02.95	11:47	5.1mph	M40-44: 4
			<u>Split Description</u>	<u>Split Time</u>		<u>Pace</u>		<u>Speed</u>	<u>Cumulative</u>
			Swim	00:19:46.61		42:26		1.4mph	00:19:46.61
			T1	00:03:33.57				0.0mph	00:23:20.18
			Bike	01:23:31.81		08:57		6.7mph	01:46:51.98
			T2	00:02:07.69				0.0mph	01:48:59.66
			Run	00:43:03.29				0.0mph	02:32:02.95
23	GRANT BAKER	OLATHE, KS	M: 21	RUNNER	216	02:33:26.67	11:54	5.0mph	M35-39: 5
			<u>Split Description</u>	<u>Split Time</u>		<u>Pace</u>		<u>Speed</u>	<u>Cumulative</u>
			Swim	00:15:51.81		34:02		1.8mph	00:15:51.81
			T1	00:03:03.76				0.0mph	00:18:55.57
			Bike	01:36:33.55		10:21		5.8mph	01:55:29.11
			T2	00:01:37.67				0.0mph	01:57:06.77
			Run	00:36:19.91				0.0mph	02:33:26.67
24	DON AUSTIN	OWENSBORO, KY	M: 22	RUNNER	247	02:34:00.50	11:56	5.0mph	M50-54: 2
			<u>Split Description</u>	<u>Split Time</u>		<u>Pace</u>		<u>Speed</u>	<u>Cumulative</u>
			Swim	00:17:18.77		37:08		1.6mph	00:17:18.77
			T1	00:03:19.69				0.0mph	00:20:38.45
			Bike	01:32:32.73		09:55		6.0mph	01:53:11.18
			T2	00:02:00.96				0.0mph	01:55:12.14
			Run	00:38:48.36				0.0mph	02:34:00.50
25	RYAN RASH	BENTONVILLE, AR	M: 23	RUNNER	210	02:34:18.77	11:58	5.0mph	M30-34: 1
			<u>Split Description</u>	<u>Split Time</u>		<u>Pace</u>		<u>Speed</u>	<u>Cumulative</u>
			Swim	00:17:47.52		38:10		1.6mph	00:17:47.52
			T1	00:01:50.98				0.0mph	00:19:38.50
			Bike	01:30:17.80		09:41		6.2mph	01:49:56.30
			T2	00:02:01.49				0.0mph	01:51:57.78
			Run	00:42:20.99				0.0mph	02:34:18.77
26	CURTIS MITCHELL	SHAWNEE, OK	M: 24	RUNNER	201	02:35:01.86	12:01	5.0mph	M40-44: 5
			<u>Split Description</u>	<u>Split Time</u>		<u>Pace</u>		<u>Speed</u>	<u>Cumulative</u>
			Swim	00:18:06.56		38:51		1.5mph	00:18:06.56
			T1	00:02:19.04				0.0mph	00:20:25.60
			Bike	01:25:38.68		09:11		6.5mph	01:46:04.28
			T2	00:02:24.07				0.0mph	01:48:28.34
			Run	00:46:33.52				0.0mph	02:35:01.86
27	MATT EVANS	ROGERSVILLE, MO	M: 25	RUNNER	266	02:37:06.43	12:11	4.9mph	M45-49: 3
			<u>Split Description</u>	<u>Split Time</u>		<u>Pace</u>		<u>Speed</u>	<u>Cumulative</u>
			Swim	00:21:11.58		45:28		1.3mph	00:21:11.58
			T1	00:03:28.02				0.0mph	00:24:39.60
			Bike	01:31:35.86		09:49		6.1mph	01:56:15.46
			T2	00:02:31.93				0.0mph	01:58:47.38
			Run	00:38:19.06				0.0mph	02:37:06.43
28	ANDRE GIES	FAYETTEVILLE, AR	M: 26	RUNNER	258	02:37:36.45	12:13	4.9mph	M55-59: 3
			<u>Split Description</u>	<u>Split Time</u>		<u>Pace</u>		<u>Speed</u>	<u>Cumulative</u>
			Swim	00:18:55.36		40:36		1.5mph	00:18:55.36
			T1	00:02:30.39				0.0mph	00:21:25.74
			Bike	01:32:26.63		09:55		6.0mph	01:53:52.37
			T2	00:01:54.51				0.0mph	01:55:46.87
			Run	00:41:49.58				0.0mph	02:37:36.45

Mtn Man Off-Road Tri - Sprint

Place	Name	Hometown	Gender	Type	Bib #	Time	Pace	Speed	Division Rank
29	ELLIE BRITTON	FAYETTEVILLE, AR	F: 3	RUNNER	269	02:38:37.71	12:18	4.9mph	Overall Female: 3
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Swim		00:17:12.66	36:55	1.6mph	00:17:12.66
				T1		00:01:50.06		0.0mph	00:19:02.72
				Bike		01:37:48.32	10:29	5.7mph	01:56:51.03
				T2		00:01:03.94		0.0mph	01:57:54.96
				Run		00:40:42.76		0.0mph	02:38:37.71
30	ED MAZUR	PROSPER, TX	M: 27	RUNNER	202	02:39:25.22	12:21	4.9mph	M55-59: 4
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Swim		00:17:48.45	38:12	1.6mph	00:17:48.45
				T1		00:03:38.73		0.0mph	00:21:27.18
				Bike		01:39:47.55	10:42	5.6mph	02:01:14.73
				T2		00:02:03.98		0.0mph	02:03:18.70
				Run		00:36:06.53		0.0mph	02:39:25.22
31	JOHN REIS	ATLANTIC BEACH, FL	M: 28	RUNNER	232	02:44:55.99	12:47	4.7mph	M35-39: 6
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Swim		00:16:48.13	36:03	1.7mph	00:16:48.13
				T1		00:02:25.41		0.0mph	00:19:13.54
				Bike		01:42:33.63	11:00	5.5mph	02:01:47.16
				T2		00:01:13.81		0.0mph	02:03:00.97
				Run		00:41:55.02		0.0mph	02:44:55.99
32	ZACH LOVELL	CHESTNUTRIDGE, MO	M: 29	RUNNER	242	02:45:22.00	12:49	4.7mph	M30-34: 2
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Swim		00:18:30.04	39:41	1.5mph	00:18:30.04
				T1		00:03:24.13		0.0mph	00:21:54.16
				Bike		01:34:33.56	10:08	5.9mph	01:56:27.72
				T2		00:01:53.62		0.0mph	01:58:21.33
				Run		00:47:00.67		0.0mph	02:45:22.00
33	JOSEPH FULLER	SPRINGFIELD, MO	M: 30	RUNNER	274	02:46:03.82	12:52	4.7mph	M45-49: 4
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Swim		00:15:30.00	33:15	1.8mph	00:15:30.00
				T1		00:02:12.29		0.0mph	00:17:42.29
				Bike		01:38:49.60	10:36	5.7mph	01:56:31.89
				T2		00:01:05.33		0.0mph	01:57:37.21
				Run		00:48:26.61		0.0mph	02:46:03.82
34	ELLEN MEADE	LIBERTY, MO	F: 4	RUNNER	220	02:46:06.97	12:53	4.7mph	F50-54: 1
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Swim		00:17:27.79	37:28	1.6mph	00:17:27.79
				T1		00:02:50.05		0.0mph	00:20:17.83
				Bike		01:42:38.67	11:00	5.4mph	02:02:56.49
				T2		00:01:42.77		0.0mph	02:04:39.26
				Run		00:41:27.72		0.0mph	02:46:06.97
35	CLINT MORRIS	MOUNTAIN HOME, AR	M: 31	RUNNER	276	02:47:03.89	12:57	4.6mph	M35-39: 7
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Swim		00:19:57.78	42:50	1.4mph	00:19:57.78
				T1		00:02:38.51		0.0mph	00:22:36.29
				Bike		01:41:06.36	10:50	5.5mph	02:03:42.64
				T2		00:01:22.87		0.0mph	02:05:05.51
				Run		00:41:58.39		0.0mph	02:47:03.89
36	SARIAH CARRIERE	MENA, AR	F: 5	RUNNER	219	02:49:38.81	13:09	4.6mph	F30-34: 1
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Swim		00:20:40.03	44:20	1.4mph	00:20:40.03
				T1		00:04:27.83		0.0mph	00:25:07.86
				Bike		01:44:09.08	11:10	5.4mph	02:09:16.93
				T2		00:01:37.91		0.0mph	02:10:54.84
				Run		00:38:43.98		0.0mph	02:49:38.81
37	RYAN OWENS	LEES SUMMIT, MO	M: 32	RUNNER	254	02:49:48.18	13:10	4.6mph	M40-44: 6
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Swim		00:15:11.04	32:34	1.8mph	00:15:11.04
				T1		00:04:16.24		0.0mph	00:19:27.27
				Bike		01:32:40.08	09:56	6.0mph	01:52:07.35
				T2		00:02:57.15		0.0mph	01:55:04.50
				Run		00:54:43.69		0.0mph	02:49:48.18

Mtn Man Off-Road Tri - Sprint

Place	Name	Hometown	Gender	Type	Bib #	Time	Pace	Speed	Division Rank
38	BROOKLYNE SEDERWALL	SPRINGFIELD, MO	F: 6	RUNNER	289	02:49:51.61	13:10	4.6mph	F20-24: 1
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Swim		00:19:45.49	42:23	1.4mph	00:19:45.49
				T1		00:03:04.35		0.0mph	00:22:49.83
				Bike		01:49:08.49	11:42	5.1mph	02:11:58.32
				T2		00:02:01.02		0.0mph	02:13:59.34
				Run		00:35:52.28		0.0mph	02:49:51.61
39	JAKE MORRISON	BLUE SPRINGS, MO	M: 33	RUNNER	231	02:50:25.36	13:13	4.5mph	M35-39: 8
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Swim		00:21:01.79	45:07	1.3mph	00:21:01.79
				T1		00:03:29.46		0.0mph	00:24:31.25
				Bike		01:41:39.47	10:54	5.5mph	02:06:10.71
				T2		00:00:55.59		0.0mph	02:07:06.30
				Run		00:43:19.07		0.0mph	02:50:25.36
40	HAILEY MCHENRY	ROGERSVILLE, MO	F: 7	RUNNER	288	02:51:04.49	13:16	4.5mph	F20-24: 2
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Swim		00:15:06.19	32:24	1.9mph	00:15:06.19
				T1		00:02:06.91		0.0mph	00:17:13.09
				Bike		01:40:45.40	10:48	5.6mph	01:57:58.49
				T2		00:01:22.19		0.0mph	01:59:20.68
				Run		00:51:43.81		0.0mph	02:51:04.49
41	BRAD WATSON	ROWLETT, TX	M: 34	RUNNER	252	02:52:00.77	13:20	4.5mph	M55-59: 5
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Swim		00:18:23.77	39:28	1.5mph	00:18:23.77
				T1		00:03:21.50		0.0mph	00:21:45.27
				Bike		01:34:11.16	10:06	5.9mph	01:55:56.42
				T2		00:01:01.71		0.0mph	01:56:58.13
				Run		00:55:02.65		0.0mph	02:52:00.77
42	NICK IMPER	BENTONVILLE, AR	M: 35	RUNNER	211	02:52:29.73	13:22	4.5mph	M30-34: 3
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Swim		00:27:33.89	59:08	1.0mph	00:27:33.89
				T1		00:02:46.05		0.0mph	00:30:19.93
				Bike		01:35:58.11	10:17	5.8mph	02:06:18.03
				T2		00:01:51.25		0.0mph	02:08:09.27
				Run		00:44:20.46		0.0mph	02:52:29.73
43	CHAD LIVINGSTON	HONOLULU, HI	M: 36	RUNNER	277	02:54:33.18	13:32	4.4mph	M45-49: 5
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Swim		00:22:05.96	47:25	1.3mph	00:22:05.96
				T1		00:03:15.93		0.0mph	00:25:21.89
				Bike		01:46:47.82	11:27	5.2mph	02:12:09.70
				T2		00:01:35.75		0.0mph	02:13:45.45
				Run		00:40:47.73		0.0mph	02:54:33.18
44	MATTHEW MULHERON	LEES SUMMIT, MO	M: 37	RUNNER	237	02:57:07.25	13:44	4.4mph	M40-44: 7
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Swim		00:19:54.34	42:42	1.4mph	00:19:54.34
				T1		00:03:57.80		0.0mph	00:23:52.14
				Bike		01:37:59.91	10:30	5.7mph	02:01:52.04
				T2		00:02:52.65		0.0mph	02:04:44.69
				Run		00:52:22.57		0.0mph	02:57:07.25
45	DAMON GARDNER	LAWRENCE, KS	M: 38	RUNNER	250	03:00:26.88	13:59	4.3mph	M40-44: 8
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Swim		00:22:12.29	47:38	1.3mph	00:22:12.29
				T1		00:03:36.63		0.0mph	00:25:48.92
				Bike		01:47:03.27	11:29	5.2mph	02:12:52.19
				T2		00:04:32.09		0.0mph	02:17:24.27
				Run		00:43:02.61		0.0mph	03:00:26.88
46	ALEXANDRA WILBERZ	SMITHS, BM	F: 8	RUNNER	238	03:00:35.97	14:00	4.3mph	F50-54: 2
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Swim		00:17:20.49	37:12	1.6mph	00:17:20.49
				T1		00:03:25.10		0.0mph	00:20:45.58
				Bike		01:48:25.27	11:37	5.2mph	02:09:10.85
				T2		00:02:41.16		0.0mph	02:11:52.01
				Run		00:48:43.96		0.0mph	03:00:35.97
47	DUSTIN KRAMER	BATESVILLE, AR	M: 39	RUNNER	215	03:00:39.66	14:00	4.3mph	M45-49: 6
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Swim		00:27:22.10	58:43	1.0mph	00:27:22.10
				T1		00:05:44.39		0.0mph	00:33:06.49
				Bike		01:35:40.03	10:15	5.8mph	02:08:46.52
				T2		00:01:52.03		0.0mph	02:10:38.54
				Run		00:50:01.12		0.0mph	03:00:39.66

Mtn Man Off-Road Tri - Sprint

Place	Name	Hometown	Gender	Type	Bib #	Time	Pace	Speed	Division Rank
48	RYAN FISHER	BIXBY, OK	M: 40	RUNNER	235	03:01:44.81	14:05	4.3mph	M25-29: 2
			<u>Split Description</u>	<u>Split Time</u>		<u>Pace</u>		<u>Speed</u>	<u>Cumulative</u>
			Swim	00:21:20.74		45:48		1.3mph	00:21:20.74
			T1	00:05:32.38				0.0mph	00:26:53.11
			Bike	01:47:32.62		11:32		5.2mph	02:14:25.72
			T2	00:01:40.83				0.0mph	02:16:06.55
			Run	00:45:38.27				0.0mph	03:01:44.81
49	BRIAN PHARNEY	SPRINGFIELD, MO	M: 41	RUNNER	267	03:02:21.02	14:08	4.2mph	M40-44: 9
			<u>Split Description</u>	<u>Split Time</u>		<u>Pace</u>		<u>Speed</u>	<u>Cumulative</u>
			Swim	00:17:43.08		38:01		1.6mph	00:17:43.08
			T1	00:03:03.91				0.0mph	00:20:46.99
			Bike	01:53:51.04		12:12		4.9mph	02:14:38.03
			T2	00:02:43.09				0.0mph	02:17:21.12
			Run	00:44:59.91				0.0mph	03:02:21.02
50	CAMERON BIENZ	BELLA VISTA, AR	M: 42	RUNNER	229	03:02:58.64	14:11	4.2mph	M25-29: 3
			<u>Split Description</u>	<u>Split Time</u>		<u>Pace</u>		<u>Speed</u>	<u>Cumulative</u>
			Swim	00:19:39.12		42:10		1.4mph	00:19:39.12
			T1	00:07:12.48				0.0mph	00:26:51.60
			Bike	01:40:04.82		10:44		5.6mph	02:06:56.41
			T2	00:04:43.94				0.0mph	02:11:40.35
			Run	00:51:18.29				0.0mph	03:02:58.64
51	CALEB TEIG	GALENA, MO	M: 43	RUNNER	233	03:06:32.43	14:28	4.1mph	M35-39: 9
			<u>Split Description</u>	<u>Split Time</u>		<u>Pace</u>		<u>Speed</u>	<u>Cumulative</u>
			Swim	00:19:55.94		42:46		1.4mph	00:19:55.94
			T1	00:04:36.75				0.0mph	00:24:32.69
			Bike	01:51:33.41		11:58		5.0mph	02:16:06.09
			T2	00:01:47.21				0.0mph	02:17:53.30
			Run	00:48:39.13				0.0mph	03:06:32.43
52	KALYNNE TEIG	GALENA, MO	F: 9	RUNNER	234	03:06:32.75	14:28	4.1mph	F30-34: 2
			<u>Split Description</u>	<u>Split Time</u>		<u>Pace</u>		<u>Speed</u>	<u>Cumulative</u>
			Swim	00:18:07.92		38:54		1.5mph	00:18:07.92
			T1	00:06:26.20				0.0mph	00:24:34.12
			Bike	01:51:35.27		11:58		5.0mph	02:16:09.39
			T2	00:01:38.95				0.0mph	02:17:48.33
			Run	00:48:44.42				0.0mph	03:06:32.75
53	TODD BAKER	WALNUT SHADE, MO	M: 44	RUNNER	287	03:06:51.81	14:29	4.1mph	M45-49: 7
			<u>Split Description</u>	<u>Split Time</u>		<u>Pace</u>		<u>Speed</u>	<u>Cumulative</u>
			Swim	00:24:41.90		52:59		1.1mph	00:24:41.90
			T1	00:02:18.77				0.0mph	00:27:00.66
			Bike	00:01:01.67		00:06		544.1mph	00:28:02.33
			T2	01:50:25.68				0.0mph	02:18:28.01
			Run	00:48:23.80				0.0mph	03:06:51.81
54	TOM DENEVAN	BRANSON, MO	M: 45	RUNNER	283	03:07:37.50	14:33	4.1mph	M50-54: 3
			<u>Split Description</u>	<u>Split Time</u>		<u>Pace</u>		<u>Speed</u>	<u>Cumulative</u>
			Swim	00:25:50.76		55:27		1.1mph	00:25:50.76
			T1	00:03:10.76				0.0mph	00:29:01.52
			Bike	01:40:00.44		10:43		5.6mph	02:09:01.95
			T2	00:03:23.22				0.0mph	02:12:25.17
			Run	00:55:12.33				0.0mph	03:07:37.50
55	FELIX SUEL	FAYETTEVILLE, AR	M: 46	RUNNER	223	03:08:28.90	14:37	4.1mph	M14-15: 1
			<u>Split Description</u>	<u>Split Time</u>		<u>Pace</u>		<u>Speed</u>	<u>Cumulative</u>
			Swim	00:22:14.80		47:44		1.3mph	00:22:14.80
			T1	00:05:06.72				0.0mph	00:27:21.52
			Bike	02:05:22.01		13:27		4.5mph	02:32:43.52
			T2	00:02:07.60				0.0mph	02:34:51.12
			Run	00:33:37.79				0.0mph	03:08:28.90
56	DANNY CONWAY	LEES SUMMIT, MO	M: 47	RUNNER	244	03:09:26.33	14:41	4.1mph	M40-44: 10
			<u>Split Description</u>	<u>Split Time</u>		<u>Pace</u>		<u>Speed</u>	<u>Cumulative</u>
			Swim	00:16:46.27		35:59		1.7mph	00:16:46.27
			T1	00:02:10.39				0.0mph	00:18:56.65
			Bike	01:11:46.83		07:42		7.8mph	01:30:43.48
			T2	00:02:51.70				0.0mph	01:33:35.17
			Run	01:35:51.16				0.0mph	03:09:26.33
57	CARL BAKER	TACOMA, WA	M: 48	RUNNER	286	03:09:57.93	14:44	4.1mph	M55-59: 6
			<u>Split Description</u>	<u>Split Time</u>		<u>Pace</u>		<u>Speed</u>	<u>Cumulative</u>
			Swim	00:23:26.03		50:17		1.2mph	00:23:26.03
			T1	00:04:40.99				0.0mph	00:28:07.01
			Bike	01:52:26.86		12:03		5.0mph	02:20:33.86
			T2	00:01:54.02				0.0mph	02:22:27.88
			Run	00:47:30.05				0.0mph	03:09:57.93

Mtn Man Off-Road Tri - Sprint

Place	Name	Hometown	Gender	Type	Bib #	Time	Pace	Speed	Division Rank
58	DANYA JOHNSON	POTTSVILLE, AR	F: 10	RUNNER	240	03:13:57.79	15:02	4.0mph	F45-49: 1
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Swim		00:17:12.25	36:54	1.6mph	00:17:12.25
				T1		00:01:39.79		0.0mph	00:18:52.03
				Bike		02:04:32.36	13:21	4.5mph	02:23:24.38
				T2		00:01:16.81		0.0mph	02:24:41.19
				Run		00:49:16.60		0.0mph	03:13:57.79
59	JOSH MATHEWS	ROSIE, AR	M: 49	RUNNER	257	03:14:44.56	15:06	4.0mph	M45-49: 8
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Swim		00:24:46.86	53:10	1.1mph	00:24:46.86
				T1		00:06:54.76		0.0mph	00:31:41.61
				Bike		01:53:55.23	12:13	4.9mph	02:25:36.83
				T2		00:02:02.05		0.0mph	02:27:38.88
				Run		00:47:05.69		0.0mph	03:14:44.56
60	C. GRANT MALEDY	SEDALIA, MO	M: 50	RUNNER	264	03:15:59.74	15:12	3.9mph	M40-44: 11
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Swim		00:18:53.64	40:32	1.5mph	00:18:53.64
				T1		00:02:46.02		0.0mph	00:21:39.65
				Bike		02:01:06.75	12:59	4.6mph	02:22:46.40
				T2		00:01:40.94		0.0mph	02:24:27.33
				Run		00:51:32.42		0.0mph	03:15:59.74
61	BRAD CUMMINGS	ROSIE, AR	M: 51	RUNNER	217	03:16:12.08	15:13	3.9mph	M50-54: 4
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Swim		00:27:43.15	59:28	1.0mph	00:27:43.15
				T1		00:04:12.58		0.0mph	00:31:55.73
				Bike		01:53:02.96	12:07	4.9mph	02:24:58.68
				T2		00:02:01.78		0.0mph	02:27:00.46
				Run		00:49:11.62		0.0mph	03:16:12.08
62	PIPPI SUEL	FAYETTEVILLE, AR	F: 11	RUNNER	225	03:16:43.33	15:15	3.9mph	F16-17: 1
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Swim		00:20:49.53	44:41	1.3mph	00:20:49.53
				T1		00:03:35.32		0.0mph	00:24:24.84
				Bike		02:07:40.93	13:41	4.4mph	02:32:05.77
				T2		00:02:06.82		0.0mph	02:34:12.58
				Run		00:42:30.75		0.0mph	03:16:43.33
63	KEVIN BOYD	FAYETTEVILLE, AR	M: 52	RUNNER	222	03:18:44.14	15:24	3.9mph	M55-59: 7
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Swim		00:24:28.90	52:31	1.1mph	00:24:28.90
				T1		00:02:56.07		0.0mph	00:27:24.96
				Bike		01:58:23.89	12:42	4.7mph	02:25:48.85
				T2		00:02:31.80		0.0mph	02:28:20.64
				Run		00:50:23.50		0.0mph	03:18:44.14
64	JASON MERRELL	SHAWNEE, OK	M: 53	RUNNER	241	03:22:03.92	15:40	3.8mph	M50-54: 5
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Swim		00:29:11.57	02:38	1.0mph	00:29:11.57
				T1		00:03:51.94		0.0mph	00:33:03.50
				Bike		01:50:49.85	11:53	5.0mph	02:23:53.35
				T2		00:01:55.76		0.0mph	02:25:49.11
				Run		00:56:14.82		0.0mph	03:22:03.92
65	JAMES DEWLEN	STILLWATER, OK	M: 54	RUNNER	255	03:22:18.83	15:41	3.8mph	M75-79: 1
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Swim		00:21:35.25	46:19	1.3mph	00:21:35.25
				T1		00:03:47.71		0.0mph	00:25:22.95
				Bike		01:51:44.20	11:59	5.0mph	02:17:07.14
				T2		00:02:26.39		0.0mph	02:19:33.53
				Run		01:02:45.31		0.0mph	03:22:18.83
66	CHRIS GORDON	MOUNTAIN HOME, AR	M: 55	RUNNER	230	03:25:14.14	15:55	3.8mph	M45-49: 9
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Swim		00:24:25.30	52:24	1.1mph	00:24:25.30
				T1		00:04:32.55		0.0mph	00:28:57.84
				Bike		00:00:22.99	00:02	1460.0mph	00:29:20.82
				T2		01:56:25.73		0.0mph	02:25:46.55
				Run		00:59:27.59		0.0mph	03:25:14.14

Mtn Man Off-Road Tri - Sprint

Place	Name	Hometown	Gender	Type	Bib #	Time	Pace	Speed	Division Rank
67	AARON COLLINS	OAK GROVE, MO	M: 56	RUNNER	272	03:31:37.46	16:24	3.7mph	M40-44: 12
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Swim		00:22:32.21	48:21	1.2mph	00:22:32.21
				T1		00:05:25.14		0.0mph	00:27:57.35
				Bike		02:08:18.37	13:45	4.4mph	02:36:15.71
				T2		00:04:09.97		0.0mph	02:40:25.68
				Run		00:51:11.79		0.0mph	03:31:37.46
68	SARAH BOYD	FAYETTEVILLE, AR	F: 12	RUNNER	221	03:33:34.73	16:33	3.6mph	F45-49: 2
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Swim		00:22:16.93	47:48	1.3mph	00:22:16.93
				T1		00:05:01.89		0.0mph	00:27:18.81
				Bike		02:11:23.08	14:05	4.3mph	02:38:41.88
				T2		00:01:16.77		0.0mph	02:39:58.64
				Run		00:53:36.10		0.0mph	03:33:34.73
69	COURTNEY COBURN	POINT LOOKOUT, MO	F: 13	RUNNER	227	03:38:40.79	16:57	3.5mph	F25-29: 1
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Swim		00:33:27.61	11:47	0.8mph	00:33:27.61
				T1		00:03:21.25		0.0mph	00:36:48.85
				Bike		02:05:39.24	13:28	4.5mph	02:42:28.08
				T2		00:01:12.77		0.0mph	02:43:40.85
				Run		00:54:59.95		0.0mph	03:38:40.79
70	JOEY MULHERON	CASCADE, IA	M: 57	RUNNER	246	03:39:37.07	17:01	3.5mph	M30-34: 4
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Swim		00:19:29.32	41:49	1.4mph	00:19:29.32
				T1		00:05:00.62		0.0mph	00:24:29.94
				Bike		02:12:24.39	14:12	4.2mph	02:36:54.33
				T2		00:02:10.02		0.0mph	02:39:04.35
				Run		01:00:32.73		0.0mph	03:39:37.07
71	RUSSELL LANE	ALPENA, AR	M: 58	RUNNER	281	03:40:17.82	17:05	3.5mph	M35-39: 10
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Swim		00:34:37.21	14:17	0.8mph	00:34:37.21
				T1		00:05:34.06		0.0mph	00:40:11.27
				Bike		02:04:40.84	13:22	4.5mph	02:44:52.10
				T2		00:01:04.48		0.0mph	02:45:56.58
				Run		00:54:21.24		0.0mph	03:40:17.82
72	SETH FLEIG	WATTS, OK	M: 59	RUNNER	228	03:49:59.27	17:50	3.4mph	M25-29: 4
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Swim		00:32:45.52	10:17	0.9mph	00:32:45.52
				T1		00:04:38.20		0.0mph	00:37:23.71
				Bike		02:15:09.59	14:30	4.1mph	02:52:33.30
				T2		00:04:33.33		0.0mph	02:57:06.63
				Run		00:52:52.65		0.0mph	03:49:59.27
73	KRISTOPHER HAMMER	LEES SUMMIT, MO	M: 60	RUNNER	253	03:54:30.02	18:11	3.3mph	M45-49: 10
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Swim		00:28:29.97	01:09	1.0mph	00:28:29.97
				T1		00:09:40.23		0.0mph	00:38:10.19
				Bike		02:03:58.28	13:18	4.5mph	02:42:08.47
				T2		00:03:31.72		0.0mph	02:45:40.18
				Run		01:08:49.84		0.0mph	03:54:30.02
74	JEREMY NICHOLSON	MOUNTAIN HOME, AR	M: 61	RUNNER	203	04:18:46.40	20:04	3.0mph	M50-54: 6
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Swim		00:19:56.27	42:46	1.4mph	00:19:56.27
				T1		00:05:22.53		0.0mph	00:25:18.80
				Bike		02:36:01.16	16:44	3.6mph	03:01:19.96
				T2		00:02:12.40		0.0mph	03:03:32.35
				Run		01:15:14.06		0.0mph	04:18:46.40
75	GAVIN GARDNER	LAWRENCE, KS	M: 62	RUNNER	249	04:21:44.40	20:18	3.0mph	M13U: 1
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Swim		00:22:13.03	47:40	1.3mph	00:22:13.03
				T1		00:01:40.41		0.0mph	00:23:53.43
				Bike		02:43:28.72	17:32	3.4mph	03:07:22.15
				T2		00:02:45.32		0.0mph	03:10:07.46
				Run		01:11:36.94		0.0mph	04:21:44.40

Mtn Man Off-Road Tri - Sprint

Place	Name	Hometown	Gender	Type	Bib #	Time	Pace	Speed	Division Rank
76	JASON MORRIS	KEARNEY, MO	M: 63	RUNNER	282	04:32:36.78	21:08	2.8mph	M40-44: 13
			<u>Split Description</u>	<u>Split Time</u>		<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>	
			Swim	00:28:41.60		01:34	1.0mph	00:28:41.60	
			T1	00:00:00.00			0.0mph	00:28:41.60	
			Bike	03:10:03.97		20:23	2.9mph	03:38:45.57	
			T2	00:00:00.00			0.0mph	03:38:45.57	
			Run	00:53:51.22			0.0mph	04:32:36.78	
77	MATT ALEXANDER	BENTON, AR	M: 64	RUNNER	214	04:34:24.00	21:16	2.8mph	M40-44: 14
			<u>Split Description</u>	<u>Split Time</u>		<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>	
			Swim	00:26:30.15		56:52	1.1mph	00:26:30.15	
			T1	00:05:37.22			0.0mph	00:32:07.37	
			Bike	02:55:51.12		18:52	3.2mph	03:27:58.49	
			T2	00:03:54.01			0.0mph	03:31:52.49	
			Run	01:02:31.52			0.0mph	04:34:24.00	
78	DANA NOTTINGHAM	SEWARD, NE	M: 65	RUNNER	200	04:34:26.12	21:17	2.8mph	M55-59: 8
			<u>Split Description</u>	<u>Split Time</u>		<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>	
			Swim	00:31:09.15		06:50	0.9mph	00:31:09.15	
			T1	00:06:20.17			0.0mph	00:37:29.31	
			Bike	02:51:26.24		18:23	3.3mph	03:28:55.54	
			T2	00:03:48.34			0.0mph	03:32:43.88	
			Run	01:01:42.25			0.0mph	04:34:26.12	
79	ALLEN WOLFE	ROSIE, AR	M: 66	RUNNER	239	04:34:30.06	21:17	2.8mph	M50-54: 7
			<u>Split Description</u>	<u>Split Time</u>		<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>	
			Swim	00:24:49.27		53:15	1.1mph	00:24:49.27	
			T1	00:07:04.12			0.0mph	00:31:53.39	
			Bike	02:56:03.85		18:53	3.2mph	03:27:57.23	
			T2	00:03:56.14			0.0mph	03:31:53.37	
			Run	01:02:36.70			0.0mph	04:34:30.06	
80	PAUL PAXTON	WHITE (NOT HISPANIC OR LATINX), MO	M: 67	RUNNER	236	05:05:01.83	23:39	2.5mph	M35-39: 11
			<u>Split Description</u>	<u>Split Time</u>		<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>	
			Swim	00:23:32.56		50:31	1.2mph	00:23:32.56	
			T1	00:03:35.39			0.0mph	00:27:07.95	
			Bike	02:51:46.02		18:25	3.3mph	03:18:53.97	
			T2	00:03:30.09			0.0mph	03:22:24.05	
			Run	01:42:37.78			0.0mph	05:05:01.83	
81	JEREMIAH COON	OAK GROVE, MO	M: 68	RUNNER	270	05:07:26.31	23:50	2.5mph	M25-29: 5
			<u>Split Description</u>	<u>Split Time</u>		<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>	
			Swim	00:21:24.72		45:56	1.3mph	00:21:24.72	
			T1	00:02:58.25			0.0mph	00:24:22.96	
			Bike	03:45:30.80		24:11	2.5mph	04:09:53.76	
			T2	00:06:28.84			0.0mph	04:16:22.59	
			Run	00:51:03.73			0.0mph	05:07:26.31	
82	LAURA COON	OAK GROVE, MO	F: 14	RUNNER	271	05:25:56.59	25:16	2.4mph	F65-69: 1
			<u>Split Description</u>	<u>Split Time</u>		<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>	
			Swim	00:21:04.26		45:12	1.3mph	00:21:04.26	
			T1	00:03:22.39			0.0mph	00:24:26.65	
			Bike	03:47:28.92		24:24	2.5mph	04:11:55.56	
			T2	00:05:37.84			0.0mph	04:17:33.40	
			Run	01:08:23.19			0.0mph	05:25:56.59	
83	ALEXIS WOOD	BALLWIN, MO	F: 15	RUNNER	262	05:42:57.97	26:35	2.3mph	F25-29: 2
			<u>Split Description</u>	<u>Split Time</u>		<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>	
			Swim	00:31:20.64		07:15	0.9mph	00:31:20.64	
			T1	00:10:45.78			0.0mph	00:42:06.42	
			Bike	03:36:06.74		23:11	2.6mph	04:18:13.15	
			T2	00:18:25.01			0.0mph	04:36:38.15	
			Run	01:06:19.82			0.0mph	05:42:57.97	
84	JULIE OLDHAM	LANGHORNE, PA	F: 16	RUNNER	261	05:42:58.62	26:36	2.3mph	F55-59: 1
			<u>Split Description</u>	<u>Split Time</u>		<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>	
			Swim	00:31:20.52		07:15	0.9mph	00:31:20.52	
			T1	00:10:45.16			0.0mph	00:42:05.67	
			Bike	03:36:16.20		23:12	2.6mph	04:18:21.87	
			T2	00:18:16.41			0.0mph	04:36:38.27	
			Run	01:06:20.35			0.0mph	05:42:58.62	

Mtn Man Off-Road Tri - Sprint

Place	Name	Hometown	Gender	Type	Bib #	Time	Pace	Speed	Division Rank
85	CHARLES BIBB	O FALLON, MO	M: 69	RUNNER	263	06:07:01.07	28:27	2.1mph	M50-54: 8
			<u>Split Description</u>	<u>Split Time</u>		<u>Pace</u>		<u>Speed</u>	<u>Cumulative</u>
			Swim	00:30:46.47		06:02		0.9mph	00:30:46.47
			T1	00:06:53.39				0.0mph	00:37:39.85
			Bike	04:00:29.85		25:48		2.3mph	04:38:09.69
			T2	00:04:26.62				0.0mph	04:42:36.30
			Run	01:24:24.77				0.0mph	06:07:01.07
DNF	JOHN FANNING	COLUMBIA, MO	M: 70	RUNNER	273	05:00:17.72	23:17	2.6mph	:
			<u>Split Description</u>	<u>Split Time</u>		<u>Pace</u>		<u>Speed</u>	<u>Cumulative</u>
			Swim	00:36:04.32		17:24		0.8mph	00:36:04.32
			T1	00:06:17.37				0.0mph	00:42:21.69
			Bike	03:27:33.07		22:16		2.7mph	04:09:54.76
			T2	00:00:00.00				0.0mph	04:09:54.76
			Run	00:50:22.97				0.0mph	05:00:17.72