

# Lake Norfolk Olympic Tri - Men

## Overall Male

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	816	Danny Mellow	02:26:50.82		Athlete	Jonesboro, AR	/M	mph	1	34	2100131057
		Swim >	0:16:46.487								(0:16:46.487)
		T1 >	0:00:50.905								(0:17:37.392)
		Bike >	1:11:32.251								(1:29:09.643)
		T2 >	0:00:46.031								(1:29:55.674)
		Run >	0:56:55.154								(2:26:50.828)

## Male 0 - 19

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	838	Heston Coon	04:17:02.40		Athlete	Mountain View, AR	/M	mph	20	17	christy@ozar kortho.com
		Swim >	0:16:17.629								(0:16:17.629)
		T1 >	0:02:07.886								(0:18:25.515)
		Bike >	2:09:13.162								(2:27:38.677)
		T2 >	0:01:25.630								(2:29:04.307)
		Run >	1:47:58.094								(4:17:02.401)

## Male 20 - 29

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	824	Benjamin Warner	03:07:45.23		Athlete	Walnut Ridge, AR	/M	mph	7	23	VYRF9YA959
		Swim >	0:31:28.089								(0:31:28.089)
		T1 >	0:02:00.535								(0:33:28.624)
		Bike >	1:32:44.026								(2:06:12.650)
		T2 >	0:01:44.327								(2:07:56.977)
		Run >	0:59:48.253								(3:07:45.230)
2.	822	Alexander Van	03:09:33.92		Athlete	Walnut Ridge, AR	/M	mph	8	20	ZF6YLTTAFH
		Swim >	0:29:48.719								(0:29:48.719)
		T1 >	0:02:46.733								(0:32:35.452)
		Bike >	1:33:40.140								(2:06:15.592)
		T2 >	0:03:10.418								(2:09:26.010)
		Run >	1:00:07.911								(3:09:33.921)
3.	820	Kenny Rains	03:26:39.96		Athlete	Batesville, AR	/M	mph	12	25	X78J4G4P3G
		Swim >	0:24:06.688								(0:24:06.688)
		T1 >	0:03:04.747								(0:27:11.435)
		Bike >	1:34:46.539								(2:01:57.974)
		T2 >	0:01:47.368								(2:03:45.342)
		Run >	1:22:54.626								(3:26:39.968)
4.	813	Spencer Mccorkel	03:37:19.39		Athlete	Bryant, AR	/M	mph	18	28	YVZSQAJ6F M
		Swim >	0:24:58.239								(0:24:58.239)
		T1 >	0:04:39.788								(0:29:38.027)
		Bike >	1:46:21.450								(2:15:59.477)
		T2 >	0:02:22.715								(2:18:22.192)
		Run >	1:18:57.199								(3:37:19.391)

## Male 30 - 39

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	823	Nathan Vaughan	02:33:52.86		Athlete	Chicago, IL	/M	mph	2	33	2100213379
		Swim >	0:15:52.492								(0:15:52.492)
		T1 >	0:01:29.618								(0:17:22.110)
		Bike >	1:16:38.924								(1:34:01.034)
		T2 >	0:00:59.872								(1:35:00.906)
		Run >	0:58:51.963								(2:33:52.869)
2.	810	Jason Leake	02:43:02.88		Athlete	Jonesboro, AR	/M	mph	4	37	2100109666
		Swim >	0:18:40.164								(0:18:40.164)
		T1 >	0:01:09.006								(0:19:49.170)
		Bike >	1:13:46.305								(1:33:35.475)
		T2 >	0:00:44.597								(1:34:20.072)
		Run >	1:08:42.813								(2:43:02.885)

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3.	815	Justin McGarity	03:13:10.90	Athlete	Paragould, AR	/M	mph	9	31	SW8BZK5UP 2
		Swim >	0:17:00.510							(0:17:00.510)
		T1 >	0:01:47.823							(0:18:48.333)
		Bike >	1:27:51.161							(1:46:39.494)
		T2 >	0:02:32.073							(1:49:11.567)
		Run >	1:23:59.333							(3:13:10.900)
4.	807	Zach Hutchens	03:28:00.69	Athlete	Mountain Home, AR	/M	mph	14	33	U6UWUULR SM
		Swim >	0:23:45.569							(0:23:45.569)
		T1 >	0:02:57.951							(0:26:43.520)
		Bike >	1:36:37.552							(2:03:21.072)
		T2 >	0:02:05.952							(2:05:27.024)
		Run >	1:22:33.674							(3:28:00.698)
5.	837	Shaun Swearingen		Athlete	Springdale, AR	/M	mph	21	36	85RCQLKF9L
		Swim >	3:19:41.444							(3:19:41.444)

## Male 40 - 49

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	830	*Craig Plunkard	02:40:02.07		Athlete	Mountain Home, AR	/M	mph	3	42	VWRYVMP6 YB
		Swim >	0:17:53.685								(0:17:53.685)
		T1 >	0:01:45.100								(0:19:38.785)
		Bike >	1:20:59.220								(1:40:38.005)
		T2 >	0:00:50.121								(1:41:28.126)
		Run >	0:58:33.949								(2:40:02.075)
2.	819	Chris Nosari	02:55:00.03		Athlete	Mountain Home, AR	/M	mph	5	47	YB36UNQT7 W
		Swim >	0:21:26.059								(0:21:26.059)
		T1 >	0:01:57.219								(0:23:23.278)
		Bike >	1:26:52.785								(1:50:16.063)
		T2 >	0:01:27.481								(1:51:43.544)
		Run >	1:03:16.494								(2:55:00.038)
3.	839	John Hilvert	02:57:20.99		Athlete		/M	mph	6	41	
		Swim >	0:24:19.639								(0:24:19.639)
		T1 >	0:02:18.773								(0:26:38.412)
		Bike >	1:23:57.278								(1:50:35.690)
		T2 >	0:01:15.326								(1:51:51.016)
		Run >	1:05:29.975								(2:57:20.991)
4.	803	John Dillin	03:29:06.36		Athlete	Jonesboro, AR	/M	mph	15	43	X6D4XFTDJ3
		Swim >	0:24:36.761								(0:24:36.761)
		T1 >	0:01:57.888								(0:26:34.649)
		Bike >	1:30:56.834								(1:57:31.483)
		T2 >	0:03:51.549								(2:01:23.032)
		Run >	1:27:43.331								(3:29:06.363)
5.	828	*John Helton	03:47:35.13		Athlete	Memphis, TN	/M	mph	19	47	2095854516
		Swim >	0:22:35.022								(0:22:35.022)
		T1 >	0:02:07.698								(0:24:42.720)
		Bike >	1:32:07.609								(1:56:50.329)
		T2 >	0:01:53.462								(1:58:43.791)
		Run >	1:48:51.342								(3:47:35.133)

## Male 50 - 59

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	817	Paul Murray	03:17:11.48		Athlete	West Plains, MO	/M	mph	10	56	2100279392
		Swim >	0:24:27.184								(0:24:27.184)
		T1 >	0:02:10.597								(0:26:37.781)
		Bike >	1:34:31.892								(2:01:09.673)
		T2 >	0:02:13.474								(2:03:23.147)
		Run >	1:13:48.337								(3:17:11.484)
2.	805	Philo Hawkins	03:22:38.01		Athlete	Blytheville, AR	/M	mph	11	58	2100274337
		Swim >	0:17:48.889								(0:17:48.889)
		T1 >	0:11:21.461								(0:29:10.350)
		Bike >	1:30:53.754								(2:00:04.104)
		T2 >	0:03:10.400								(2:03:14.504)
		Run >	1:19:23.508								(3:22:38.012)

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3.	814	Jerry Mcdonald	03:27:04.32	Athlete	Mountain Home, AR	/M	mph	13	51	RDSM5P76Q W
		<i>Swim &gt;</i>	<i>0:27:05.014</i>							<i>(0:27:05.014)</i>
		<i>T1 &gt;</i>	<i>0:02:42.883</i>							<i>(0:29:47.897)</i>
		<i>Bike &gt;</i>	<i>1:34:35.435</i>							<i>(2:04:23.332)</i>
		<i>T2 &gt;</i>	<i>0:03:03.928</i>							<i>(2:07:27.260)</i>
		<i>Run &gt;</i>	<i>1:19:37.065</i>							<i>(3:27:04.325)</i>
4.	818	Bryan Neal	03:34:54.00	Athlete	Jonesboro, AR	/M	mph	17	51	C7X3UNM5T Z
		<i>Swim &gt;</i>	<i>0:21:24.859</i>							<i>(0:21:24.859)</i>
		<i>T1 &gt;</i>	<i>0:03:19.835</i>							<i>(0:24:44.694)</i>
		<i>Bike &gt;</i>	<i>1:32:48.518</i>							<i>(1:57:33.212)</i>
		<i>T2 &gt;</i>	<i>0:03:51.182</i>							<i>(2:01:24.394)</i>
		<i>Run &gt;</i>	<i>1:33:29.613</i>							<i>(3:34:54.007)</i>

## Male 60+

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	809	Ray Johnson	03:34:21.95		Athlete	Memphis, TN	/M	mph	16	64	2100283554
		<i>Swim &gt;</i>	<i>0:26:31.085</i>								<i>(0:26:31.085)</i>
		<i>T1 &gt;</i>	<i>0:04:56.025</i>								<i>(0:31:27.110)</i>
		<i>Bike &gt;</i>	<i>1:29:32.383</i>								<i>(2:00:59.493)</i>
		<i>T2 &gt;</i>	<i>0:03:55.816</i>								<i>(2:04:55.309)</i>
		<i>Run &gt;</i>	<i>1:29:26.642</i>								<i>(3:34:21.951)</i>