

Trailfest for MS Duathlon Part 4: Coler Park (Bentonville,AR)

Place	Name	Hometown	Gender	Type	Bib #	Time	Pace	Speed	Division Rank
1	DANE BALDINI	BENTONVILLE, AR	M: 1	RUNNER	207	01:41:08.64	05:54	10.1mph	Overall Male: 1
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Run		00:28:04.559	08:08	7.4mph	00:28:04.559
				T1		00:00:09.852		0.0mph	00:28:14.411
				Bike		00:43:46.076	04:17	14.0mph	01:12:00.487
				T2		00:00:18.439		0.0mph	01:12:18.926
				Run		00:28:49.715	08:21	7.2mph	01:41:08.641
2	LUKE MCILVAIN	FAYETTEVILLE, AR	M: 2	RUNNER	176	01:41:55.53	05:57	10.1mph	Overall Male: 2
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Run		00:28:03.431	08:07	7.4mph	00:28:03.431
				T1		00:00:28.345		0.0mph	00:28:31.776
				Bike		00:44:37.731	04:22	13.7mph	01:13:09.507
				T2		00:00:41.749		0.0mph	01:13:51.256
				Run		00:28:04.282	08:08	7.4mph	01:41:55.538
3	SHAYAN DEHBOZORGI	BENTONVILLE, AR	M: 3	RUNNER	205	01:45:33.03	06:10	9.7mph	Overall Male: 3
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Run		00:28:01.504	08:07	7.4mph	00:28:01.504
				T1		00:00:25.939		0.0mph	00:28:27.443
				Bike		00:48:31.860	04:45	12.6mph	01:16:59.303
				T2		00:00:13.425		0.0mph	01:17:12.728
				Run		00:28:20.310	08:12	7.3mph	01:45:33.038
4	LES SHAEFFER	NEOSHO, MO	M: 4	RUNNER	174	01:46:59.73	06:15	9.6mph	Male 40 - 49: 1
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Run		00:28:04.975	08:08	7.4mph	00:28:04.975
				T1		00:00:36.191		0.0mph	00:28:41.166
				Bike		00:48:58.703	04:48	12.5mph	01:17:39.869
				T2		00:00:24.426		0.0mph	01:18:04.295
				Run		00:28:55.435	08:23	7.2mph	01:46:59.730
5	STEPHEN O'NEAL	BENTONVILLE, AR	M: 5	RUNNER	179	01:49:08.94	06:22	9.4mph	Male 40 - 49: 2
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Run		00:28:28.300	08:15	7.3mph	00:28:28.300
				T1		00:00:34.490		0.0mph	00:29:02.790
				Bike		00:50:59.647	04:59	12.0mph	01:20:02.437
				T2		00:00:21.928		0.0mph	01:20:24.365
				Run		00:28:44.583	08:19	7.2mph	01:49:08.948
6	LISA ELLIS-MUSKRAT	BENTONVILLE, AR	F: 1	RUNNER	206	01:53:34.03	06:38	9.0mph	Overall Female: 1
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Run		00:31:05.388	09:00	6.7mph	00:31:05.388
				T1		00:01:11.774		0.0mph	00:32:17.162
				Bike		00:47:30.026	04:39	12.9mph	01:19:47.188
				T2		00:01:03.002		0.0mph	01:20:50.190
				Run		00:32:43.842	09:29	6.3mph	01:53:34.032
7	SHELBY FRANKLIN	ROGERS, AR	M: 6	RUNNER	175	01:55:05.07	06:43	8.9mph	Male 50 - 59: 1
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Run		00:31:32.485	09:08	6.6mph	00:31:32.485
				T1		00:01:13.244		0.0mph	00:32:45.729
				Bike		00:44:50.457	04:23	13.6mph	01:17:36.186
				T2		00:01:13.768		0.0mph	01:18:49.954
				Run		00:36:15.121	10:30	5.7mph	01:55:05.075
8	NATHAN KING	BRANSON, MO	M: 7	RUNNER	194	02:00:36.31	07:03	8.5mph	Male 30 - 39: 1
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Run		00:29:59.721	08:41	6.9mph	00:29:59.721
				T1		00:00:43.233		0.0mph	00:30:42.954
				Bike		00:54:59.408	05:23	11.1mph	01:25:42.362
				T2		00:00:42.969		0.0mph	01:26:25.331
				Run		00:34:10.983	09:54	6.1mph	02:00:36.314
9	DON SUTTON	ROGERS, AR	M: 8	RUNNER	196	02:01:38.63	07:06	8.4mph	Male 30 - 39: 2
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Run		00:27:50.351	08:04	7.4mph	00:27:50.351
				T1		00:00:13.806		0.0mph	00:28:04.157
				Bike		00:54:39.866	05:21	11.2mph	01:22:44.023
				T2		00:00:16.484		0.0mph	01:23:00.507
				Run		00:38:38.128	11:11	5.4mph	02:01:38.635
10	JENNIFER RICHARD	BENTONVILLE, AR	F: 2	RUNNER	190	02:05:17.42	07:19	8.2mph	Overall Female: 2
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Run		00:30:39.131	08:53	6.8mph	00:30:39.131
				T1		00:02:18.283		0.0mph	00:32:57.414
				Bike		00:57:39.033	05:39	10.6mph	01:30:36.447
				T2		00:01:21.122		0.0mph	01:31:57.569
				Run		00:33:19.855	09:39	6.2mph	02:05:17.424

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Place	Name	Hometown	Gender	Type	Bib #	Time	Pace	Speed	Division Rank
11	DAWSON ALLEN	FAYETTEVILLE, AR	M: 9	RUNNER	185	02:06:19.18	07:23	8.1mph	Male 20 - 29: 1
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Run		00:34:32.323	10:00	6.0mph	00:34:32.323
				T1		00:02:23.677		0.0mph	00:36:56.000
				Bike		00:53:33.243	05:15	11.4mph	01:30:29.243
				T2		00:01:52.077		0.0mph	01:32:21.320
				Run		00:33:57.869	09:50	6.1mph	02:06:19.189
12	BROOKE BIERHAUS	ROGERS, AR	F: 3	RUNNER	195	02:07:13.23	07:26	8.1mph	Overall Female: 3
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Run		00:28:12.572	08:10	7.3mph	00:28:12.572
				T1		00:00:36.271		0.0mph	00:28:48.843
				Bike		01:07:34.643	06:37	9.1mph	01:36:23.486
				T2		00:00:15.433		0.0mph	01:36:38.919
				Run		00:30:34.320	08:51	6.8mph	02:07:13.239
13	MADDY GABE	BENTONVILLE, AR	F: 4	RUNNER	193	02:07:55.60	07:28	8.0mph	Female 0 - 14: 1
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Run		00:32:41.194	09:28	6.3mph	00:32:41.194
				T1		00:01:29.490		0.0mph	00:34:10.684
				Bike		00:53:33.386	05:15	11.4mph	01:27:44.070
				T2		00:00:55.121		0.0mph	01:28:39.191
				Run		00:39:16.413	11:23	5.3mph	02:07:55.604
14	RYAN NEAL	ROGERS, AR	M: 10	RUNNER	204	02:09:39.70	07:34	7.9mph	Male 30 - 39: 3
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Run		00:33:34.059	09:43	6.2mph	00:33:34.059
				T1		00:00:38.333		0.0mph	00:34:12.392
				Bike		00:55:25.078	05:25	11.0mph	01:29:37.470
				T2		00:00:38.401		0.0mph	01:30:15.871
				Run		00:39:23.831	11:25	5.3mph	02:09:39.702
15	JASMINE BRITTON	BENTONVILLE, AR	F: 5	RUNNER	183	02:11:25.11	07:41	7.8mph	Female 30 - 39: 1
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Run		00:34:12.382	09:54	6.1mph	00:34:12.382
				T1		00:00:37.022		0.0mph	00:34:49.404
				Bike		00:57:38.722	05:39	10.6mph	01:32:28.126
				T2		00:00:35.474		0.0mph	01:33:03.600
				Run		00:38:21.514	11:07	5.4mph	02:11:25.114
16	SAMSON GABE	BENTONVILLE, AR	M: 11	RUNNER	191	02:18:48.28	08:07	7.4mph	Male 0 - 14: 1
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Run		00:32:37.593	09:27	6.3mph	00:32:37.593
				T1		00:01:59.620		0.0mph	00:34:37.213
				Bike		01:04:12.705	06:17	9.5mph	01:38:49.918
				T2		00:02:27.417		0.0mph	01:41:17.335
				Run		00:37:30.953	10:52	5.5mph	02:18:48.288
17	MARY NEAL	ROGERS, AR	F: 6	RUNNER	203	02:20:04.19	08:11	7.3mph	Female 30 - 39: 2
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Run		00:33:21.361	09:40	6.2mph	00:33:21.361
				T1		00:01:31.496		0.0mph	00:34:52.857
				Bike		01:07:20.575	06:36	9.1mph	01:42:13.432
				T2		00:01:07.811		0.0mph	01:43:21.243
				Run		00:36:42.952	10:38	5.6mph	02:20:04.195
18	CODY ZIEGLER	BROKEN ARROW, OK	M: 12	RUNNER	186	02:22:36.38	08:20	7.2mph	Male 20 - 29: 2
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Run		00:32:13.454	09:20	6.4mph	00:32:13.454
				T1		00:02:07.440		0.0mph	00:34:20.894
				Bike		01:04:45.523	06:20	9.5mph	01:39:06.417
				T2		00:01:34.933		0.0mph	01:40:41.350
				Run		00:41:55.035	12:09	4.9mph	02:22:36.385
19	KEERA TUCKER	BENTONVILLE, AR	F: 7	RUNNER	169	02:24:09.14	08:25	7.1mph	Female 15 - 19: 1
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Run		00:32:53.395	09:32	6.3mph	00:32:53.395
				T1		00:00:46.730		0.0mph	00:33:40.125
				Bike		01:08:22.674	06:42	9.0mph	01:42:02.799
				T2		00:00:53.201		0.0mph	01:42:56.000
				Run		00:41:13.143	11:56	5.0mph	02:24:09.143

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Place	Name	Hometown	Gender	Type	Bib #	Time	Pace	Speed	Division Rank
20	KIM MCALLISTER	HOT SPRINGS, AR	F: 8	RUNNER	181	02:24:56.29	08:28	7.1mph	Female 40 - 49: 1
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Run		00:36:59.103	10:43	5.6mph	00:36:59.103
				T1		00:01:14.119		0.0mph	00:38:13.222
				Bike		01:05:47.127	06:26	9.3mph	01:44:00.349
				T2		00:01:16.922		0.0mph	01:45:17.271
				Run		00:39:39.026	11:29	5.2mph	02:24:56.297
21	SHANALEE GOSS	HOT SPRINGS NATIONAL PARK, AR	F: 9	RUNNER	180	02:24:56.65	08:28	7.1mph	Female 40 - 49: 2
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Run		00:37:01.173	10:43	5.6mph	00:37:01.173
				T1		00:01:01.691		0.0mph	00:38:02.864
				Bike		01:06:51.730	06:33	9.2mph	01:44:54.594
				T2		00:00:22.993		0.0mph	01:45:17.587
				Run		00:39:39.063	11:29	5.2mph	02:24:56.650
22	KEENAN NEFF	NEOSHO, MO	M: 13	RUNNER	173	02:25:48.75	08:31	7.0mph	Male 20 - 29: 3
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Run		00:32:53.549	09:32	6.3mph	00:32:53.549
				T1		00:01:03.345		0.0mph	00:33:56.894
				Bike		01:09:52.746	06:51	8.8mph	01:43:49.640
				T2		00:00:28.743		0.0mph	01:44:18.383
				Run		00:41:30.370	12:01	5.0mph	02:25:48.753
23	EMILY BENSON	LOWELL, AR	F: 10	RUNNER	200	02:27:06.16	08:36	7.0mph	Female 30 - 39: 3
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Run		00:33:54.657	09:49	6.1mph	00:33:54.657
				T1		00:01:04.871		0.0mph	00:34:59.528
				Bike		01:14:46.507	07:19	8.2mph	01:49:46.035
				T2		00:00:33.660		0.0mph	01:50:19.695
				Run		00:36:46.474	10:39	5.6mph	02:27:06.169
24	ABBY HERSHENOW	ROGERS, AR	F: 11	RUNNER	197	02:27:15.85	08:36	7.0mph	Female 20 - 29: 1
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Run		00:37:21.874	10:49	5.5mph	00:37:21.874
				T1		00:01:58.086		0.0mph	00:39:19.960
				Bike		01:07:27.838	06:36	9.1mph	01:46:47.798
				T2		00:01:42.471		0.0mph	01:48:30.269
				Run		00:38:45.581	11:14	5.3mph	02:27:15.850
25	JAIME TURNER	FAYETTEVILLE, AR	F: 12	RUNNER	187	02:29:35.12	08:44	6.9mph	Female 30 - 39: 4
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Run		00:36:39.756	10:37	5.6mph	00:36:39.756
				T1		00:01:55.180		0.0mph	00:38:34.936
				Bike		01:12:30.684	07:06	8.4mph	01:51:05.620
				T2		00:00:38.752		0.0mph	01:51:44.372
				Run		00:37:50.757	10:58	5.5mph	02:29:35.129
26	JESUS MANUEL HERNANDEZ JASSO	CENTERTON, AR	M: 14	RUNNER	171	02:35:39.45	09:06	6.6mph	Male 40 - 49: 3
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Run		00:35:03.040	10:09	5.9mph	00:35:03.040
				T1		00:00:37.984		0.0mph	00:35:41.024
				Bike		01:19:01.339	07:44	7.7mph	01:54:42.363
				T2		00:00:53.392		0.0mph	01:55:35.755
				Run		00:40:03.696	11:36	5.2mph	02:35:39.451
27	JORDAN VANSICKLE	FORT SCOTT, KS	M: 15	RUNNER	172	02:36:40.38	09:09	6.5mph	Male 30 - 39: 4
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Run		00:32:21.257	09:22	6.4mph	00:32:21.257
				T1		00:01:34.216		0.0mph	00:33:55.473
				Bike		01:24:09.359	08:15	7.3mph	01:58:04.832
				T2		00:00:33.675		0.0mph	01:58:38.507
				Run		00:38:01.879	11:01	5.4mph	02:36:40.386
28	JIM DAEHN	SPRINGFIELD, MO	M: 16	RUNNER	239	03:19:59.68	11:41	5.1mph	Male 50 - 59: 2
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Run		00:45:37.313	13:13	4.5mph	00:45:37.313
				T1		00:01:04.507		0.0mph	00:46:41.820
				Bike		01:17:41.457	07:37	7.9mph	02:04:23.277
				T2		00:00:52.019		0.0mph	02:05:15.296
				Run		01:14:44.390	21:39	2.8mph	03:19:59.686