## **Trail Fest for MS Duathlon - Fayetteville**

| 1 | e Name          | Hometown                  | Gender                                                             | Type                                                                                                                  | Bib#                                                        | Time                                                                      | Laps                                                                    | Speed                                  |                                                                                                                                                      |
|---|-----------------|---------------------------|--------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------|---------------------------------------------------------------------------|-------------------------------------------------------------------------|----------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------|
| ' | DANE BALDINI    | BENTONVILLE, AR           | M: 1                                                               | Runner                                                                                                                | 118                                                         | Laps: 5<br>01:28:47.79                                                    | 5                                                                       | N/A                                    | Overall Male: 1                                                                                                                                      |
|   |                 | <u>Split</u>              | <u>Description</u>                                                 | Split Tim                                                                                                             |                                                             | <u>Pace</u>                                                               | Spe                                                                     |                                        | <u>Cumulative</u>                                                                                                                                    |
|   |                 |                           | Run                                                                | 00:23:34.8                                                                                                            |                                                             | 07:35                                                                     | 7.9r                                                                    |                                        | 00:23:34.831                                                                                                                                         |
|   |                 |                           | T1<br>Bike                                                         | 00:00:34.6<br>00:40:28.3                                                                                              |                                                             | 04:29                                                                     | 0.0r<br>13.3                                                            |                                        | 00:24:09.499<br>01:04:37.851                                                                                                                         |
|   |                 |                           | T2                                                                 | 00:00:37.4                                                                                                            |                                                             | 04.23                                                                     | 0.0r                                                                    |                                        | 01:05:15.263                                                                                                                                         |
|   |                 |                           | Run                                                                | 00:23:32.5                                                                                                            |                                                             | 07:34                                                                     | 7.9r                                                                    |                                        | 01:28:47.793                                                                                                                                         |
| 2 | DANIEL ROCK     | ROGERS, AR M: 2           |                                                                    | Runner                                                                                                                | 103                                                         | Laps: 5<br>01:37:30.17                                                    | 5                                                                       | N/A                                    | Overall Male: 2                                                                                                                                      |
|   |                 | Split                     | Description                                                        | Split Tim                                                                                                             | <u>ie</u>                                                   | <u>Pace</u>                                                               | Spe                                                                     | eed                                    | <u>Cumulative</u>                                                                                                                                    |
|   |                 |                           | Run                                                                | 00:24:33.5                                                                                                            |                                                             | 07:54                                                                     | 7.6r                                                                    |                                        | 00:24:33.508                                                                                                                                         |
|   |                 |                           | T1<br>Bike                                                         | 00:00:58.6                                                                                                            |                                                             | 05.05                                                                     | 0.0r                                                                    |                                        | 00:25:32.145                                                                                                                                         |
|   |                 |                           | T2                                                                 | 00:45:45.6<br>00:00:52.0                                                                                              |                                                             | 05:05                                                                     | 11.8<br>0.0r                                                            |                                        | 01:11:17.844<br>01:12:09.856                                                                                                                         |
|   |                 |                           | Run                                                                | 00:25:20.3                                                                                                            |                                                             | 08:09                                                                     | 7.4r                                                                    |                                        | 01:37:30.178                                                                                                                                         |
| 3 | MICHAEL CORRAL  | FAYETTEVILLE, AR          | M: 3                                                               | Runner                                                                                                                | 104                                                         | Laps: 5<br>01:40:53.85                                                    | 5                                                                       | N/A                                    | Overall Male: 3                                                                                                                                      |
|   |                 | Split                     | Description                                                        | Split Tim                                                                                                             | <u>ie</u>                                                   | <u>Pace</u>                                                               | Spe                                                                     | eed                                    | Cumulative                                                                                                                                           |
|   |                 |                           | Run                                                                | 00:26:40.7                                                                                                            |                                                             | 08:35                                                                     | 7.0r                                                                    |                                        | 00:26:40.713                                                                                                                                         |
|   |                 |                           | T1                                                                 | 00:01:19.4                                                                                                            |                                                             | a                                                                         | 0.0r                                                                    |                                        | 00:28:00.122                                                                                                                                         |
|   |                 |                           | Bike                                                               | 00:44:13.3                                                                                                            |                                                             | 04:54                                                                     | 12.2                                                                    |                                        | 01:12:13.468                                                                                                                                         |
|   |                 |                           | T2<br>Run                                                          | 00:01:22.6<br>00:27:17.6                                                                                              |                                                             | 08:47                                                                     | 0.0r<br>6.8r                                                            |                                        | 01:13:36.167<br>01:40:53.854                                                                                                                         |
| 4 | BRENT ANDERSON  | BENTONVILLE, AR           | M: 4                                                               | Runner                                                                                                                | 105                                                         | Laps: 5<br>01:42:43.51                                                    | 5                                                                       | N/A                                    | Male 40 - 49: 1                                                                                                                                      |
|   |                 | Split                     | Description                                                        | Split Tim                                                                                                             | <u>ie</u>                                                   | <u>Pace</u>                                                               | Spe                                                                     | eed                                    | Cumulative                                                                                                                                           |
|   |                 |                           | Run                                                                | 00:25:57.0                                                                                                            | 37                                                          | 08:21                                                                     | 7.2r                                                                    | nph                                    | 00:25:57.037                                                                                                                                         |
|   |                 |                           | T1                                                                 | 00:00:47.3                                                                                                            |                                                             |                                                                           | 0.0r                                                                    |                                        | 00:26:44.417                                                                                                                                         |
|   |                 |                           | Bike                                                               | 00:46:30.0                                                                                                            |                                                             | 05:10                                                                     | 11.6                                                                    |                                        | 01:13:14.440                                                                                                                                         |
|   |                 |                           | T2<br>Run                                                          | 00:00:42.0<br>00:28:47.0                                                                                              |                                                             | 09:15                                                                     | 0.0r<br>6.5r                                                            |                                        | 01:13:56.499<br>01:42:43.515                                                                                                                         |
| 5 | NATHAN KING     | BRANSON, MO               | M: 5                                                               | Runner                                                                                                                | 107                                                         | Laps: 5<br>01:52:07.80                                                    | 5                                                                       | N/A                                    | Male 30 - 39: 1                                                                                                                                      |
|   |                 | Split                     | Description                                                        | Split Tim                                                                                                             | ie                                                          | <u>Pace</u>                                                               | Spe                                                                     | eed                                    | <u>Cumulative</u>                                                                                                                                    |
|   |                 |                           | Run                                                                | 00:27:35.9                                                                                                            |                                                             | 08:52                                                                     | 6.8r                                                                    |                                        | 00:27:35.955                                                                                                                                         |
|   |                 |                           | T1                                                                 | 00:00:38.7                                                                                                            |                                                             |                                                                           | 0.0r                                                                    |                                        | 00:28:14.677                                                                                                                                         |
|   |                 |                           | Bike                                                               | 00:51:14.8                                                                                                            |                                                             | 05:41                                                                     | 10.5                                                                    |                                        | 01:19:29.510                                                                                                                                         |
|   |                 |                           | T2<br>Run                                                          | 00:00:56.4                                                                                                            |                                                             | 10.12                                                                     | 0.0r                                                                    |                                        | 01:20:25.972                                                                                                                                         |
| 6 | TAYLOR AMADON   | ROGERS, AR                | M: 6                                                               | 00:31:41.8<br>Runner                                                                                                  | 111                                                         | 10:12<br>Laps: 5<br>01:54:36.24                                           | 5.9r<br>5                                                               | N/A                                    | 01:52:07.801<br>Male 30 - 39: 2                                                                                                                      |
|   |                 | Codia                     | Description                                                        | Split Tim                                                                                                             | 10                                                          | Pace                                                                      | Spe                                                                     | and                                    | Cumulative                                                                                                                                           |
|   |                 | <u>эрні</u>               | Run                                                                | 00:27:48.0                                                                                                            |                                                             | 08:56                                                                     | 6.7r                                                                    |                                        | 00:27:48.094                                                                                                                                         |
|   |                 |                           | T1                                                                 | 00:01:14.9                                                                                                            |                                                             | 11.00                                                                     | 0.0r                                                                    |                                        | 00:29:03.062                                                                                                                                         |
|   |                 |                           | Bike                                                               | 00:54:03.8                                                                                                            |                                                             | 06:00                                                                     | 10.0                                                                    | mph                                    | 01:23:06.945                                                                                                                                         |
|   |                 |                           | T2                                                                 | 00:01:33.8                                                                                                            |                                                             |                                                                           | 0.0r                                                                    |                                        | 01:24:40.844                                                                                                                                         |
|   | 0115151/55      |                           | Run                                                                | 00:29:55.4                                                                                                            |                                                             | 09:37                                                                     | 6.2r                                                                    |                                        | 01:54:36.244                                                                                                                                         |
| _ | SHELBY FRANKLIN | ROGERS, AR                | M: 7                                                               | Runner                                                                                                                | 115                                                         | Laps: 5<br>01:55:17.65                                                    | 5                                                                       | N/A                                    | Male 50 - 59: 1                                                                                                                                      |
| 7 |                 |                           |                                                                    |                                                                                                                       |                                                             |                                                                           |                                                                         |                                        | Ourselation                                                                                                                                          |
| 7 |                 | Split                     | <u>Description</u>                                                 | Split Tim                                                                                                             |                                                             | <u>Pace</u>                                                               | Spe                                                                     |                                        | Cumulative                                                                                                                                           |
| 7 |                 | <u>Split</u>              | Run                                                                | 00:31:45.4                                                                                                            | 51                                                          | <u>Pace</u><br>10:13                                                      | 5.9r                                                                    | nph                                    | 00:31:45.451                                                                                                                                         |
| 7 |                 | <u>Split</u>              | Run<br>T1                                                          | 00:31:45.4<br>00:02:06.5                                                                                              | 51<br>58                                                    | 10:13                                                                     | 5.9r<br>0.0r                                                            | nph<br>nph                             | 00:31:45.451<br>00:33:52.009                                                                                                                         |
| 7 |                 | <u>Split</u>              | Run<br>T1<br>Bike                                                  | 00:31:45.4<br>00:02:06.5<br>00:42:48.8                                                                                | 51<br>58<br>48                                              | <del></del>                                                               | 5.9r<br>0.0r<br>12.6                                                    | nph<br>nph<br>mph                      | 00:31:45.451<br>00:33:52.009<br>01:16:40.857                                                                                                         |
| 7 |                 | <u>Split</u>              | Run<br>T1                                                          | 00:31:45.4<br>00:02:06.5                                                                                              | 51<br>58<br>48<br>09                                        | 10:13                                                                     | 5.9r<br>0.0r                                                            | nph<br>nph<br>mph<br>mph               | 00:31:45.451<br>00:33:52.009                                                                                                                         |
| 8 | JEFF STARLING   | Split<br>FAYETTEVILLE, AR | Run<br>T1<br>Bike<br>T2                                            | 00:31:45.4<br>00:02:06.5<br>00:42:48.8<br>00:02:42.1                                                                  | 51<br>58<br>48<br>09                                        | 10:13<br>04:45                                                            | 5.9r<br>0.0r<br>12.6<br>0.0r                                            | nph<br>nph<br>mph<br>mph               | 00:31:45.451<br>00:33:52.009<br>01:16:40.857<br>01:19:22.966                                                                                         |
|   |                 | FAYETTEVILLE, AR          | Run<br>T1<br>Bike<br>T2<br>Run                                     | 00:31:45.4<br>00:02:06.5<br>00:42:48.8<br>00:02:42.1<br>00:35:54.6                                                    | 51<br>58<br>48<br>09<br>89<br>117                           | 10:13<br>04:45<br>11:33<br>Laps: 5                                        | 5.9r<br>0.0r<br>12.6<br>0.0r<br>5.2r                                    | mph<br>mph<br>mph<br>mph<br>mph<br>N/A | 00:31:45.451<br>00:33:52.009<br>01:16:40.857<br>01:19:22.966<br>01:55:17.655                                                                         |
|   |                 | FAYETTEVILLE, AR          | Run<br>T1<br>Bike<br>T2<br>Run<br>M: 8                             | 00:31:45.4<br>00:02:06.5<br>00:42:48.8<br>00:02:42.1<br>00:35:54.6<br>Runner<br>Split Tim<br>00:29:55.9               | 51<br>558<br>448<br>09<br>89<br>117                         | 10:13<br>04:45<br>11:33<br>Laps: 5<br>02:07:38.79                         | 5.9r<br>0.0r<br>12.6<br>0.0r<br>5.2r<br>5                               | nph nph mph nph nph N/A                | 00:31:45.451<br>00:33:52.009<br>01:16:40.857<br>01:19:22.966<br>01:55:17.655<br>Male 30 - 39: 3<br><u>Cumulative</u><br>00:29:55.974                 |
|   |                 | FAYETTEVILLE, AR          | Run<br>T1<br>Bike<br>T2<br>Run<br>M: 8<br>Description<br>Run<br>T1 | 00:31:45.4<br>00:02:06.5<br>00:42:48.8<br>00:02:42.1<br>00:35:54.6<br>Runner<br>Split Tim<br>00:29:55.9<br>00:01:29.1 | 51<br>58<br>48<br>09<br>89<br>117<br><b>6e</b><br>774       | 10:13<br>04:45<br>11:33<br>Laps: 5<br>02:07:38.79<br><u>Pace</u><br>09:38 | 5.9r<br>0.0r<br>12.6<br>0.0r<br>5.2r<br>5<br><b>Spe</b><br>6.2r<br>0.0r | nph<br>nph<br>mph<br>nph<br>nph<br>N/A | 00:31:45.451<br>00:33:52.009<br>01:16:40.857<br>01:19:22.966<br>01:55:17.655<br>Male 30 - 39: 3<br><u>Cumulative</u><br>00:29:55.974<br>00:31:25.099 |
|   |                 | FAYETTEVILLE, AR          | Run<br>T1<br>Bike<br>T2<br>Run<br>M: 8                             | 00:31:45.4<br>00:02:06.5<br>00:42:48.8<br>00:02:42.1<br>00:35:54.6<br>Runner<br>Split Tim<br>00:29:55.9               | 51<br>58<br>48<br>09<br>89<br>117<br><b>6e</b><br>774<br>25 | 10:13<br>04:45<br>11:33<br>Laps: 5<br>02:07:38.79<br><u>Pace</u>          | 5.9r<br>0.0r<br>12.6<br>0.0r<br>5.2r<br>5                               | nph nph nph nph nph nph nph nph        | 00:31:45.451<br>00:33:52.009<br>01:16:40.857<br>01:19:22.966<br>01:55:17.655<br>Male 30 - 39: 3<br><u>Cumulative</u><br>00:29:55.974                 |

## **Trail Fest for MS Duathlon - Fayetteville**

| lace Name                                                         | Hometown                                          | Gender                                                                                                                                                                       | Type                                                                                                                                                                                                                                         | Bib#                                                                                                             | Time                                                                                                                                                                 | Laps                                                                                                                                                   | Speed                                                                                  |                                                                                                                                                                                                                                                          | vision Rank     |
|-------------------------------------------------------------------|---------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------|
| 9 KEERA TUCKER                                                    | BENTONVILLE, AR                                   | F: 1                                                                                                                                                                         | Runner                                                                                                                                                                                                                                       | 110                                                                                                              | Laps: 5<br>02:13:09.63                                                                                                                                               | 5                                                                                                                                                      | N/A                                                                                    | Ove                                                                                                                                                                                                                                                      | erall Female: 1 |
|                                                                   | Sp                                                | lit Description                                                                                                                                                              | Split Time                                                                                                                                                                                                                                   |                                                                                                                  | <u>Pace</u>                                                                                                                                                          | <u>Speed</u>                                                                                                                                           |                                                                                        | <u>Cumulative</u>                                                                                                                                                                                                                                        |                 |
|                                                                   |                                                   | Run                                                                                                                                                                          | 00:31:35.6                                                                                                                                                                                                                                   | 75                                                                                                               | 10:10                                                                                                                                                                | 5.91                                                                                                                                                   | nph                                                                                    | 00:31:35.675                                                                                                                                                                                                                                             |                 |
|                                                                   |                                                   | T1                                                                                                                                                                           | 00:01:34.5                                                                                                                                                                                                                                   | 88                                                                                                               |                                                                                                                                                                      | 10.0                                                                                                                                                   | mph                                                                                    | 00:33:10.263                                                                                                                                                                                                                                             |                 |
|                                                                   |                                                   | Bike                                                                                                                                                                         | 01:03:26.8                                                                                                                                                                                                                                   |                                                                                                                  | 07:02                                                                                                                                                                | 8.51                                                                                                                                                   | mph                                                                                    | 01:36:37.090                                                                                                                                                                                                                                             |                 |
|                                                                   |                                                   | _T2                                                                                                                                                                          | 00:01:25.6                                                                                                                                                                                                                                   |                                                                                                                  |                                                                                                                                                                      |                                                                                                                                                        | nph                                                                                    | 01:38:02.760                                                                                                                                                                                                                                             |                 |
|                                                                   |                                                   | Run                                                                                                                                                                          | 00:35:06.8                                                                                                                                                                                                                                   | 76                                                                                                               | 11:18                                                                                                                                                                | 5.31                                                                                                                                                   | mph                                                                                    | 02:13:09.636                                                                                                                                                                                                                                             |                 |
| 10 EMILY BENSON                                                   | LOWELL, AR                                        | F: 2                                                                                                                                                                         | Runner                                                                                                                                                                                                                                       | 102                                                                                                              | Laps: 5<br>02:13:18.26                                                                                                                                               | 5                                                                                                                                                      | N/A                                                                                    | Ove                                                                                                                                                                                                                                                      | erall Female: 2 |
|                                                                   | Sp                                                | lit Description                                                                                                                                                              | Split Tim                                                                                                                                                                                                                                    | e                                                                                                                | Pace                                                                                                                                                                 | Sp                                                                                                                                                     | eed                                                                                    | Cumulative                                                                                                                                                                                                                                               |                 |
|                                                                   |                                                   | Run                                                                                                                                                                          | 00:33:35.7                                                                                                                                                                                                                                   | _                                                                                                                | 10:48                                                                                                                                                                |                                                                                                                                                        | mph                                                                                    | 00:33:35.724                                                                                                                                                                                                                                             |                 |
|                                                                   |                                                   | T1                                                                                                                                                                           | 00:00:48.3                                                                                                                                                                                                                                   |                                                                                                                  |                                                                                                                                                                      |                                                                                                                                                        | nph                                                                                    | 00:34:24.103                                                                                                                                                                                                                                             |                 |
|                                                                   |                                                   | Bike                                                                                                                                                                         | 01:04:31.4                                                                                                                                                                                                                                   | 76                                                                                                               | 07:10                                                                                                                                                                | 8.4                                                                                                                                                    |                                                                                        | 01:38:55.579                                                                                                                                                                                                                                             |                 |
|                                                                   |                                                   | T2                                                                                                                                                                           | 00:00:59.2                                                                                                                                                                                                                                   | 14                                                                                                               |                                                                                                                                                                      | 10.0                                                                                                                                                   | nph                                                                                    | 01:39:54.793                                                                                                                                                                                                                                             |                 |
|                                                                   |                                                   | Run                                                                                                                                                                          | 00:33:23.4                                                                                                                                                                                                                                   | 69                                                                                                               | 10:44                                                                                                                                                                | 5.6                                                                                                                                                    | mph                                                                                    | 02:13:18.262                                                                                                                                                                                                                                             |                 |
| 11 SCOTT DODSON                                                   | BELLA VISTA, AR                                   | M: 9                                                                                                                                                                         | Runner                                                                                                                                                                                                                                       | 113                                                                                                              | Laps: 5<br>02:16:40.99                                                                                                                                               | 5                                                                                                                                                      | N/A                                                                                    | Ma                                                                                                                                                                                                                                                       | ale 30 - 39: 4  |
|                                                                   | S.n                                               | lit Description                                                                                                                                                              | Split Tim                                                                                                                                                                                                                                    |                                                                                                                  |                                                                                                                                                                      | Sn                                                                                                                                                     | and                                                                                    | Cumulativa                                                                                                                                                                                                                                               |                 |
|                                                                   | <u> 5</u> p                                       | Run                                                                                                                                                                          | <u>Split Tim</u><br>00:27:34.0                                                                                                                                                                                                               |                                                                                                                  | <i>Pace</i><br>08:52                                                                                                                                                 |                                                                                                                                                        | eed<br>mph                                                                             | <u>Cumulative</u><br>00:27:34.087                                                                                                                                                                                                                        |                 |
|                                                                   |                                                   | Run<br>T1                                                                                                                                                                    | 00:27:34.0                                                                                                                                                                                                                                   |                                                                                                                  | U0.5Z                                                                                                                                                                |                                                                                                                                                        | nph<br>nph                                                                             | 00:27:34.087                                                                                                                                                                                                                                             |                 |
|                                                                   |                                                   | Bike                                                                                                                                                                         | 01:08:36.1                                                                                                                                                                                                                                   |                                                                                                                  | 07:37                                                                                                                                                                |                                                                                                                                                        | npn<br>nph                                                                             | 00:28:10.339                                                                                                                                                                                                                                             |                 |
|                                                                   |                                                   | T2                                                                                                                                                                           | 00:02:18.6                                                                                                                                                                                                                                   |                                                                                                                  | 01.31                                                                                                                                                                |                                                                                                                                                        | nph                                                                                    | 01:39:05.194                                                                                                                                                                                                                                             |                 |
|                                                                   |                                                   | Run                                                                                                                                                                          | 00:02:16.6                                                                                                                                                                                                                                   |                                                                                                                  | 12:06                                                                                                                                                                |                                                                                                                                                        | nph                                                                                    | 02:16:40.998                                                                                                                                                                                                                                             |                 |
| 12 MOLLIE LAWS                                                    | FAYETTEVILLE, AR                                  |                                                                                                                                                                              | Runner                                                                                                                                                                                                                                       | 116                                                                                                              | Laps: 5<br>02:22:50.28                                                                                                                                               | 5                                                                                                                                                      | N/A                                                                                    |                                                                                                                                                                                                                                                          | erall Female: 3 |
|                                                                   |                                                   |                                                                                                                                                                              |                                                                                                                                                                                                                                              |                                                                                                                  |                                                                                                                                                                      | _                                                                                                                                                      |                                                                                        |                                                                                                                                                                                                                                                          |                 |
|                                                                   | <u>Sp</u>                                         | lit Description                                                                                                                                                              | Split Tim                                                                                                                                                                                                                                    |                                                                                                                  | <u>Pace</u>                                                                                                                                                          |                                                                                                                                                        | <u>eed</u>                                                                             | Cumulative                                                                                                                                                                                                                                               |                 |
|                                                                   |                                                   | Run                                                                                                                                                                          | 00:33:48.3                                                                                                                                                                                                                                   |                                                                                                                  | 10:52                                                                                                                                                                |                                                                                                                                                        | mph                                                                                    | 00:33:48.371                                                                                                                                                                                                                                             |                 |
|                                                                   |                                                   | T1                                                                                                                                                                           | 00:00:53.9                                                                                                                                                                                                                                   |                                                                                                                  | 07.44                                                                                                                                                                |                                                                                                                                                        | mph                                                                                    | 00:34:42.361                                                                                                                                                                                                                                             |                 |
|                                                                   |                                                   | Bike                                                                                                                                                                         | 01:09:09.4                                                                                                                                                                                                                                   |                                                                                                                  | 07:41                                                                                                                                                                |                                                                                                                                                        | nph                                                                                    | 01:43:51.819                                                                                                                                                                                                                                             |                 |
|                                                                   |                                                   | T2<br>Run                                                                                                                                                                    | 00:00:54.3<br>00:38:04.0                                                                                                                                                                                                                     |                                                                                                                  | 12:15                                                                                                                                                                | 0.0                                                                                                                                                    | nph<br>nph                                                                             | 01:44:46.202<br>02:22:50.286                                                                                                                                                                                                                             |                 |
| 13 GINGER RENSHAW                                                 | TULSA, OK                                         | F: 4                                                                                                                                                                         | Runner                                                                                                                                                                                                                                       | 109                                                                                                              | Laps: 5                                                                                                                                                              | 5                                                                                                                                                      | N/A                                                                                    |                                                                                                                                                                                                                                                          | nale 50 - 59: 1 |
|                                                                   | <u>Sr</u>                                         | lit Description                                                                                                                                                              | Split Tim                                                                                                                                                                                                                                    | <u>ıe</u>                                                                                                        | 03:12:58.39<br><u>Pace</u>                                                                                                                                           | <u>Sp</u>                                                                                                                                              | eed                                                                                    | Cumulative                                                                                                                                                                                                                                               |                 |
|                                                                   |                                                   | Run                                                                                                                                                                          | 00:50:21.8                                                                                                                                                                                                                                   | 21                                                                                                               | 16:12                                                                                                                                                                | 3 7                                                                                                                                                    | nph                                                                                    | 00:50:21.821                                                                                                                                                                                                                                             |                 |
|                                                                   |                                                   | ituii                                                                                                                                                                        | 00.30.21.0                                                                                                                                                                                                                                   |                                                                                                                  | 10.12                                                                                                                                                                | 0.71                                                                                                                                                   |                                                                                        |                                                                                                                                                                                                                                                          |                 |
|                                                                   |                                                   | T1                                                                                                                                                                           | 00:04:09.6                                                                                                                                                                                                                                   |                                                                                                                  | 10.12                                                                                                                                                                |                                                                                                                                                        | mph                                                                                    | 00:54:31.470                                                                                                                                                                                                                                             |                 |
|                                                                   |                                                   | T1<br>Bike                                                                                                                                                                   | 00:04:09.6<br>01:24:14.5                                                                                                                                                                                                                     | 49<br>97                                                                                                         | 09:21                                                                                                                                                                | 0.0i<br>6.4i                                                                                                                                           | mph<br>mph                                                                             | 00:54:31.470<br>02:18:46.067                                                                                                                                                                                                                             |                 |
|                                                                   |                                                   | T1<br>Bike<br>T2                                                                                                                                                             | 00:04:09.6<br>01:24:14.5<br>00:03:25.6                                                                                                                                                                                                       | 49<br>97<br>73                                                                                                   | 09:21                                                                                                                                                                | 0.0r<br>6.4r<br>0.0r                                                                                                                                   | nph<br>nph<br>nph<br>nph                                                               | 00:54:31.470<br>02:18:46.067<br>02:22:11.740                                                                                                                                                                                                             |                 |
|                                                                   |                                                   | T1<br>Bike                                                                                                                                                                   | 00:04:09.6<br>01:24:14.5                                                                                                                                                                                                                     | 49<br>97<br>73                                                                                                   |                                                                                                                                                                      | 0.0r<br>6.4r<br>0.0r                                                                                                                                   | mph<br>mph                                                                             | 00:54:31.470<br>02:18:46.067                                                                                                                                                                                                                             |                 |
| 14 IKE SMITH                                                      | GENTRY, AR                                        | T1<br>Bike<br>T2                                                                                                                                                             | 00:04:09.6<br>01:24:14.5<br>00:03:25.6                                                                                                                                                                                                       | 49<br>97<br>73                                                                                                   | 09:21                                                                                                                                                                | 0.0r<br>6.4r<br>0.0r                                                                                                                                   | nph<br>nph<br>nph<br>nph                                                               | 00:54:31.470<br>02:18:46.067<br>02:22:11.740<br>03:12:58.393                                                                                                                                                                                             | ale 30 - 39: 5  |
| 14 IKE SMITH                                                      |                                                   | T1<br>Bike<br>T2<br>Run                                                                                                                                                      | 00:04:09.6<br>01:24:14.5<br>00:03:25.6<br>00:50:46.6<br>Runner                                                                                                                                                                               | 49<br>97<br>73<br>53<br>106                                                                                      | 09:21<br>16:20<br>Laps: 5<br>03:13:10.23                                                                                                                             | 0.0r<br>6.4r<br>0.0r<br>3.7r<br>5                                                                                                                      | mph<br>mph<br>mph<br>mph<br>M/A                                                        | 00:54:31.470<br>02:18:46.067<br>02:22:11.740<br>03:12:58.393                                                                                                                                                                                             | ale 30 - 39: 5  |
| 14 IKE SMITH                                                      |                                                   | T1 Bike T2 Run M: 10                                                                                                                                                         | 00:04:09.6<br>01:24:14.5<br>00:03:25.6<br>00:50:46.6<br>Runner                                                                                                                                                                               | 49<br>97<br>73<br>53<br>106                                                                                      | 09:21<br>16:20<br>Laps: 5<br>03:13:10.23<br><u>Pace</u>                                                                                                              | 0.0i<br>6.4i<br>0.0i<br>3.7i<br>5                                                                                                                      | mph<br>mph<br>mph<br>mph<br>N/A                                                        | 00:54:31.470<br>02:18:46.067<br>02:22:11.740<br>03:12:58.393<br>Ma                                                                                                                                                                                       | ale 30 - 39: 5  |
| 14 IKE SMITH                                                      |                                                   | T1<br>Bike<br>T2<br>Run<br>M: 10                                                                                                                                             | 00:04:09.6<br>01:24:14.5<br>00:03:25.6<br>00:50:46.6<br>Runner<br>Split Tim<br>00:29:29.9                                                                                                                                                    | 49<br>97<br>73<br>53<br>106                                                                                      | 09:21<br>16:20<br>Laps: 5<br>03:13:10.23                                                                                                                             | 0.0r<br>6.4r<br>0.0r<br>3.7r<br>5                                                                                                                      | mph<br>mph<br>mph<br>mph<br>N/A                                                        | 00:54:31.470<br>02:18:46.067<br>02:22:11.740<br>03:12:58.393<br>Ma<br><u>Cumulative</u><br>00:29:29.914                                                                                                                                                  | ale 30 - 39: 5  |
| 14 IKE SMITH                                                      |                                                   | T1 Bike T2 Run  M: 10  Mit Description Run                                                                                                                                   | 00:04:09.6<br>01:24:14.5<br>00:03:25.6<br>00:50:46.6<br>Runner                                                                                                                                                                               | 49<br>97<br>73<br>53<br>106<br>e <u>e</u><br>14<br>20                                                            | 09:21<br>16:20<br>Laps: 5<br>03:13:10.23<br><u>Pace</u>                                                                                                              | 0.0r<br>6.4r<br>0.0r<br>3.7r<br>5<br>\$\sum_{6.3r}<br>0.0r                                                                                             | mph<br>mph<br>mph<br>mph<br>N/A                                                        | 00:54:31.470<br>02:18:46.067<br>02:22:11.740<br>03:12:58.393<br>Ma                                                                                                                                                                                       | ale 30 - 39: 5  |
| 14 IKE SMITH                                                      |                                                   | T1 Bike T2 Run M: 10 Mit Description Run T1                                                                                                                                  | 00:04:09.6<br>01:24:14.5<br>00:03:25.6<br>00:50:46.6<br>Runner<br>Split Tim<br>00:29:29.9<br>00:01:46.0                                                                                                                                      | 49<br>97<br>73<br>53<br>106<br>••<br>14<br>20<br>75                                                              | 09:21<br>16:20<br>Laps: 5<br>03:13:10.23<br><u>Pace</u><br>09:29                                                                                                     | 0.0i<br>6.4i<br>0.0i<br>3.7i<br>5<br>\$\$p\$<br>6.3i<br>0.0i<br>4.6i                                                                                   | mph<br>mph<br>mph<br>mph<br>N/A                                                        | 00:54:31.470<br>02:18:46.067<br>02:22:11.740<br>03:12:58.393<br>Ma<br><u>Cumulative</u><br>00:29:29.914<br>00:31:15.934                                                                                                                                  | ale 30 - 39: 5  |
| 14 IKE SMITH                                                      |                                                   | T1 Bike T2 Run M: 10 Mit Description Run T1 Bike                                                                                                                             | 00:04:09.6<br>01:24:14.5<br>00:03:25.6<br>00:50:46.6<br>Runner<br>Split Tim<br>00:29:29.9<br>00:01:46.0<br>01:57:35.2                                                                                                                        | 49<br>97<br>73<br>53<br>106<br>••<br>14<br>20<br>75<br>48                                                        | 09:21<br>16:20<br>Laps: 5<br>03:13:10.23<br><u>Pace</u><br>09:29                                                                                                     | 0.0i<br>6.4i<br>0.0i<br>3.7i<br>5<br>\$\$\mathref{S}\$\$\mathref{S}\$\$\$\$6.3i<br>0.0i<br>4.6i<br>0.0i                                                | mph<br>mph<br>mph<br>mph<br>N/A                                                        | 00:54:31.470<br>02:18:46.067<br>02:22:11.740<br>03:12:58.393<br>Ma<br><u>Cumulative</u><br>00:29:29.914<br>00:31:15.934<br>02:28:51.209                                                                                                                  | ale 30 - 39: 5  |
|                                                                   |                                                   | T1 Bike T2 Run M: 10 Mit Description Run T1 Bike T2                                                                                                                          | 00:04:09.6<br>01:24:14.5<br>00:03:25.6<br>00:50:46.6<br>Runner                                                                                                                                                                               | 49<br>97<br>73<br>53<br>106<br>••<br>14<br>20<br>75<br>48                                                        | 09:21<br>16:20<br>Laps: 5<br>03:13:10.23<br><u>Pace</u><br>09:29<br>13:03                                                                                            | 0.0i<br>6.4i<br>0.0i<br>3.7i<br>5<br>\$\$\mathref{S}\$\$\mathref{S}\$\$\$\$6.3i<br>0.0i<br>4.6i<br>0.0i                                                | mph<br>mph<br>mph<br>mph<br>N/A                                                        | 00:54:31.470<br>02:18:46.067<br>02:22:11.740<br>03:12:58.393<br>Ma<br>Cumulative<br>00:29:29.914<br>00:31:15.934<br>02:28:51.209<br>02:30:57.057                                                                                                         | ale 30 - 39: 5  |
|                                                                   | TULSA, OK                                         | T1 Bike T2 Run  M: 10  M: 10  Alit Description Run T1 Bike T2 Run F: 5                                                                                                       | 00:04:09.6 01:24:14.5 00:03:25.6 00:50:46.6  Runner  Split Tim. 00:29:29.9 00:01:46.0 01:57:35.2 00:02:05.8 00:42:13.1  Runner                                                                                                               | 49<br>97<br>73<br>53<br>106<br>14<br>20<br>75<br>48<br>74<br>112                                                 | 09:21<br>16:20<br>Laps: 5<br>03:13:10.23<br><u>Pace</u><br>09:29<br>13:03<br>13:35<br>Laps: 4<br>02:22:10.00                                                         | 0.00<br>6.44<br>0.01<br>3.77<br>5<br>Sp<br>6.31<br>0.01<br>4.61<br>0.00<br>4.44                                                                        | nph<br>nph<br>nph<br>nph<br>N/A                                                        | 00:54:31.470<br>02:18:46.067<br>02:22:11.740<br>03:12:58.393<br>Ma<br>Cumulative<br>00:29:29.914<br>00:31:15.934<br>02:28:51.209<br>02:30:57.057<br>03:13:10.231                                                                                         |                 |
|                                                                   | TULSA, OK                                         | M: 10  Mit Description Run T1 Bike T2 Run F: 5                                                                                                                               | 00:04:09.6 01:24:14.5 00:03:25.6 00:50:46.6  Runner  Split Tim. 00:29:29.9 00:01:46.0 01:57:35.2 00:42:13.1  Runner                                                                                                                          | 49<br>97<br>73<br>53<br>106<br>14<br>20<br>75<br>48<br>74<br>112                                                 | 09:21<br>16:20<br>Laps: 5<br>03:13:10.23<br><u>Pace</u><br>09:29<br>13:03<br>13:35<br>Laps: 4<br>02:22:10.00<br><u>Pace</u>                                          | 0.00<br>6.44<br>0.00<br>3.77<br>5<br>Sp<br>6.31<br>0.00<br>4.61<br>0.00<br>4.44                                                                        | nph nph nph nph N/A  eed nph                       | 00:54:31.470 02:18:46.067 02:22:11.740 03:12:58.393  Ma  Cumulative 00:29:29.914 00:31:15.934 02:28:51.209 02:30:57.057 03:13:10.231  Cumulative                                                                                                         |                 |
|                                                                   | TULSA, OK                                         | T1 Bike T2 Run M: 10 M: 10  Milit Description Run T1 Bike T2 Run F: 5                                                                                                        | 00:04:09.6 01:24:14.5 00:03:25.6 00:50:46.6 Runner  Split Tim 00:29:29.9 00:01:46.0 01:57:35.2 00:02:05.8 00:42:13.1 Runner  Split Tim 00:50:22.2                                                                                            | 49<br>97<br>73<br>53<br>106                                                                                      | 09:21<br>16:20<br>Laps: 5<br>03:13:10.23<br><u>Pace</u><br>09:29<br>13:03<br>13:35<br>Laps: 4<br>02:22:10.00                                                         | 0.00<br>6.44<br>0.00<br>3.71<br>5<br>5<br><u>Sp</u><br>6.33<br>0.00<br>4.61<br>0.00<br>4.44                                                            | nph nph nph N/A  eed nph nph nph nph N/A                                               | 00:54:31.470 02:18:46.067 02:22:11.740 03:12:58.393  Ma  Cumulative 00:29:29.914 00:31:15.934 02:28:51.209 02:30:57.057 03:13:10.231  Cumulative 00:50:22.205                                                                                            |                 |
|                                                                   | TULSA, OK                                         | T1 Bike T2 Run M: 10  M: 10  Dit Description Run T1 Bike T2 Run F: 5                                                                                                         | 00:04:09.6 01:24:14.5 00:03:25.6 00:50:46.6 Runner  Split Tim 00:29:29.9 00:01:46.0 01:57:35.2 00:02:05.8 00:42:13.1 Runner  Split Tim 00:50:22.2 00:03:53.0                                                                                 | 49<br>97<br>73<br>53<br>106<br>e<br>14<br>20<br>75<br>48<br>74<br>112                                            | 09:21  16:20  Laps: 5 03:13:10.23  Pace 09:29  13:03  13:35  Laps: 4 02:22:10.00  Pace 16:12                                                                         | 0.00<br>6.44<br>0.00<br>3.77<br>5<br>5<br><u>Sp</u> 6.33<br>0.00<br>4.61<br>0.00<br>4.44<br>4                                                          | nph nph nph nph N/A  eed nph                       | 00:54:31.470 02:18:46.067 02:22:11.740 03:12:58.393  Ma  Cumulative 00:29:29.914 00:31:15.934 02:28:51.209 02:30:57.057 03:13:10.231  Cumulative 00:50:22.205 00:54:15.285                                                                               |                 |
|                                                                   | TULSA, OK                                         | T1 Bike T2 Run M: 10  Mit Description Run T1 Bike T2 Run F: 5                                                                                                                | 00:04:09.6 01:24:14.5 00:03:25.6 00:50:46.6 Runner  Split Tim 00:29:29.9 00:01:46.0 01:57:35.2 00:02:05.8 00:42:13.1 Runner  Split Tim 00:50:22.2 00:03:53.0 01:24:32.5                                                                      | 49<br>97<br>73<br>53<br>106<br>e<br>14<br>20<br>75<br>48<br>74<br>112<br>e<br>05<br>80<br>37                     | 09:21<br>16:20<br>Laps: 5<br>03:13:10.23<br><u>Pace</u><br>09:29<br>13:03<br>13:35<br>Laps: 4<br>02:22:10.00<br><u>Pace</u>                                          | 0.00<br>6.44<br>0.00<br>3.71<br>5<br>Sp<br>6.33<br>0.00<br>4.61<br>4.44<br>4                                                                           | nph nph nph N/A  eed nph                           | 00:54:31.470 02:18:46.067 02:22:11.740 03:12:58.393  Ma  Cumulative 00:29:29.914 00:31:15.934 02:28:51.209 02:30:57.057 03:13:10.231  Cumulative 00:50:22.205 00:54:15.285 02:18:47.822                                                                  |                 |
| ONF CYNDI BALLARD                                                 | TULSA, OK                                         | T1 Bike T2 Run M: 10  Mit Description Run T1 Bike T2 Run F: 5                                                                                                                | 00:04:09.6 01:24:14.5 00:03:25.6 00:50:46.6 Runner  Split Tim 00:29:29.9 00:01:46.0 01:57:35.2 00:02:05.8 00:42:13.1 Runner  Split Tim 00:50:22.2 00:03:53.0 01:24:32.5 00:03:22.1                                                           | 49<br>97<br>73<br>53<br>106<br>14<br>20<br>75<br>48<br>74<br>112<br>112<br>112                                   | 09:21 16:20 Laps: 5 03:13:10.23  Pace 09:29 13:03 13:35 Laps: 4 02:22:10.00 Pace 16:12 09:23                                                                         | 0.00<br>6.44<br>0.00<br>3.71<br>5<br>5<br><u>Sp</u><br>6.33<br>0.00<br>4.61<br>0.00<br>4.44<br>4                                                       | nph nph nph N/A  eed nph                           | 00:54:31.470 02:18:46.067 02:22:11.740 03:12:58.393  Ma  Cumulative 00:29:29.914 00:31:15.934 02:28:51.209 02:30:57.057 03:13:10.231  Cumulative 00:50:22.205 00:54:15.285                                                                               | :               |
| ONF CYNDI BALLARD                                                 | TULSA, OK  SE  BENTONVILLE, AR                    | T1 Bike T2 Run M: 10  M: 10  Dit Description Run T1 Bike T2 Run F: 5  Dit Description Run T1 Bike T2 Run T1 T1 Bike T2 Run T1 T1 Bike T2 Run T1 Bix                          | 00:04:09.6 01:24:14.5 00:03:25.6 00:50:46.6 Runner  Split Tim 00:29:29.9 00:01:46.0 01:57:35.2 00:02:05.8 00:42:13.1 Runner  Split Tim 00:50:22.2 00:03:53.0 01:24:32.5 00:03:22.1 Runner                                                    | 49<br>97<br>73<br>53<br>106<br>14<br>20<br>75<br>48<br>74<br>112<br>112                                          | 09:21  16:20  Laps: 5 03:13:10.23  Pace 09:29  13:03  13:35  Laps: 4 02:22:10.00  Pace 16:12 09:23  Laps: 3 01:11:35.79                                              | 0.00<br>6.44<br>0.00<br>3.71<br>5<br>5<br>8 <u>sp</u><br>6.33<br>0.00<br>4.66<br>0.00<br>4.44<br>4<br>4<br>8 <u>sp</u><br>3.71<br>0.00<br>6.44<br>0.00 | nph nph nph nph nph N/A  eed nph                   | 00:54:31.470 02:18:46.067 02:22:11.740 03:12:58.393  Ma  Cumulative 00:29:29.914 00:31:15.934 02:28:51.209 02:30:57.057 03:13:10.231  Cumulative 00:50:22.205 00:54:15.285 02:18:47.822 02:22:10.007                                                     |                 |
| ONF CYNDI BALLARD                                                 | TULSA, OK  SE  BENTONVILLE, AR                    | T1 Bike T2 Run M: 10  Mit Description Run T1 Bike T2 Run F: 5  Mit Description Run T1 Bike T2 Run T1 Bike T2 Run T1 Bike T2 Run T1 Bike T1 Bike T1 Bike T2 T1 Bike T2 M: 11  | 00:04:09.6 01:24:14.5 00:03:25.6 00:50:46.6 Runner  Split Tim 00:29:29.9 00:01:46.0 01:57:35.2 00:02:05.8 00:42:13.1 Runner  Split Tim 00:50:22.2 00:03:53.0 01:24:32.5 00:03:22.1 Runner                                                    | 49<br>97<br>73<br>53<br>106<br>e<br>14<br>20<br>75<br>48<br>74<br>112<br>e<br>05<br>80<br>37<br>85<br>114        | 09:21  16:20  Laps: 5 03:13:10.23  Pace 09:29  13:03  13:35  Laps: 4 02:22:10.00  Pace 16:12 09:23  Laps: 3 01:11:35.79  Pace                                        | 0.00 6.44 0.00 3.77 5 5 Sp 6.33 0.00 4.44 4 4 Sp 3.77 0.00 6.44 0.00 3 3 Sp                                                                            | nph nph nph nph N/A  eed nph                       | 00:54:31.470 02:18:46.067 02:22:11.740 03:12:58.393  Ma  Cumulative 00:29:29.914 00:31:15.934 02:28:51.209 02:30:57.057 03:13:10.231  Cumulative 00:50:22.205 00:54:15.285 02:18:47.822 02:22:10.007                                                     | :               |
| ONF CYNDI BALLARD                                                 | TULSA, OK  SE  BENTONVILLE, AR                    | T1 Bike T2 Run M: 10  Mit Description Run T1 Bike T2 Run F: 5  Mit Description Run T1 Bike T2 Run T1 Bike T2 Run T1 Bike T2 Run T1 Bike T1 Bike T2 M: 11                     | 00:04:09.6 01:24:14.5 00:03:25.6 00:50:46.6 Runner  Split Tim 00:29:29.9 00:01:46.0 01:57:35.2 00:02:05.8 00:42:13.1 Runner  Split Tim 00:50:22.2 00:03:53.0 01:24:32.5 00:03:22.1 Runner                                                    | 49<br>97<br>73<br>53<br>106<br>14<br>20<br>75<br>48<br>74<br>112<br>112<br>114<br>114<br>114<br>114<br>114       | 09:21  16:20  Laps: 5 03:13:10.23  Pace 09:29  13:03  13:35  Laps: 4 02:22:10.00  Pace 16:12 09:23  Laps: 3 01:11:35.79                                              | 0.00<br>6.44<br>0.00<br>3.71<br>5<br>Sp<br>6.33<br>0.00<br>4.61<br>0.00<br>4.44<br>4<br>Sp<br>0.01<br>6.44<br>0.01<br>3                                | nph nph nph N/A  eed nph                           | 00:54:31.470 02:18:46.067 02:22:11.740 03:12:58.393  Ma  Cumulative 00:29:29.914 00:31:15.934 02:28:51.209 02:30:57.057 03:13:10.231  Cumulative 00:50:22.205 00:54:15.285 02:18:47.822 02:22:10.007  Cumulative 00:25:58.676                            | :               |
| ONF CYNDI BALLARD                                                 | TULSA, OK  SE  BENTONVILLE, AR                    | T1 Bike T2 Run M: 10  Mit Description Run T1 Bike T2 Run F: 5  Mit Description Run T1 Bike T2 M: 11  M: 11                                                                   | 00:04:09.6 01:24:14.5 00:03:25.6 00:50:46.6 Runner  Split Tim 00:29:29.9 00:01:46.0 01:57:35.2 00:02:05.8 00:42:13.1 Runner  Split Tim 00:50:22.2 00:03:53.0 01:24:32.5 00:03:22.1 Runner  Split Tim 00:55:28.6 00:03:4.0                    | 49<br>97<br>73<br>53<br>106<br>14<br>20<br>75<br>48<br>74<br>112<br>112<br>114<br>114<br>114<br>114<br>114       | 09:21  16:20  Laps: 5 03:13:10.23  Pace 09:29  13:03  13:35  Laps: 4 02:22:10.00  Pace 16:12 09:23  Laps: 3 01:11:35.79  Pace 08:21                                  | 0.00 6.44 0.00 3.71 5  Spe 6.33 0.00 4.60 0.00 4.44 4  Spe 3.71 0.00 6.44 0.00 3  Spe 7.21 0.00                                                        | nph nph nph N/A  eed nph                           | 00:54:31.470 02:18:46.067 02:22:11.740 03:12:58.393  Ma  Cumulative 00:29:29.914 00:31:15.934 02:28:51.209 02:30:57.057 03:13:10.231  Cumulative 00:50:22.205 00:54:15.285 02:18:47.822 02:22:10.007  Cumulative 00:25:58.676 00:26:32.703               | :               |
| ONF CYNDI BALLARD                                                 | TULSA, OK  SE  BENTONVILLE, AR                    | T1 Bike T2 Run M: 10  Mit Description Run T1 Bike T2 Run F: 5  Mit Description Run T1 Bike T2 Run T1 Bike T2 Run T1 Bike T2 Run T1 Bike T1 Bike T2 M: 11                     | 00:04:09.6 01:24:14.5 00:03:25.6 00:50:46.6 Runner  Split Tim 00:29:29.9 00:01:46.0 01:57:35.2 00:02:05.8 00:42:13.1 Runner  Split Tim 00:50:22.2 00:03:53.0 01:24:32.5 00:03:22.1 Runner                                                    | 49<br>97<br>73<br>53<br>106<br>14<br>20<br>75<br>48<br>74<br>112<br>112<br>114<br>114<br>114<br>114<br>114       | 09:21  16:20  Laps: 5 03:13:10.23  Pace 09:29  13:03  13:35  Laps: 4 02:22:10.00  Pace 16:12 09:23  Laps: 3 01:11:35.79  Pace 08:21 05:00  Laps: 3                   | 0.00 6.44 0.00 3.71 5  Spe 6.33 0.00 4.60 0.00 4.44 4  Spe 3.71 0.00 6.44 0.00 3  Spe 7.21 0.00                                                        | nph nph nph N/A  eed nph                           | 00:54:31.470 02:18:46.067 02:22:11.740 03:12:58.393  Ma  Cumulative 00:29:29.914 00:31:15.934 02:28:51.209 02:30:57.057 03:13:10.231  Cumulative 00:50:22.205 00:54:15.285 02:18:47.822 02:22:10.007  Cumulative 00:25:58.676                            | :               |
| ONF CYNDI BALLARD ONF DAN WORLEY                                  | TULSA, OK  SE  BENTONVILLE, AR  SE                | T1 Bike T2 Run M: 10  Mit Description Run T1 Bike T2 Run F: 5  Mit Description Run T1 Bike T2 M: 11  M: 11  Mit Description Run T1 Bike T2 M: 11  Bike T2 Bike T2 M: 11      | 00:04:09.6 01:24:14.5 00:03:25.6 00:50:46.6 Runner  Split Tim 00:29:29.9 00:01:46.0 01:57:35.2 00:02:05.8 00:42:13.1 Runner  Split Tim 00:50:22.2 00:03:53.0 01:24:32.5 00:03:22.1 Runner  Split Tim 00:25:58.6 00:02:55.8                   | 49<br>97<br>73<br>53<br>106<br>14<br>20<br>75<br>48<br>74<br>112<br>112<br>114<br>114<br>114<br>114<br>114<br>11 | 09:21  16:20  Laps: 5 03:13:10.23  Pace 09:29  13:03  13:35  Laps: 4 02:22:10.00  Pace 16:12 09:23  Laps: 3 01:11:35.79  Pace 08:21 05:00                            | 0.00 6.44 0.00 3.71 5  Sp 6.33 0.00 4.60 0.00 4.44 4  Sp 3.71 0.00 6.44 0.00 3  Sp 7.21 0.00 12.0                                                      | nph nph nph N/A  eed nph nph nph N/A  N/A  eed nph | 00:54:31.470 02:18:46.067 02:22:11.740 03:12:58.393  Ma  Cumulative 00:29:29.914 00:31:15.934 02:28:51.209 02:30:57.057 03:13:10.231  Cumulative 00:50:22.205 00:54:15.285 02:18:47.822 02:22:10.007  Cumulative 00:25:58.676 00:26:32.703               | :               |
| ONF CYNDI BALLARD                                                 | TULSA, OK  SE  BENTONVILLE, AR  SE  PITTSBURG, KS | T1 Bike T2 Run  M: 10  Mit Description Run T1 Bike T2 Run  F: 5  Mit Description Run T1 Bike T2 Run  F: 5  M: 11  Mit Description Run T1 Bike T2 M: 11  Mit Description F: 6 | 00:04:09.6 01:24:14.5 00:03:25.6 00:50:46.6 Runner  Split Tim 00:29:29.9 00:01:46.0 01:57:35.2 00:02:05.8 00:42:13.1 Runner  Split Tim 00:50:22.2 00:03:53.0 01:24:32.5 00:03:22.1 Runner  Split Tim 00:25:58.6 00:00:34.0 00:45:03.0 Runner | 49<br>97<br>73<br>53<br>106<br>14<br>20<br>75<br>48<br>74<br>112<br>112<br>114<br>114<br>114<br>114<br>114<br>11 | 09:21  16:20  Laps: 5 03:13:10.23  Pace 09:29  13:03  13:35  Laps: 4 02:22:10.00  Pace 16:12 09:23  Laps: 3 01:11:35.79  Pace 08:21  05:00  Laps: 3 02:04:15.24      | 0.00 6.44 0.00 3.71 5  Sp 6.33 0.00 4.40 4  4  Sp 3.77 0.00 6.44 0.00 3  Sp 7.21 0.00 12.0                                                             | nph                                                | 00:54:31.470 02:18:46.067 02:22:11.740 03:12:58.393  Ma  Cumulative 00:29:29.914 00:31:15.934 02:28:51.209 02:30:57.057 03:13:10.231  Cumulative 00:50:22.205 00:54:15.285 02:18:47.822 02:22:10.007  Cumulative 00:25:58.676 00:26:32.703               | :               |
| 14 IKE SMITH  DNF CYNDI BALLARD  DNF DAN WORLEY  DNF KAREN SIMONE | TULSA, OK  SE  BENTONVILLE, AR  SE  PITTSBURG, KS | T1 Bike T2 Run M: 10  Mit Description Run T1 Bike T2 Run F: 5  Mit Description Run T1 Bike T2 Run F: 5  Mit Description Run T1 Bike T2 M: 11  Mit Description F: 6           | 00:04:09.6 01:24:14.5 00:03:25.6 00:50:46.6 Runner  Split Tim 00:29:29.9 00:01:46.0 01:57:35.2 00:02:05.8 00:42:13.1 Runner  Split Tim 00:50:22.2 00:03:53.0 01:24:32.5 00:03:22.1 Runner  Split Tim 00:25:58.6 00:00:34.0 00:45:03.0 Runner | 49<br>97<br>73<br>53<br>106<br>14<br>20<br>75<br>48<br>74<br>112<br>112<br>114<br>114<br>114<br>114<br>114<br>11 | 09:21  16:20  Laps: 5 03:13:10.23  Pace 09:29  13:03  13:35  Laps: 4 02:22:10.00  Pace 16:12 09:23  Laps: 3 01:11:35.79  Pace 08:21 05:00  Laps: 3 02:04:15.24  Pace | 0.00 6.44 0.00 3.71 5  Sp 6.33 0.00 4.60 0.00 4.44 4  Sp 7.20 0.00 12.0 3                                                                              | nph nph nph nph N/A  eed nph                       | 00:54:31.470 02:18:46.067 02:22:11.740 03:12:58.393  Max  Cumulative 00:29:29.914 00:31:15.934 02:28:51.209 02:30:57.057 03:13:10.231  Cumulative 00:50:22.205 00:54:15.285 02:18:47.822 02:22:10.007  Cumulative 00:25:58.676 00:26:32.703 01:11:35.797 | :               |
| ONF CYNDI BALLARD ONF DAN WORLEY                                  | TULSA, OK  SE  BENTONVILLE, AR  SE  PITTSBURG, KS | T1 Bike T2 Run  M: 10  Mit Description Run T1 Bike T2 Run  F: 5  Mit Description Run T1 Bike T2 Run  F: 5  M: 11  Mit Description Run T1 Bike T2 M: 11  Mit Description F: 6 | 00:04:09.6 01:24:14.5 00:03:25.6 00:50:46.6 Runner  Split Tim 00:29:29.9 00:01:46.0 01:57:35.2 00:02:05.8 00:42:13.1 Runner  Split Tim 00:50:22.2 00:03:53.0 01:24:32.5 00:03:22.1 Runner  Split Tim 00:25:58.6 00:00:34.0 00:45:03.0 Runner | 49<br>97<br>73<br>53<br>106<br>14<br>20<br>75<br>48<br>74<br>112<br>112<br>114<br>114<br>114<br>114<br>114<br>11 | 09:21  16:20  Laps: 5 03:13:10.23  Pace 09:29  13:03  13:35  Laps: 4 02:22:10.00  Pace 16:12 09:23  Laps: 3 01:11:35.79  Pace 08:21  05:00  Laps: 3 02:04:15.24      | 0.00 6.44 0.00 3.71 5 5 Sp 6.33 0.00 4.44 4 Sp 3.71 0.00 6.44 0.00 3 3 Sp 7.21 0.00 12.0 3 Sp 4.88                                                     | nph                                                | 00:54:31.470 02:18:46.067 02:22:11.740 03:12:58.393  Ma  Cumulative 00:29:29.914 00:31:15.934 02:28:51.209 02:30:57.057 03:13:10.231  Cumulative 00:50:22.205 00:54:15.285 02:18:47.822 02:22:10.007  Cumulative 00:25:58.676 00:26:32.703 01:11:35.797  | :               |