

Lake Norfolk Sprint Tri - Men

Overall Male

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	129	Robin Trotman	01:22:20.72		Athlete	Springfield, MO	/M	mph	1	45	565635
		Swim >	0:08:34.599								
		T1 >	0:01:12.478								
		Bike >	0:37:31.841								
		T2 >	0:00:51.634								
		Run >	0:34:10.176								

Male 20 - 29

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	104	Colton Bemis	01:46:08.32		Athlete	Cottleville, MO	/M	mph	5	24	2100281389
		Swim >	0:11:58.011								
		T1 >	0:01:41.040								
		Bike >	0:48:42.202								
		T2 >	0:00:43.237								
		Run >	0:43:03.836								
2.	109	Ben Davis	01:46:42.83		Athlete	Little Rock, AR	/M	mph	6	26	WTHTCZAFP D
		Swim >	0:11:59.299								
		T1 >	0:01:30.108								
		Bike >	0:48:46.056								
		T2 >	0:01:18.308								
		Run >	0:43:09.063								
3.	113	Arlin Hicks	01:55:37.95		Athlete	Mountain Home, AR	/M	mph	7	26	5UFVCN9JN 6
		Swim >	0:14:36.198								
		T1 >	0:02:19.591								
		Bike >	0:50:46.507								
		T2 >	0:02:05.961								
		Run >	0:45:49.694								
4.	116	Clayton Hudgens	02:17:18.36		Athlete	Mountain Home, AR	/M	mph	9	28	5jfalkhsrh
		Swim >	0:16:41.754								
		T1 >	0:06:33.144								
		Bike >	1:04:59.553								
		T2 >	0:02:13.894								
		Run >	0:46:50.024								

Male 30 - 39

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	134	Stuart Swearingen	01:27:05.86		Athlete	Mountain Home, AR	/M	mph	2	33	BGZ6JWPXX J
		Swim >	0:08:36.499								
		T1 >	0:01:16.309								
		Bike >	0:41:03.685								
		T2 >	0:00:53.252								
		Run >	0:35:16.119								
2.	121	Steve Lopez	01:36:07.53		Athlete	Bartlett, TN	/M	mph	3	38	QEAQEYSD9 H
		Swim >	0:13:26.059								
		T1 >	0:00:52.460								
		Bike >	0:42:02.932								
		T2 >	0:01:21.336								
		Run >	0:38:24.744								
3.	125	Benjamin Sawyer	01:59:14.84		Athlete	Americus, GA	/M	mph	8	39	2100269915
		Swim >	0:11:51.787								
		T1 >	0:01:42.244								
		Bike >	1:09:00.866								
		T2 >	0:01:40.488								
		Run >	0:34:59.456								

Lake Norfolk Sprint Tri - Men

Male 40 - 49

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	115	Roger Howell	02:56:56.54		Athlete	Mountain Home, AR	/M	mph	11	46	LUQT2E8RX R
		Swim >	0:25:22.546								(0:25:22.546)
		T1 >	0:03:44.467								(0:29:07.013)
		Bike >	1:18:50.755								(1:47:57.768)
		T2 >	0:01:03.441								(1:49:01.209)
		Run >	1:07:55.333								(2:56:56.542)

Male 50 - 59

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	128	Ted Sward	01:38:43.93		Athlete	Saint Louis, MO	/M	mph	4	51	4JUHMUNV W
		Swim >	0:08:51.859								(0:08:51.859)
		T1 >	0:01:20.850								(0:10:12.709)
		Bike >	0:44:23.987								(0:54:36.696)
		T2 >	0:01:26.316								(0:56:03.012)
		Run >	0:42:40.924								(1:38:43.936)

Male 60+

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	108	Paul Daniels	02:25:55.19		Athlete	Mountain View, AR	/M	mph	10	71	8CTD8ZUVB 8
		Swim >	0:16:39.680								(0:16:39.680)
		T1 >	0:03:36.204								(0:20:15.884)
		Bike >	1:03:47.324								(1:24:03.208)
		T2 >	0:02:38.334								(1:26:41.542)
		Run >	0:59:13.654								(2:25:55.196)