Lake Norfork Sprint Tri - Women

Overall Female

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	136	Melanie Abbott	01:42:34.20		Athlete	Cabot, AR	/M	mph	1	17	2100098279

Swim >   0:07:36.105   (0:07:36.105)
T1 >   0:01:32.058   (0:09:08.163)
Bike >   0:46:13.099   (0:55:21.262)
T2 >   0:00:50.966   (0:56:12.228)
Run >   0:46:21.975   (1:42:34.203)

Female 0 - 19

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	126	Delaney Shipman	01:49:01.81		Athlete	Bartlesville, OK	/M	mph	3	17	557624

Swim >   0:07:49.552   (0:07:49.552)
T1 >   0:02:04.453   (0:09:54.005)
Bike >   0:45:25.825   (0:55:19.830)
T2 >   0:00:57.171   (0:56:17.001)
Run >   0:52:44.813   (1:49:01.814)

Female 20 - 29

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	143	Christiana Rugloski	01:51:31.74		Athlete		/M	mph	4	20	

Swim >   0:14:14.971   (0:14:14.971)
T1 >   0:02:14.257   (0:16:29.228)
Bike >   0:53:36.785   (1:10:06.013)
T2 >   0:00:55.729   (1:11:01.742)
Run >   0:40:29.998   (1:51:31.740)

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
2.	135	Jaime Turner	02:00:21.84		Athlete	Fayetteville, AR	/M	mph	6	29	2100251702

Swim >   0:11:21.688   (0:11:21.688)
T1 >   0:01:17.394   (0:12:39.082)
Bike >   0:54:32.409   (1:07:11.491)
T2 >   0:00:37.871   (1:07:49.362)
Run >   0:52:32.484   (2:00:21.846)

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
3.	103	Rachael Beauchamp	02:01:42.06		Athlete	West Plains, MO	/M	mph	7	22	HQNT6QVVHK

Swim >   0:15:51.004   (0:15:51.004)
T1 >   0:01:38.344   (0:17:29.348)
Bike >   0:53:15.235   (1:10:44.583)
T2 >   0:01:22.898   (1:12:07.481)
Run >   0:49:34.583   (2:01:42.064)

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
4.	131	Laura Freeman	02:32:50.66		Athlete	Pocahontas, AR	/M	mph	20	29	2100264928

Swim >   0:11:46.823   (0:11:46.823)
T1 >   0:01:25.840   (0:13:12.663)
Bike >   1:14:44.611   (1:27:57.274)
T2 >   0:01:03.353   (1:29:00.627)
Run >   1:03:50.037   (2:32:50.664)

Female 30 - 39

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	130	Veronica Dockery	01:53:32.82		Athlete	Fayetteville, AR	/M	mph	5	35	N768EBLQ97

Swim >   0:10:10.397   (0:10:10.397)
T1 >   0:01:04.028   (0:11:14.425)
Bike >   0:54:22.447   (1:05:36.872)
T2 >   0:00:38.039   (1:06:14.911)
Run >   0:47:17.912   (1:53:32.823)

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
2.	120	Misty Krug	02:02:03.55		Athlete	Mountain Home, AR	/M	mph	8	39	2100270474

Swim >   0:13:50.103   (0:13:50.103)
T1 >   0:03:21.535   (0:17:11.638)
Bike >   0:56:45.908   (1:13:57.546)
T2 >   0:02:00.638   (1:15:58.184)
Run >   0:46:05.375   (2:02:03.559)

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
3.	112	Charity Hertzog	02:10:39.02		Athlete	Cabot, AR	/M	mph	11	38	2QM4TCUFPN

Swim >   0:17:08.368   (0:17:08.368)
T1 >   0:02:02.375   (0:19:10.743)
Bike >   1:01:09.485   (1:20:20.228)
T2 >   0:03:04.735   (1:23:24.963)
Run >   0:47:14.059   (2:10:39.022)

Lake Norfork Sprint Tri - Women

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
4.	117	Amy Hughes	02:10:50.76		Athlete	Cabot, AR	/M	mph	12	35	D9EPSWQZE2

Swim >	*0:13:57.581*	*(0:13:57.581)*	
T1 >	*0:02:52.503*	*(0:16:50.084)*	
Bike >	*1:03:37.398*	*(1:20:27.482)*	
T2 >	*0:02:30.900*	*(1:22:58.382)*	
Run >	*0:47:52.385*	*(2:10:50.767)*	

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
5.	114	Lindsey Hodges	02:13:59.61		Athlete	Batesville, AR	/M	mph	13	30	D6P3N8UQ7H

Swim >	*0:15:05.837*	*(0:15:05.837)*	
T1 >	*0:02:49.644*	*(0:17:55.481)*	
Bike >	*0:58:30.966*	*(1:16:26.447)*	
T2 >	*0:01:10.408*	*(1:17:36.855)*	
Run >	*0:56:22.755*	*(2:13:59.610)*	

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
6.	124	Lauren Ryburn	02:16:10.63		Athlete	Hardy, AR	/M	mph	14	39	2100283033

Swim >	*0:11:12.087*	*(0:11:12.087)*	
T1 >	*0:03:11.996*	*(0:14:24.083)*	
Bike >	*1:00:15.408*	*(1:14:39.491)*	
T2 >	*0:02:25.605*	*(1:17:05.096)*	
Run >	*0:59:05.534*	*(2:16:10.630)*	

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
7.	118	Natalie Karnowski	02:16:53.84		Athlete	Columbia, MO	/M	mph	15	31	2100279651

Swim >	*0:10:18.467*	*(0:10:18.467)*	
T1 >	*0:00:25.760*	*(0:10:44.227)*	
Bike >	*1:02:43.717*	*(1:13:27.944)*	
T2 >	*0:00:50.861*	*(1:14:18.805)*	
Run >	*1:02:35.040*	*(2:16:53.845)*	

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
8.	123	Hanna McEntire	02:26:13.17		Athlete	Salem, AR	/M	mph	18	30	FNCYX42HZY

Swim >	*0:16:32.405*	*(0:16:32.405)*	
T1 >	*0:02:28.566*	*(0:19:00.971)*	
Bike >	*1:08:37.592*	*(1:27:38.563)*	
T2 >	*0:01:06.369*	*(1:28:44.932)*	
Run >	*0:57:28.241*	*(2:26:13.173)*	

Female 40 - 49

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	107	Lisa Cropper	01:44:00.00		Athlete	West Plains, MO	/M	mph	2	41	GVXBN2KYRP

Swim >	*0:14:40.089*	*(0:14:40.089)*	
T1 >	*0:01:24.801*	*(0:16:04.890)*	
Bike >	*0:48:20.967*	*(1:04:25.857)*	
T2 >	*0:01:07.512*	*(1:05:33.369)*	
Run >	*0:38:26.632*	*(1:44:00.001)*	

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
2.	127	Julie Sward	02:04:55.95		Athlete	Saint Louis, MO	/M	mph	9	47	XJUUZQT5UM

Swim >	*0:12:29.910*	*(0:12:29.910)*	
T1 >	*0:01:28.750*	*(0:13:58.660)*	
Bike >	*0:53:09.792*	*(1:07:08.452)*	
T2 >	*0:01:23.288*	*(1:08:31.740)*	
Run >	*0:56:24.213*	*(2:04:55.953)*	

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
3.	144	Kari Knighton	02:06:29.55		Athlete	Mountain Home, AR	/M	mph	10	41	54UZPR3ABH

Swim >	*0:11:59.872*	*(0:11:59.872)*	
T1 >	*0:02:04.643*	*(0:14:04.515)*	
Bike >	*0:57:06.423*	*(1:11:10.938)*	
T2 >	*0:01:20.752*	*(1:12:31.690)*	
Run >	*0:53:57.861*	*(2:06:29.551)*	

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
4.	102	Elizabeth Anderson	02:18:46.24		Athlete	Midway, AR	/M	mph	17	43	GXF92YTHTK

Swim >	*0:11:09.105*	*(0:11:09.105)*	
T1 >	*0:04:53.137*	*(0:16:02.242)*	
Bike >	*1:03:16.114*	*(1:19:18.356)*	
T2 >	*0:03:15.648*	*(1:22:34.004)*	
Run >	*0:56:12.243*	*(2:18:46.247)*	

Place	Bib#	Name	Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
5.	140	Ann Hines	02:50:22.30		Athlete		/M	mph	21	45	

Swim >	*0:15:01.924*	*(0:15:01.924)*	
T1 >	*0:03:16.803*	*(0:18:18.727)*	
Bike >	*1:13:29.459*	*(1:31:48.186)*	
T2 >	*0:01:14.688*	*(1:33:02.874)*	
Run >	*1:17:19.431*	*(2:50:22.305)*	

6.	137	Mosemarie Boyd		03:05:31.23		Athlete		/M	mph	22	48
		Swim >	*0:20:27.698*	*(0:20:27.698)*							
		T1 >	*0:05:43.235*	*(0:26:10.933)*							
		Bike >	*1:08:21.889*	*(1:34:32.822)*							
		T2 >	*0:11:07.056*	*(1:45:39.878)*							
		Run >	*1:19:51.357*	*(3:05:31.235)*							

Female 50 - 59

Place	Bib#	Name		Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	101	Julia Allen		02:30:16.96		Athlete	Batesville, AR	/M	mph	19	54	RRVX44RNXM
		Swim >	*0:11:20.708*	*(0:11:20.708)*								
		T1 >	*0:03:30.787*	*(0:14:51.495)*								
		Bike >	*1:02:57.936*	*(1:17:49.431)*								
		T2 >	*0:01:42.763*	*(1:19:32.194)*								
		Run >	*1:10:44.772*	*(2:30:16.966)*								

Female 60+

Place	Bib#	Name		Time	Grade	Athlete Type	Hometown	Pace	Speed	Overall Place	Age	Athlete ID
1.	122	Patricia Markowski		02:17:53.65		Athlete	Mountain Home, AR	/M	mph	16	60	TBKVCLCK74
		Swim >	*0:15:39.095*	*(0:15:39.095)*								
		T1 >	*0:03:18.643*	*(0:18:57.738)*								
		Bike >	*0:51:43.275*	*(1:10:41.013)*								
		T2 >	*0:02:44.709*	*(1:13:25.722)*								
		Run >	*1:04:27.934*	*(2:17:53.656)*								