

Race Date
September 22, 2019

North Knox 2019
Age Group Results

Age Group

Female Open Winners

| <u>Place</u> | <u>Overall</u> | <u>Name</u> | <u>Rnk</u> | <u>Time</u> | <u>Pace</u> | <u>Time</u> | <u>Rnk</u> | <u>Time</u> | <u>Pace</u> | <u>Time</u> | <u>Rnk</u> | <u>Time</u> | <u>Pace</u> | <u>Time</u> |
|--------------|----------------|-------------------|------------|-------------|-------------|-------------|------------|-------------|-------------|-------------|------------|-------------|-------------|-------------|
| 1 | 13 | Marsha Morton | | | | | | | | | 1 | 1:03:22.6 | 20:27 | 1:03:22.6 |
| 2 | 15 | Mary Shea | | | | | | | | | 2 | 1:05:31.2 | 21:08 | 1:05:31.2 |
| 3 | 20 | Casey Fitzpatrick | | | | | | | | | 3 | 1:08:05.9 | 21:58 | 1:08:05.9 |

Male Open Winners

| <u>Place</u> | <u>Overall</u> | <u>Name</u> | <u>Rnk</u> | <u>Time</u> | <u>Pace</u> | <u>Time</u> | <u>Rnk</u> | <u>Time</u> | <u>Pace</u> | <u>Time</u> | <u>Rnk</u> | <u>Time</u> | <u>Pace</u> | <u>Time</u> |
|--------------|----------------|-------------|------------|-------------|-------------|-------------|------------|-------------|-------------|-------------|------------|-------------|-------------|-------------|
| 1 | 1 | Will Gates | | | | | | | | | 1 | 48:25.1 | 15:37 | 48:25.1 |
| 2 | 2 | Jim Hall | | | | | | | | | 2 | 49:41.4 | 16:02 | 49:41.4 |
| 3 | 3 | Alex Widmer | | | | | | | | | 3 | 53:47.2 | 17:21 | 53:47.2 |

Female Masters Winners

| <u>Place</u> | <u>Overall</u> | <u>Name</u> | <u>Rnk</u> | <u>Time</u> | <u>Pace</u> | <u>Time</u> | <u>Rnk</u> | <u>Time</u> | <u>Pace</u> | <u>Time</u> | <u>Rnk</u> | <u>Time</u> | <u>Pace</u> | <u>Time</u> |
|--------------|----------------|--------------|------------|-------------|-------------|-------------|------------|-------------|-------------|-------------|------------|-------------|-------------|-------------|
| 1 | 32 | Sally Little | | | | | | | | | 1 | 1:14:36.1 | 24:04 | 1:14:36.1 |

Male Masters Winners

| <u>Place</u> | <u>Overall</u> | <u>Name</u> | <u>Rnk</u> | <u>Time</u> | <u>Pace</u> | <u>Time</u> | <u>Rnk</u> | <u>Time</u> | <u>Pace</u> | <u>Time</u> | <u>Rnk</u> | <u>Time</u> | <u>Pace</u> | <u>Time</u> |
|--------------|----------------|-------------|------------|-------------|-------------|-------------|------------|-------------|-------------|-------------|------------|-------------|-------------|-------------|
| 1 | 6 | Paul Horton | | | | | | | | | 1 | 56:51.4 | 18:20 | 56:51.4 |

Race Date
September 22, 2019

North Knox 2019
Age Group Results

Age Group

Male 14 and under

| <u>Place</u> | <u>Overall</u> | <u>Name</u> | <u>Rnk</u> | <u>Time</u> | <u>Pace</u> | <u>Time</u> | <u>Rnk</u> | <u>Time</u> | <u>Pace</u> | <u>Time</u> | <u>Rnk</u> | <u>Time</u> | <u>Pace</u> | <u>Time</u> |
|--------------|----------------|----------------|------------|-------------|-------------|-------------|------------|-------------|-------------|-------------|------------|-------------|-------------|-------------|
| 1 | 31 | Clark Steffen | | | | | | | | | 1 | 1:14:09.3 | 23:55 | 1:14:09.3 |
| 2 | 49 | Hudson Schmitt | | | | | | | | | 2 | 1:24:27.8 | 27:15 | 1:24:27.8 |

Female 15 to 19

| <u>Place</u> | <u>Overall</u> | <u>Name</u> | <u>Rnk</u> | <u>Time</u> | <u>Pace</u> | <u>Time</u> | <u>Rnk</u> | <u>Time</u> | <u>Pace</u> | <u>Time</u> | <u>Rnk</u> | <u>Time</u> | <u>Pace</u> | <u>Time</u> |
|--------------|----------------|--------------|------------|-------------|-------------|-------------|------------|-------------|-------------|-------------|------------|-------------|-------------|-------------|
| 1 | 36 | Gracie Ray | | | | | | | | | 1 | 1:18:02.2 | 25:10 | 1:18:02.2 |
| 2 | 39 | Maia Delaney | | | | | | | | | 2 | 1:19:43.5 | 25:43 | 1:19:43.5 |

Male 15 to 19

| <u>Place</u> | <u>Overall</u> | <u>Name</u> | <u>Rnk</u> | <u>Time</u> | <u>Pace</u> | <u>Time</u> | <u>Rnk</u> | <u>Time</u> | <u>Pace</u> | <u>Time</u> | <u>Rnk</u> | <u>Time</u> | <u>Pace</u> | <u>Time</u> |
|--------------|----------------|----------------|------------|-------------|-------------|-------------|------------|-------------|-------------|-------------|------------|-------------|-------------|-------------|
| 1 | 5 | connor brunson | | | | | | | | | 1 | 56:07.5 | 18:06 | 56:07.5 |

Female 20 to 24

| <u>Place</u> | <u>Overall</u> | <u>Name</u> | <u>Rnk</u> | <u>Time</u> | <u>Pace</u> | <u>Time</u> | <u>Rnk</u> | <u>Time</u> | <u>Pace</u> | <u>Time</u> | <u>Rnk</u> | <u>Time</u> | <u>Pace</u> | <u>Time</u> |
|--------------|----------------|-----------------|------------|-------------|-------------|-------------|------------|-------------|-------------|-------------|------------|-------------|-------------|-------------|
| 1 | 23 | Rachael Baggett | | | | | | | | | 1 | 1:09:32.8 | 22:26 | 1:09:32.8 |
| 2 | 28 | Piper Gauthier | | | | | | | | | 2 | 1:11:24.7 | 23:02 | 1:11:24.7 |
| 3 | 62 | Haley Cremerius | | | | | | | | | 3 | 1:32:44.8 | 29:55 | 1:32:44.8 |
| 4 | 64 | Megan Hobbs | | | | | | | | | 4 | 1:44:16.9 | 33:38 | 1:44:16.9 |

Race Date
September 22, 2019

North Knox 2019
Age Group Results

Age Group

Female 20 to 24

| <u>Place</u> | <u>Overall</u> | <u>Name</u> | <u>Rnk</u> | <u>Time</u> | <u>Pace</u> | <u>Time</u> | <u>Rnk</u> | <u>Time</u> | <u>Pace</u> | <u>Time</u> | <u>Rnk</u> | <u>Time</u> | <u>Pace</u> | <u>Time</u> |
|--------------|----------------|---------------|------------|-------------|-------------|-------------|------------|-------------|-------------|-------------|------------|-------------|-------------|-------------|
| 5 | 67 | Sarah Sandlin | | | | | | | | | 5 | 2:04:16.6 | 40:05 | 2:04:16.6 |

Male 20 to 24

| <u>Place</u> | <u>Overall</u> | <u>Name</u> | <u>Rnk</u> | <u>Time</u> | <u>Pace</u> | <u>Time</u> | <u>Rnk</u> | <u>Time</u> | <u>Pace</u> | <u>Time</u> | <u>Rnk</u> | <u>Time</u> | <u>Pace</u> | <u>Time</u> |
|--------------|----------------|----------------|------------|-------------|-------------|-------------|------------|-------------|-------------|-------------|------------|-------------|-------------|-------------|
| 1 | 14 | Duncan Lehman | | | | | | | | | 1 | 1:04:15.9 | 20:44 | 1:04:15.9 |
| 2 | 16 | Matthew Wright | | | | | | | | | 2 | 1:05:32.9 | 21:09 | 1:05:32.9 |

Female 25 to 29

| <u>Place</u> | <u>Overall</u> | <u>Name</u> | <u>Rnk</u> | <u>Time</u> | <u>Pace</u> | <u>Time</u> | <u>Rnk</u> | <u>Time</u> | <u>Pace</u> | <u>Time</u> | <u>Rnk</u> | <u>Time</u> | <u>Pace</u> | <u>Time</u> |
|--------------|----------------|---------------------|------------|-------------|-------------|-------------|------------|-------------|-------------|-------------|------------|-------------|-------------|-------------|
| 1 | 24 | Lex Pulice-Farrow | | | | | | | | | 1 | 1:10:24.0 | 22:43 | 1:10:24.0 |
| 2 | 44 | Emma Wolfenbarger | | | | | | | | | 2 | 1:20:28.0 | 25:57 | 1:20:28.0 |
| 3 | 51 | Elizabeth Cappleman | | | | | | | | | 3 | 1:24:48.1 | 27:21 | 1:24:48.1 |

Male 25 to 29

| <u>Place</u> | <u>Overall</u> | <u>Name</u> | <u>Rnk</u> | <u>Time</u> | <u>Pace</u> | <u>Time</u> | <u>Rnk</u> | <u>Time</u> | <u>Pace</u> | <u>Time</u> | <u>Rnk</u> | <u>Time</u> | <u>Pace</u> | <u>Time</u> |
|--------------|----------------|-----------------|------------|-------------|-------------|-------------|------------|-------------|-------------|-------------|------------|-------------|-------------|-------------|
| 1 | 35 | Kendall Ross | | | | | | | | | 1 | 1:16:23.0 | 24:38 | 1:16:23.0 |
| 2 | 42 | Elliot McCrary | | | | | | | | | 2 | 1:20:04.0 | 25:50 | 1:20:04.0 |
| 3 | 54 | Matthew McCrary | | | | | | | | | 3 | 1:27:08.0 | 28:06 | 1:27:08.0 |

Race Date
September 22, 2019

North Knox 2019
Age Group Results

Age Group

Female 30 to 34

| <u>Place</u> | <u>Overall</u> | <u>Name</u> | <u>Rnk</u> | <u>Time</u> | <u>Pace</u> | <u>Time</u> | <u>Rnk</u> | <u>Time</u> | <u>Pace</u> | <u>Time</u> | <u>Rnk</u> | <u>Time</u> | <u>Pace</u> | <u>Time</u> |
|--------------|----------------|-------------------|------------|-------------|-------------|-------------|------------|-------------|-------------|-------------|------------|-------------|-------------|-------------|
| 1 | 40 | Annalee Yarbrough | | | | | | | | | 1 | 1:19:43.8 | 25:43 | 1:19:43.8 |
| 2 | 56 | Sarah Kerr | | | | | | | | | 2 | 1:27:56.3 | 28:22 | 1:27:56.3 |
| 3 | 59 | Sarah Walker | | | | | | | | | 3 | 1:29:32.3 | 28:53 | 1:29:32.3 |
| 4 | 65 | Amy McCarroll | | | | | | | | | 4 | 1:49:34.1 | 35:21 | 1:49:34.1 |

Male 30 to 34

| <u>Place</u> | <u>Overall</u> | <u>Name</u> | <u>Rnk</u> | <u>Time</u> | <u>Pace</u> | <u>Time</u> | <u>Rnk</u> | <u>Time</u> | <u>Pace</u> | <u>Time</u> | <u>Rnk</u> | <u>Time</u> | <u>Pace</u> | <u>Time</u> |
|--------------|----------------|-----------------|------------|-------------|-------------|-------------|------------|-------------|-------------|-------------|------------|-------------|-------------|-------------|
| 1 | 4 | Billy Madore | | | | | | | | | 1 | 56:05.5 | 18:06 | 56:05.5 |
| 2 | 9 | Joseph Townsend | | | | | | | | | 2 | 58:58.8 | 19:02 | 58:58.8 |
| 3 | 18 | Andrew Ditmer | | | | | | | | | 3 | 1:07:22.2 | 21:44 | 1:07:22.2 |
| 4 | 26 | Kevin Bailey | | | | | | | | | 4 | 1:11:08.2 | 22:57 | 1:11:08.2 |
| 5 | 27 | Justin Kirby | | | | | | | | | 5 | 1:11:15.3 | 22:59 | 1:11:15.3 |
| 6 | 33 | Paul Jones | | | | | | | | | 6 | 1:16:18.2 | 24:37 | 1:16:18.2 |
| 7 | 55 | David Kerr | | | | | | | | | 7 | 1:27:56.1 | 28:22 | 1:27:56.1 |

Female 35 to 39

| <u>Place</u> | <u>Overall</u> | <u>Name</u> | <u>Rnk</u> | <u>Time</u> | <u>Pace</u> | <u>Time</u> | <u>Rnk</u> | <u>Time</u> | <u>Pace</u> | <u>Time</u> | <u>Rnk</u> | <u>Time</u> | <u>Pace</u> | <u>Time</u> |
|--------------|----------------|----------------|------------|-------------|-------------|-------------|------------|-------------|-------------|-------------|------------|-------------|-------------|-------------|
| 1 | 52 | Happy Lee | | | | | | | | | 1 | 1:25:18.0 | 27:31 | 1:25:18.0 |
| 2 | 53 | Melissa Hinten | | | | | | | | | 2 | 1:25:42.5 | 27:39 | 1:25:42.5 |

Race Date
September 22, 2019

North Knox 2019
Age Group Results

Age Group

Male 35 to 39

| <u>Place</u> | <u>Overall</u> | <u>Name</u> | <u>Rnk</u> | <u>Time</u> | <u>Pace</u> | <u>Time</u> | <u>Rnk</u> | <u>Time</u> | <u>Pace</u> | <u>Time</u> | <u>Rnk</u> | <u>Time</u> | <u>Pace</u> | <u>Time</u> |
|--------------|----------------|-----------------|------------|-------------|-------------|-------------|------------|-------------|-------------|-------------|------------|-------------|-------------|-------------|
| 1 | 17 | Kevin Alexander | | | | | | | | | 1 | 1:06:18.7 | 21:23 | 1:06:18.7 |
| 2 | 25 | David Carrell | | | | | | | | | 2 | 1:10:49.8 | 22:51 | 1:10:49.8 |
| 3 | 46 | Steven Pyles | | | | | | | | | 3 | 1:21:01.6 | 26:08 | 1:21:01.6 |

Female 40 to 44

| <u>Place</u> | <u>Overall</u> | <u>Name</u> | <u>Rnk</u> | <u>Time</u> | <u>Pace</u> | <u>Time</u> | <u>Rnk</u> | <u>Time</u> | <u>Pace</u> | <u>Time</u> | <u>Rnk</u> | <u>Time</u> | <u>Pace</u> | <u>Time</u> |
|--------------|----------------|--------------|------------|-------------|-------------|-------------|------------|-------------|-------------|-------------|------------|-------------|-------------|-------------|
| 1 | 43 | Emily Hodges | | | | | | | | | 1 | 1:20:05.4 | 25:50 | 1:20:05.4 |

Male 40 to 44

| <u>Place</u> | <u>Overall</u> | <u>Name</u> | <u>Rnk</u> | <u>Time</u> | <u>Pace</u> | <u>Time</u> | <u>Rnk</u> | <u>Time</u> | <u>Pace</u> | <u>Time</u> | <u>Rnk</u> | <u>Time</u> | <u>Pace</u> | <u>Time</u> |
|--------------|----------------|-----------------|------------|-------------|-------------|-------------|------------|-------------|-------------|-------------|------------|-------------|-------------|-------------|
| 1 | 7 | Danny Sturdevan | | | | | | | | | 1 | 58:48.1 | 18:58 | 58:48.1 |
| 2 | 48 | Marl Murphy | | | | | | | | | 2 | 1:23:21.0 | 26:53 | 1:23:21.0 |

Male 45 to 49

| <u>Place</u> | <u>Overall</u> | <u>Name</u> | <u>Rnk</u> | <u>Time</u> | <u>Pace</u> | <u>Time</u> | <u>Rnk</u> | <u>Time</u> | <u>Pace</u> | <u>Time</u> | <u>Rnk</u> | <u>Time</u> | <u>Pace</u> | <u>Time</u> |
|--------------|----------------|-------------------|------------|-------------|-------------|-------------|------------|-------------|-------------|-------------|------------|-------------|-------------|-------------|
| 1 | 8 | Christopher Wells | | | | | | | | | 1 | 58:57.4 | 19:01 | 58:57.4 |
| 2 | 10 | Michael Barto | | | | | | | | | 2 | 59:11.9 | 19:06 | 59:11.9 |
| 3 | 29 | Keith McCloud | | | | | | | | | 3 | 1:11:29.8 | 23:04 | 1:11:29.8 |

Race Date
September 22, 2019

North Knox 2019
Age Group Results

Age Group

Male 45 to 49

| Place | | | ----- Swim ----- | | Trans 1 | ----- Bike ----- | | Trans 2 | ----- Run ----- | | Total | |
|--------------|----------------|-------------|------------------|-------------|-------------|------------------|-------------|-------------|-----------------|-------------|-------------|-------------|
| <u>Place</u> | <u>Overall</u> | <u>Name</u> | <u>Rnk</u> | <u>Time</u> | <u>Time</u> | <u>Rnk</u> | <u>Time</u> | <u>Time</u> | <u>Rnk</u> | <u>Time</u> | <u>Pace</u> | <u>Time</u> |
| 4 | 30 | Paul Walker | | | | | | | 4 | 1:13:13.4 | 23:37 | 1:13:13.4 |
| 5 | 34 | John Hasset | | | | | | | 5 | 1:16:21.1 | 24:38 | 1:16:21.1 |
| 6 | 37 | Jay Wessel | | | | | | | 6 | 1:18:44.7 | 25:24 | 1:18:44.7 |

Female 50 to 54

| Place | | | ----- Swim ----- | | Trans 1 | ----- Bike ----- | | Trans 2 | ----- Run ----- | | Total | |
|--------------|----------------|------------------|------------------|-------------|-------------|------------------|-------------|-------------|-----------------|-------------|-------------|-------------|
| <u>Place</u> | <u>Overall</u> | <u>Name</u> | <u>Rnk</u> | <u>Time</u> | <u>Time</u> | <u>Rnk</u> | <u>Time</u> | <u>Time</u> | <u>Rnk</u> | <u>Time</u> | <u>Pace</u> | <u>Time</u> |
| 1 | 47 | Dona Byron | | | | | | | 1 | 1:21:45.6 | 26:22 | 1:21:45.6 |
| 2 | 60 | Jamie Blessinger | | | | | | | 2 | 1:29:53.4 | 29:00 | 1:29:53.4 |

Male 50 to 54

| Place | | | ----- Swim ----- | | Trans 1 | ----- Bike ----- | | Trans 2 | ----- Run ----- | | Total | |
|--------------|----------------|-----------------|------------------|-------------|-------------|------------------|-------------|-------------|-----------------|-------------|-------------|-------------|
| <u>Place</u> | <u>Overall</u> | <u>Name</u> | <u>Rnk</u> | <u>Time</u> | <u>Time</u> | <u>Rnk</u> | <u>Time</u> | <u>Time</u> | <u>Rnk</u> | <u>Time</u> | <u>Pace</u> | <u>Time</u> |
| 1 | 19 | Ben Johnson | | | | | | | 1 | 1:07:31.6 | 21:47 | 1:07:31.6 |
| 2 | 21 | Scott Partin | | | | | | | 2 | 1:09:00.8 | 22:16 | 1:09:00.8 |
| 3 | 22 | Michael Brunson | | | | | | | 3 | 1:09:23.7 | 22:23 | 1:09:23.7 |
| 4 | 38 | Robert Eason | | | | | | | 4 | 1:18:59.0 | 25:29 | 1:18:59.0 |
| 5 | 57 | Francis Colvais | | | | | | | 5 | 1:28:24.0 | 28:31 | 1:28:24.0 |

Race Date
September 22, 2019

North Knox 2019
Age Group Results

Age Group

Female 55 to 59

| <u>Place</u> | <u>Overall</u> | <u>Name</u> | <u>Rnk</u> | <u>Time</u> | <u>Pace</u> | <u>Time</u> | <u>Rnk</u> | <u>Time</u> | <u>Pace</u> | <u>Time</u> | <u>Rnk</u> | <u>Time</u> | <u>Pace</u> | <u>Time</u> |
|--------------|----------------|-----------------|------------|-------------|-------------|-------------|------------|-------------|-------------|-------------|------------|-------------|-------------|-------------|
| 1 | 50 | Liz Lovelace | | | | | | | | | 1 | 1:24:42.4 | 27:20 | 1:24:42.4 |
| 2 | 61 | Annabel Henley | | | | | | | | | 2 | 1:31:01.1 | 29:22 | 1:31:01.1 |
| 3 | 66 | Karen Quilliams | | | | | | | | | 3 | 1:52:07.4 | 36:10 | 1:52:07.4 |

Male 55 to 59

| <u>Place</u> | <u>Overall</u> | <u>Name</u> | <u>Rnk</u> | <u>Time</u> | <u>Pace</u> | <u>Time</u> | <u>Rnk</u> | <u>Time</u> | <u>Pace</u> | <u>Time</u> | <u>Rnk</u> | <u>Time</u> | <u>Pace</u> | <u>Time</u> |
|--------------|----------------|----------------|------------|-------------|-------------|-------------|------------|-------------|-------------|-------------|------------|-------------|-------------|-------------|
| 1 | 11 | Steven Dittner | | | | | | | | | 1 | 59:50.1 | 19:18 | 59:50.1 |
| 2 | 12 | ken hall | | | | | | | | | 2 | 59:53.6 | 19:19 | 59:53.6 |
| 3 | 45 | Ronnie Baggett | | | | | | | | | 3 | 1:20:38.1 | 26:01 | 1:20:38.1 |

Female 60 to 64

| <u>Place</u> | <u>Overall</u> | <u>Name</u> | <u>Rnk</u> | <u>Time</u> | <u>Pace</u> | <u>Time</u> | <u>Rnk</u> | <u>Time</u> | <u>Pace</u> | <u>Time</u> | <u>Rnk</u> | <u>Time</u> | <u>Pace</u> | <u>Time</u> |
|--------------|----------------|-------------|------------|-------------|-------------|-------------|------------|-------------|-------------|-------------|------------|-------------|-------------|-------------|
| 1 | 63 | Sally Goade | | | | | | | | | 1 | 1:36:24.7 | 31:06 | 1:36:24.7 |

Male 60 to 64

| <u>Place</u> | <u>Overall</u> | <u>Name</u> | <u>Rnk</u> | <u>Time</u> | <u>Pace</u> | <u>Time</u> | <u>Rnk</u> | <u>Time</u> | <u>Pace</u> | <u>Time</u> | <u>Rnk</u> | <u>Time</u> | <u>Pace</u> | <u>Time</u> |
|--------------|----------------|-------------|------------|-------------|-------------|-------------|------------|-------------|-------------|-------------|------------|-------------|-------------|-------------|
| 1 | 58 | Dale Less | | | | | | | | | 1 | 1:28:41.0 | 28:36 | 1:28:41.0 |

Race Date
September 22, 2019

North Knox 2019
Age Group Results
Age Group

Male 75 to 79

| <u>Place</u> | <u>Overall</u> | <u>Name</u> | <u>Swim</u> | <u>Trans 1</u> | <u>Bike</u> | <u>Trans 2</u> | <u>Run</u> | <u>Total</u> |
|--------------|----------------|--------------|------------------------|-------------------------|------------------------|-------------------------|------------------------------------|--------------|
| | | | <u>Rnk</u> <u>Time</u> | <u>Pace</u> <u>Time</u> | <u>Rnk</u> <u>Time</u> | <u>Pace</u> <u>Time</u> | <u>Rnk</u> <u>Time</u> <u>Pace</u> | <u>Time</u> |
| 1 | 41 | George Price | | | | | 1 1:19:49.9 25:45 | 1:19:49.9 |

Race Date
September 22, 2019

North Knox 2019
Age Group Results
Clydesdale

Male 99 and under

| <u>Place</u> | <u>Place</u> | <u>Name</u> | <u>Swim</u> | <u>Trans 1</u> | <u>Bike</u> | <u>Trans 2</u> | <u>Run</u> | <u>Total</u> |
|--------------|----------------|-----------------|-------------|----------------|-------------|----------------|-------------------|--------------|
| <u>Rnk</u> | <u>Overall</u> | | <u>Time</u> | <u>Time</u> | <u>Time</u> | <u>Time</u> | <u>Time</u> | <u>Time</u> |
| | | | <u>Pace</u> | | <u>Pace</u> | | <u>Pace</u> | |
| 1 | 1 | Joshua Harrell | | | | | 1 1:04:32.1 20:49 | 1:04:32.1 |
| 2 | 2 | Don Goins | | | | | 2 1:10:50.0 22:51 | 1:10:50.0 |
| 3 | 3 | Steve Tompkins | | | | | 3 1:22:10.7 26:31 | 1:22:10.7 |
| 4 | 4 | James Yarbrough | | | | | 4 1:35:30.2 30:48 | 1:35:30.2 |
| 5 | 5 | Mo Baptiste | | | | | 5 1:35:41.2 30:52 | 1:35:41.2 |
| 6 | 6 | Calvin Morton | | | | | 6 1:38:36.0 31:48 | 1:38:36.0 |

Race Date
September 22, 2019

North Knox 2019
Age Group Results

Athena

Female 0-99

| <u>Place</u> | <u>Overall</u> | <u>Name</u> | <u>Rnk</u> | <u>Time</u> | <u>Pace</u> | <u>Time</u> | <u>Rnk</u> | <u>Time</u> | <u>Pace</u> | <u>Time</u> | <u>Rnk</u> | <u>Time</u> | <u>Pace</u> | <u>Time</u> |
|--------------|----------------|----------------|------------|-------------|-------------|-------------|------------|-------------|-------------|-------------|------------|-------------|-------------|-------------|
| 1 | 1 | Kelley Harrell | | | | | | | | | 1 | 1:17:42.7 | 25:04 | 1:17:42.7 |
| 2 | 2 | Rebekah Frishe | | | | | | | | | 2 | 1:28:44.3 | 28:38 | 1:28:44.3 |

Race Date
September 22, 2019

North Knox 2019
Age Group Results

Mixed Relay

Mixed 0-99

| <u>Place</u> | <u>Overall</u> | <u>Name</u> | <u>Swim</u> | <u>Trans 1</u> | <u>Bike</u> | <u>Trans 2</u> | <u>Run</u> | <u>Total</u> |
|--------------|----------------|--------------------|------------------------------------|----------------|------------------------------------|----------------|------------------------------------|--------------|
| | | | <u>Rnk</u> <u>Time</u> <u>Pace</u> | <u>Time</u> | <u>Rnk</u> <u>Time</u> <u>Pace</u> | <u>Time</u> | <u>Rnk</u> <u>Time</u> <u>Pace</u> | <u>Time</u> |
| 1 | 1 | William Lauer | | | | | 1 1:21:05.0 26:09 | 1:21:05.0 |
| 2 | 2 | Tri to Live Strong | | | | | 2 1:49:04.3 35:11 | 1:49:04.3 |