

Race Date  
April 13, 2019

# Smokey Mountain Sprint 2019

## Age Group Results

### Age Group

#### Female Open Winners

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>Pace</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Rate</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Time</u>
1	25	Marsha Morton	1	3:33.7	2:22	0:42.8	2	51:04.3	19.4	0:56.4	1	24:33.5	7:55	1:20:50.8
2	30	Sofia Bell	2	3:44.4	2:29	0:47.4	1	50:48.6	19.5	1:12.6	3	25:59.9	8:23	1:22:33.1
3	38	Joy Hopkins	3	3:58.7	2:39	1:12.6	3	56:51.5	17.4	0:55.3	2	25:45.7	8:18	1:28:44.1

#### Male Open Winners

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>Pace</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Rate</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Time</u>
1	1	William Gates	1	2:41.6	1:47	0:28.0	1	40:47.0	24.3	0:22.6	1	18:12.5	5:52	1:02:31.9
2	2	Lucas Martins	2	2:51.8	1:54	0:47.8	2	43:11.1	22.9	0:29.9	2	19:05.5	6:09	1:06:26.3
3	3	William Ponder	3	3:47.3	2:31	0:53.9	3	47:33.9	20.8	0:48.9	3	19:40.3	6:21	1:12:44.4

#### Female Masters Winners

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>Pace</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Rate</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Time</u>
1	63	Amy Wilhite	1	6:27.0	4:18	2:27.4	1	1:02:45.9	15.8	1:40.6	1	29:00.8	9:21	1:42:21.9

#### Male Masters Winners

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>Pace</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Rate</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Time</u>
1	4	John Smith	1	2:21.0	1:34	1:09.4	1	46:30.8	21.3	0:44.7	1	22:48.1	7:21	1:13:34.2

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## Age Group Results

### Age Group

#### Female 14 and Under

Place	Place	Name	Rnk	Swim	Pace	Trans 1	Rnk	Bike	Rate	Trans 2	Rnk	Run	Pace	Total
Overall				Time		Time		Time		Time		Time		Time
1	87	Savannah Turner	1	4:22.6	2:55	2:22.6	1	1:29:29.1	11.1	1:17.9	1	39:26.6	12:43	2:16:59.0
2	92	Katelyn Turner	2	4:41.3	3:07	2:21.4	2	1:29:39.4	11.0	1:04.1	2	52:13.5	16:51	2:29:59.8

#### Male 15 to 19

Place	Place	Name	Rnk	Swim	Pace	Trans 1	Rnk	Bike	Rate	Trans 2	Rnk	Run	Pace	Total
Overall				Time		Time		Time		Time		Time		Time
1	10	Matthew Newsom	1	2:55.6	1:57	0:31.2	1	48:45.7	20.3	0:39.4	1	22:04.9	7:07	1:14:57.0
2	42	Derek Driskill	2	3:39.0	2:26	1:57.4	2	1:02:01.8	16.0	0:47.4	2	22:27.2	7:15	1:30:53.0
3	73	Christian Turner	3	4:01.2	2:41	2:17.8	3	1:13:06.4	13.5	0:52.4	3	28:56.5	9:20	1:49:14.5

#### Female 20 to 24

Place	Place	Name	Rnk	Swim	Pace	Trans 1	Rnk	Bike	Rate	Trans 2	Rnk	Run	Pace	Total
Overall				Time		Time		Time		Time		Time		Time
1	49	Rachael Baggett	1	3:32.2	2:21	3:11.6	2	1:07:27.0	14.7	0:34.8	1	22:06.8	7:08	1:36:52.5

#### Male 20 to 24

Place	Place	Name	Rnk	Swim	Pace	Trans 1	Rnk	Bike	Rate	Trans 2	Rnk	Run	Pace	Total
Overall				Time		Time		Time		Time		Time		Time
1	21	Stephen De Troye	3	3:44.5	2:29	0:43.9	1	50:29.0	19.6	0:52.1	2	23:46.0	7:40	1:19:35.6
2	31	Daniel O'Leary	2	3:35.5	2:23	1:47.8	3	56:06.3	17.6	0:52.5	1	20:49.6	6:43	1:23:11.8
3	37	Jonathan O'Leary	1	3:00.8	2:00	2:12.1	2	55:55.7	17.7	1:08.8	3	26:15.4	8:28	1:28:32.9

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## Age Group Results

### Age Group

#### Female 25 to 29

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>Pace</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Rate</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Time</u>
1	43	Sarah Bailey	1	3:19.8	2:13	1:37.1	1	56:46.9	17.4	0:53.4	3	29:11.2	9:25	1:31:48.5
2	45	Corinne Odenthal	2	3:28.8	2:19	1:15.5	2	58:04.1	17.0	1:03.5	2	28:31.5	9:12	1:32:23.6
3	47	Kristi Jeffers	3	4:00.0	2:40	1:48.8	3	1:01:41.1	16.0	0:30.5	1	25:04.1	8:05	1:33:04.7
4	70	Amy Horne	5	4:31.8	3:01	2:57.0	5	1:09:54.7	14.2	0:58.3	4	29:50.2	9:37	1:48:12.2
5	75	Anna MacHado	4	4:25.8	2:57	2:13.1	4	1:07:52.0	14.6	0:43.7	5	34:16.4	11:03	1:49:31.2

#### Male 25 to 29

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>Pace</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Rate</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Time</u>
1	9	Seth Goudzward	2	3:04.8	2:03	0:26.8	1	49:13.0	20.1	0:44.9	1	21:08.8	6:49	1:14:38.5
2	35	Austin Luken	1	3:00.4	2:00	1:00.2	2	56:42.2	17.5	1:26.2	6	25:48.6	8:19	1:27:57.9
3	39	Ethan Medley	5	3:59.7	2:39	1:40.3	3	56:51.0	17.4	1:21.6	5	25:07.4	8:06	1:29:00.2
4	40	Jared Wilson	3	3:22.7	2:15	1:28.7	5	59:08.9	16.7	1:16.1	3	24:04.9	7:46	1:29:21.4
5	46	Michael Bailey	4	3:48.8	2:32	1:31.9	4	57:50.6	17.1	0:45.1	7	28:54.5	9:19	1:32:51.0
6	58	Jared Horne	6	4:12.8	2:48	2:59.8	6	1:08:26.4	14.5	0:57.0	2	23:40.3	7:38	1:40:16.5
7	68	Josh Caplinger	7	4:55.0	3:17	2:49.7	7	1:14:28.5	13.3	0:45.0	4	24:45.9	7:59	1:47:44.3

#### Female 30 to 34

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>Pace</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Rate</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Time</u>
1	41	Holly Selcer	6	4:03.8	2:42	2:02.0	1	58:54.3	16.8	0:29.6	1	24:47.9	8:00	1:30:17.7
2	51	Katie Selcer	3	3:26.4	2:17	2:29.5	4	1:01:54.0	16.0	0:28.4	2	29:07.2	9:24	1:37:25.7
3	55	Sarah Kerr	4	3:52.9	2:35	2:06.4	5	1:02:52.5	15.7	0:32.1	4	30:17.5	9:46	1:39:41.5

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## Age Group Results

### Age Group

#### Female 30 to 34

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>Pace</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Rate</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Time</u>
4	57	Lindsey Caperton	2	3:09.9	2:06	3:00.4	3	1:00:55.2	16.3	0:59.5	5	31:49.4	10:16	1:39:54.6
5	61	Henna Boren	7	4:34.6	3:03	2:16.2	2	1:00:24.2	16.4	1:07.2	6	32:33.1	10:30	1:40:55.4
6	71	Ashley Singer	1	2:49.5	1:53	1:11.0	7	1:13:46.0	13.4	1:04.8	3	29:54.3	9:39	1:48:45.7
7	78	Leslie Jackson	9	5:08.1	3:25	1:42.3	6	1:12:10.5	13.7	1:23.4	7	34:58.2	11:17	1:55:22.7
8	81	Caitlin Ferrara	8	5:00.9	3:20	1:53.1	8	1:15:15.6	13.2	1:15.4	8	35:08.5	11:20	1:58:33.6
9	88	Sabrina Ponder	10	5:32.2	3:41	3:45.9	9	1:22:50.7	12.0	1:58.7	11	42:58.6	13:52	2:17:06.3
10	89	Rachel Ponder	11	5:46.3	3:51	3:47.3	10	1:22:52.2	11.9	1:56.0	10	42:56.5	13:51	2:17:18.4
11	91	Melissa Wiley	5	4:03.4	2:42	3:08.0	11	1:28:04.0	11.2	1:08.5	9	42:42.9	13:46	2:19:07.0

#### Male 30 to 34

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>Pace</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Rate</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Time</u>
1	26	John Carruth	4	3:52.7	2:35	1:31.0	1	52:49.6	18.7	0:45.3	1	22:15.4	7:11	1:21:14.2
2	44	David Ristau	1	3:17.7	2:11	1:56.5	2	55:39.0	17.8	1:18.3	2	30:07.1	9:43	1:32:18.8
3	50	Colin Lord	2	3:46.9	2:31	1:25.6	3	58:37.3	16.9	2:34.4	3	30:46.0	9:55	1:37:10.3
4	72	David Kerr	3	3:49.9	2:33	1:54.3	4	1:12:07.0	13.7	0:31.2	4	30:47.6	9:56	1:49:10.1

#### Female 35 to 39

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>Pace</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Rate</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Time</u>
1	53	Morgan Diggs	1	3:21.8	2:14	1:31.2	2	1:08:33.5	14.4	0:42.4	1	23:55.4	7:43	1:38:04.5
2	54	Allison Clemmons	2	3:29.4	2:19	2:49.9	1	1:04:04.8	15.5	0:52.5	2	26:55.7	8:41	1:38:12.4

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## Age Group Results

### Age Group

#### Male 35 to 39

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>Pace</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Rate</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Time</u>
1	28	Samuel Graves	1	3:18.3	2:12	0:57.2	1	51:33.6	19.2	1:01.7	2	24:52.5	8:01	1:21:43.5
2	29	Joseph Del Valle	3	3:32.6	2:21	0:43.9	2	53:27.2	18.5	1:13.5	1	23:33.9	7:36	1:22:31.2
3	33	Daniel Boren	4	3:33.1	2:22	1:15.7	3	55:19.9	17.9	1:28.9	3	25:37.1	8:16	1:27:14.8
4	52	Torrick Turner	2	3:26.2	2:17	0:38.7	4	1:03:03.0	15.7	1:05.4	4	29:34.0	9:32	1:37:47.5

#### Female 40 to 44

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>Pace</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Rate</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Time</u>
1	83	Carrie Rider	1	5:00.0	3:20	4:44.1	1	1:15:22.0	13.1	0:37.7	1	33:15.7	10:44	1:58:59.6

#### Male 40 to 44

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>Pace</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Rate</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Time</u>
1	15	Horacio Blanco	1	3:06.0	2:04	1:06.5	2	48:48.9	20.3	1:04.2	2	22:36.8	7:17	1:16:42.5
2	16	David Bullion	3	3:32.7	2:21	0:55.0	1	47:48.2	20.7	0:31.6	3	23:55.9	7:43	1:16:43.6
3	36	Jeremy Weekley	5	5:23.1	3:35	2:28.3	4	57:04.7	17.3	0:38.0	1	22:29.3	7:15	1:28:03.5
4	56	Tj Newsom	2	3:31.2	2:21	2:29.7	3	56:31.2	17.5	1:30.0	5	35:40.5	11:30	1:39:42.7
5	62	Marl Murphy	4	4:21.3	2:54	2:48.6	5	1:03:49.7	15.5	1:28.8	4	29:07.0	9:24	1:41:35.6

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## Age Group Results

### Age Group

#### Female 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>Pace</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Rate</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Time</u>
1	85	Dalynn Lawson	1	4:47.0	3:11	2:17.5	2	1:27:09.1	11.4	0:37.0	1	35:22.2	11:25	2:10:12.9
2	86	Laurel Smith	2	5:37.2	3:45	3:18.0	1	1:23:56.9	11.8	2:27.1	2	38:03.6	12:16	2:13:23.0

#### 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>Pace</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Rate</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Time</u>
1	6	Anthony Cavallucci	3	3:11.1	2:07	0:37.8	3	46:40.0	21.2	0:42.4	5	23:03.7	7:26	1:14:15.2
2	8	Lloyd Jones	1	3:10.1	2:07	0:34.2	1	44:33.1	22.2	0:31.7	10	25:41.1	8:17	1:14:30.5
3	11	Chad Green	11	4:07.7	2:45	1:53.0	2	46:09.5	21.5	1:19.8	3	21:38.6	6:59	1:15:08.8
4	12	Max Lemons	2	3:10.8	2:07	0:44.6	7	49:26.8	20.0	1:26.2	2	20:45.8	6:42	1:15:34.5
5	13	Paul Horton	5	3:30.2	2:20	1:09.1	10	50:48.6	19.5	1:00.9	1	19:13.5	6:12	1:15:42.5
6	17	Mark Panczer	4	3:28.3	2:19	0:51.6	4	47:21.6	20.9	1:29.9	7	24:30.8	7:54	1:17:42.4
7	18	Christopher Wells	6	3:42.0	2:28	1:04.2	6	48:38.9	20.4	1:17.5	6	23:27.0	7:34	1:18:09.8
8	19	Todd Caldwell	8	3:46.4	2:31	1:08.5	9	50:35.1	19.6	1:02.6	4	22:26.0	7:14	1:18:58.8
9	20	Lee Lannom	10	4:06.8	2:44	1:09.6	5	48:21.3	20.5	0:49.8	8	24:32.0	7:55	1:18:59.7
10	22	Michael Barto	7	3:45.5	2:30	0:53.2	8	49:56.2	19.8	0:48.9	9	24:40.2	7:57	1:20:04.2
11	48	Jeff Meide	9	3:56.1	2:37	2:17.1	11	1:00:42.8	16.3	1:57.9	11	27:53.0	9:00	1:36:47.2
12	69	David Knable	13	5:57.6	3:58	2:55.2	12	1:05:23.1	15.1	1:24.9	12	32:22.0	10:26	1:48:02.9
13	82	Chris Turner	12	4:32.3	3:01	1:47.5	13	1:16:26.5	13.0	0:48.2	13	35:21.8	11:24	1:58:56.3

#### 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>Pace</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Rate</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Time</u>

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## Age Group Results

### Age Group

#### Female 50 to 54

<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>Rate</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Time</u>
1	74	Dona Byron	1	5:46.6	3:51	1:23.0	1	1:07:25.1	14.7	0:46.0	1	34:02.6	10:59	1:49:23.5
2	84	Melissa Hill	2	5:55.8	3:57	2:37.0	2	1:08:55.1	14.4	1:39.0	2	47:27.6	15:18	2:06:34.6

#### Male 50 to 54

<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>Rate</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Time</u>
1	5	Chris Wilds	1	3:14.7	2:09	0:22.1	1	47:22.3	20.9	0:35.5	3	22:11.7	7:09	1:13:46.5
2	7	Ronald Manis	2	3:18.5	2:12	0:33.5	2	49:42.0	19.9	0:51.0	1	20:03.6	6:28	1:14:28.7
3	27	Robert Lewis	3	3:23.7	2:15	1:33.4	4	53:11.0	18.6	1:26.8	2	21:39.2	6:59	1:21:14.3
4	34	Terry Brewer	5	4:43.2	3:09	2:13.4	3	52:07.1	19.0	1:11.5	4	27:06.9	8:45	1:27:22.3
5	60	Charlie Hale	6	6:00.0	4:00	2:36.4	5	59:29.0	16.6	1:14.2	5	31:26.8	10:08	1:40:46.6
6	80	Francis Colvais	4	4:06.9	2:44	3:00.0	6	1:16:02.2	13.0	0:49.0	6	34:15.3	11:03	1:58:13.4

#### 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>Rate</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Time</u>
1	76	Susan Ross	1	5:09.8	3:26	3:24.5	1	1:04:43.8	15.3	2:32.4	1	35:29.7	11:27	1:51:20.4

#### 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>Rate</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Time</u>
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Race Date  
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# Smokey Mountain Sprint 2019

## Age Group Results

### Age Group

#### Male 55 to 59

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>Pace</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Rate</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Time</u>
1	23	Steven Dittner	1	3:09.9	2:06	0:25.8	2	51:38.9	19.2	0:53.8	1	24:14.7	7:49	1:20:23.2
2	24	Ken Hall	3	3:34.6	2:23	0:45.2	1	50:17.1	19.7	0:40.7	3	25:14.7	8:08	1:20:32.4
3	32	John McGuffin	2	3:17.8	2:11	2:29.3	3	52:41.6	18.8	1:55.5	2	24:41.1	7:58	1:25:05.6
4	66	Ronnie Baggett	5	4:18.5	2:52	2:11.8	4	1:05:18.1	15.2	1:25.8	5	32:26.8	10:28	1:45:41.2
5	67	Rickey Allen	6	4:45.5	3:10	2:10.4	6	1:12:21.3	13.7	0:44.9	4	26:54.9	8:41	1:46:57.2
6	79	Steve Tompkins	4	4:11.2	2:47	1:26.5	5	1:09:24.9	14.3	2:21.6	6	38:50.6	12:32	1:56:15.0

#### Female 60 to 64

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>Pace</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Rate</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Time</u>
1	77	Lee Ann Smith	1	5:05.3	3:23	3:52.6	1	1:07:49.9	14.6	1:33.4	1	35:00.1	11:17	1:53:21.6

#### Male 60 to 64

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>Pace</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Rate</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Time</u>
1	65	Dale Less	1	4:03.8	2:42	1:17.7	1	1:00:02.1	16.5	2:02.2	1	37:43.3	12:10	1:45:09.3

#### Male 65 to 69

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>Pace</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Rate</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Time</u>
1	14	Norman Cole	1	3:28.3	2:19	0:33.0	1	48:01.1	20.6	0:31.1	1	23:27.2	7:34	1:16:01.0



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## Age Group Results

### Age Group

#### Male 65 to 69

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>Pace</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Rate</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Time</u>
2	59	Lowie Van Staveren	3	5:00.0	3:20	2:12.4	3	1:00:18.0	16.4	1:07.8	2	31:50.3	10:16	1:40:28.8
3	64	John Snelling	2	4:20.3	2:53	3:32.4	2	57:25.6	17.2	2:56.2	3	34:57.9	11:16	1:43:12.6

#### Male 70 to 74

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>Pace</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Rate</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Time</u>
1	90	William Kelch	1	6:43.1	4:29	3:49.0	1	1:14:34.0	13.3	2:31.6	1	50:36.1	16:19	2:18:14.0

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# Smokey Mountain Sprint 2019

## Age Group Results

### Clydesdale

Male 99 and under
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<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>Rate</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Time</u>
1	1	Tim Perez	1	3:29.6	2:19	0:57.4	1	53:01.4	18.7	0:29.5	1	25:13.2	8:08	1:23:11.3
2	2	Brad Mizer	5	4:35.3	3:03	1:43.1	3	57:48.6	17.1	1:03.6	3	30:35.9	9:52	1:35:46.6
3	3	Troy Beyer	2	3:58.7	2:39	4:02.9	2	55:34.2	17.8	1:39.1	4	32:23.2	10:27	1:37:38.2
4	4	Benjamin Lampkin	3	4:16.3	2:51	2:04.4	4	1:01:05.3	16.2	2:12.9	2	30:23.7	9:48	1:40:02.8
5	5	Jim Dalton	4	4:27.4	2:58	2:17.0	5	1:02:47.3	15.8	1:06.4	5	35:19.5	11:24	1:45:57.8

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# Smokey Mountain Sprint 2019

## Age Group Results

### Athena

Female 0-99
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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>Pace</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Rate</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Time</u>
1	1	Jennifer Rushing	4	4:29.7	2:59	2:01.7	1	56:14.9	17.6	0:41.5	3	32:33.8	10:30	1:36:01.8
2	2	Kelley Harrell	3	4:22.1	2:55	1:27.3	3	59:57.4	16.5	0:52.6	2	31:00.9	10:00	1:37:40.5
3	3	Annie Ayres	1	3:27.2	2:18	2:40.6	4	1:03:55.5	15.5	1:00.5	1	28:19.5	9:08	1:39:23.5
4	4	Kristin Evans	2	3:59.9	2:39	2:54.6	2	59:25.9	16.7	1:54.6	4	32:41.4	10:33	1:40:56.6
5	5	Ann Knudsvig	5	5:09.4	3:26	1:47.0	5	1:16:48.6	12.9	1:41.1	5	38:27.5	12:24	2:03:53.8

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## Age Group Results

### Male Relay

Male 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>Rate</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Time</u>
1	1	Octos	1	8:45.5	5:50	0:30.8	1	1:11:36.3	13.8	0:44.8	1	55:27.7	17:53	2:17:05.2

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## Age Group Results

### Mixed Relay

Mixed 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>Rate</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Time</u>
1	1	Mommy and Me	1	3:24.7	2:16	0:24.4	1	1:09:10.7	14.3	0:43.8	1	20:35.7	6:38	1:34:19.5