

Smokey Mountain Sprint 2019

Race Date
April 13, 2019

Overall Results

Age Group

Place	Name	Bib No	AG Place	Swim		Trans 1		Bike		Rate	Trans 2		Run		Total
				Rnk	Time	Pace	Time	Rnk	Time		Time	Rnk	Time	Pace	Time
1	William Gates	70	1:M Opn	2	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	Lucas Martins	49	2:M Opn	4	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	William Ponder	68	3:M Opn	46	3:47.3	2:31	0:53.9	9	47:33.9	20.8	0:48.9	4	19:40.3	6:21	1:12:44.4
4	John Smith	76	1:M Mtr	1	2:21.0	1:34	1:09.4	5	46:30.8	21.3	0:44.7	19	22:48.1	7:21	1:13:34.2
5	Chris Wilds	30	1:M 50-54	15	3:14.7	2:09	0:22.1	8	47:22.3	20.9	0:35.5	13	22:11.7	7:09	1:13:46.5
6	Anthony Cavallucci	48	1:M 45-49	14	3:11.1	2:07	0:37.8	6	46:40.0	21.2	0:42.4	20	23:03.7	7:26	1:14:15.2
7	Ronald Manis	38	2:M 50-54	19	3:18.5	2:12	0:33.5	18	49:42.0	19.9	0:51.0	5	20:03.6	6:28	1:14:28.7
8	Lloyd Jones	7	2:M 45-49	12	3:10.1	2:07	0:34.2	3	44:33.1	22.2	0:31.7	42	25:41.1	8:17	1:14:30.5
9	Seth Goudzward	31	1:M 25-29	8	3:04.8	2:03	0:26.8	16	49:13.0	20.1	0:44.9	8	21:08.8	6:49	1:14:38.5
10	Matthew Newsom	60	1:M 15-19	5	2:55.6	1:57	0:31.2	14	48:45.7	20.3	0:39.4	11	22:04.9	7:07	1:14:57.0
11	Chad Green	11	3:M 45-49	61	4:07.7	2:45	1:53.0	4	46:09.5	21.5	1:19.8	9	21:38.6	6:59	1:15:08.8
12	Max Lemons	74	4:M 45-49	13	3:10.8	2:07	0:44.6	17	49:26.8	20.0	1:26.2	6	20:45.8	6:42	1:15:34.5
13	Paul Horton	71	5:M 45-49	30	3:30.2	2:20	1:09.1	23	50:48.6	19.5	1:00.9	3	19:13.5	6:12	1:15:42.5
14	Norman Cole	40	1:M 65-69	27	3:28.3	2:19	0:33.0	11	48:01.1	20.6	0:31.1	22	23:27.2	7:34	1:16:01.0
15	Horacio Blanco	78	1:M 40-44	9	3:06.0	2:04	1:06.5	15	48:48.9	20.3	1:04.2	18	22:36.8	7:17	1:16:42.5
16	David Bullion	15	2:M 40-44	34	3:32.7	2:21	0:55.0	10	47:48.2	20.7	0:31.6	27	23:55.9	7:43	1:16:43.6
17	Mark Panczer	12	6:M 45-49	26	3:28.3	2:19	0:51.6	7	47:21.6	20.9	1:29.9	30	24:30.8	7:54	1:17:42.4
18	Christopher Wells	193	7:M 45-49	40	3:42.0	2:28	1:04.2	13	48:38.9	20.4	1:17.5	21	23:27.0	7:34	1:18:09.8
19	Todd Caldwell	37	8:M 45-49	44	3:46.4	2:31	1:08.5	22	50:35.1	19.6	1:02.6	15	22:26.0	7:14	1:18:58.8
20	Lee Lannom	4	9:M 45-49	59	4:06.8	2:44	1:09.6	12	48:21.3	20.5	0:49.8	31	24:32.0	7:55	1:18:59.7
21	Stephen De Troye	69	1:M 20-24	42	3:44.5	2:29	0:43.9	21	50:29.0	19.6	0:52.1	25	23:46.0	7:40	1:19:35.6
22	Michael Barto	96	10:M 45-49	43	3:45.5	2:30	0:53.2	19	49:56.2	19.8	0:48.9	33	24:40.2	7:57	1:20:04.2
23	Steven Dittner	101	1:M 55-59	10	3:09.9	2:06	0:25.8	27	51:38.9	19.2	0:53.8	29	24:14.7	7:49	1:20:23.2
24	Ken Hall	192	2:M 55-59	37	3:34.6	2:23	0:45.2	20	50:17.1	19.7	0:40.7	40	25:14.7	8:08	1:20:32.4
25	Marsha Morton	63	1:F Opn	36	3:33.7	2:22	0:42.8	25	51:04.3	19.4	0:56.4	32	24:33.5	7:55	1:20:50.8
26	John Carruth	86	1:M 30-34	49	3:52.7	2:35	1:31.0	30	52:49.6	18.7	0:45.3	14	22:15.4	7:11	1:21:14.2
27	Robert Lewis	56	3:M 50-54	23	3:23.7	2:15	1:33.4	31	53:11.0	18.6	1:26.8	10	21:39.2	6:59	1:21:14.3
28	Samuel Graves	75	1:M 35-39	18	3:18.3	2:12	0:57.2	26	51:33.6	19.2	1:01.7	37	24:52.5	8:01	1:21:43.5
29	Joseph Del Valle	57	2:M 35-39	33	3:32.6	2:21	0:43.9	32	53:27.2	18.5	1:13.5	23	23:33.9	7:36	1:22:31.2
30	Sofia Bell	41	2:F Opn	41	3:44.4	2:29	0:47.4	24	50:48.6	19.5	1:12.6	45	25:59.9	8:23	1:22:33.1
31	Daniel O'Leary	59	2:M 20-24	38	3:35.5	2:23	1:47.8	36	56:06.3	17.6	0:52.5	7	20:49.6	6:43	1:23:11.8
32	John McGuffin	14	3:M 55-59	17	3:17.8	2:11	2:29.3	29	52:41.6	18.8	1:55.5	34	24:41.1	7:58	1:25:05.6
33	Daniel Boren	24	3:M 35-39	35	3:33.1	2:22	1:15.7	33	55:19.9	17.9	1:28.9	41	25:37.1	8:16	1:27:14.8

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Place	Name	Bib No	AG Place	Swim		Trans 1		Bike		Rate	Trans 2		Run		Total Time
				Rnk	Time	Pace	Time	Rnk	Time		Time	Rnk	Time	Pace	
34	Terry Brewer	36	4:M 50-54	73	4:43.2	3:09	2:13.4	28	52:07.1	19.0	1:11.5	49	27:06.9	8:45	1:27:22.3
35	Austin Luken	29	2:M 25-29	6	3:00.4	2:00	1:00.2	38	56:42.2	17.5	1:26.2	44	25:48.6	8:19	1:27:57.9
36	Jeremy Weekley	33	3:M 40-44	83	5:23.1	3:35	2:28.3	42	57:04.7	17.3	0:38.0	17	22:29.3	7:15	1:28:03.5
37	Jonathan O'Leary	58	3:M 20-24	7	3:00.8	2:00	2:12.1	35	55:55.7	17.7	1:08.8	46	26:15.4	8:28	1:28:32.9
38	Joy Hopkins	89	3:F Opn	52	3:58.7	2:39	1:12.6	41	56:51.5	17.4	0:55.3	43	25:45.7	8:18	1:28:44.1
39	Ethan Medley	10	3:M 25-29	53	3:59.7	2:39	1:40.3	40	56:51.0	17.4	1:21.6	39	25:07.4	8:06	1:29:00.2
40	Jared Wilson	55	4:M 25-29	22	3:22.7	2:15	1:28.7	48	59:08.9	16.7	1:16.1	28	24:04.9	7:46	1:29:21.4
41	Holly Selcer	83	1:F 30-34	57	4:03.8	2:42	2:02.0	47	58:54.3	16.8	0:29.6	36	24:47.9	8:00	1:30:17.7
42	Derek Driskill	77	2:M 15-19	39	3:39.0	2:26	1:57.4	57	1:02:01.8	16.0	0:47.4	16	22:27.2	7:15	1:30:53.0
43	Sarah Bailey	51	1:F 25-29	20	3:19.8	2:13	1:37.1	39	56:46.9	17.4	0:53.4	57	29:11.2	9:25	1:31:48.5
44	David Ristau	28	2:M 30-34	16	3:17.7	2:11	1:56.5	34	55:39.0	17.8	1:18.3	61	30:07.1	9:43	1:32:18.8
45	Corinne Odenthal	93	2:F 25-29	28	3:28.8	2:19	1:15.5	45	58:04.1	17.0	1:03.5	51	28:31.5	9:12	1:32:23.6
46	Michael Bailey	50	5:M 25-29	47	3:48.8	2:32	1:31.9	44	57:50.6	17.1	0:45.1	52	28:54.5	9:19	1:32:51.0
47	Kristi Jeffers	67	3:F 25-29	54	4:00.0	2:40	1:48.8	55	1:01:41.1	16.0	0:30.5	38	25:04.1	8:05	1:33:04.7
48	Jeff Meide	25	11:M 45-49	51	3:56.1	2:37	2:17.1	53	1:00:42.8	16.3	1:57.9	50	27:53.0	9:00	1:36:47.2
49	Rachael Baggett	194	1:F 20-24	32	3:32.2	2:21	3:11.6	67	1:07:27.0	14.7	0:34.8	12	22:06.8	7:08	1:36:52.5
50	Colin Lord	8	3:M 30-34	45	3:46.9	2:31	1:25.6	46	58:37.3	16.9	2:34.4	63	30:46.0	9:55	1:37:10.3
51	Katie Selcer	82	2:F 30-34	25	3:26.4	2:17	2:29.5	56	1:01:54.0	16.0	0:28.4	56	29:07.2	9:24	1:37:25.7
52	Torrick Turner	97	4:M 35-39	24	3:26.2	2:17	0:38.7	60	1:03:03.0	15.7	1:05.4	58	29:34.0	9:32	1:37:47.5
53	Morgan Diggs	6	1:F 35-39	21	3:21.8	2:14	1:31.2	71	1:08:33.5	14.4	0:42.4	26	23:55.4	7:43	1:38:04.5
54	Allison Clemmons	53	2:F 35-39	29	3:29.4	2:19	2:49.9	62	1:04:04.8	15.5	0:52.5	48	26:55.7	8:41	1:38:12.4
55	Sarah Kerr	42	3:F 30-34	50	3:52.9	2:35	2:06.4	59	1:02:52.5	15.7	0:32.1	62	30:17.5	9:46	1:39:41.5
56	Tj Newsom	61	4:M 40-44	31	3:31.2	2:21	2:29.7	37	56:31.2	17.5	1:30.0	82	35:40.5	11:30	1:39:42.7
57	Lindsey Caperton	66	4:F 30-34	11	3:09.9	2:06	3:00.4	54	1:00:55.2	16.3	0:59.5	66	31:49.4	10:16	1:39:54.6
58	Jared Horne	18	6:M 25-29	63	4:12.8	2:48	2:59.8	70	1:08:26.4	14.5	0:57.0	24	23:40.3	7:38	1:40:16.5
59	Lowie Van Staveren	47	2:M 65-69	78	5:00.0	3:20	2:12.4	51	1:00:18.0	16.4	1:07.8	67	31:50.3	10:16	1:40:28.8
60	Charlie Hale	1	5:M 50-54	90	6:00.0	4:00	2:36.4	49	59:29.0	16.6	1:14.2	65	31:26.8	10:08	1:40:46.6
61	Henna Boren	26	5:F 30-34	71	4:34.6	3:03	2:16.2	52	1:00:24.2	16.4	1:07.2	70	32:33.1	10:30	1:40:55.4
62	Marl Murphy	100	5:M 40-44	66	4:21.3	2:54	2:48.6	61	1:03:49.7	15.5	1:28.8	55	29:07.0	9:24	1:41:35.6
63	Amy Wilhite	98	1:F Mtr	91	6:27.0	4:18	2:27.4	58	1:02:45.9	15.8	1:40.6	54	29:00.8	9:21	1:42:21.9
64	John Snelling	72	3:M 65-69	65	4:20.3	2:53	3:32.4	43	57:25.6	17.2	2:56.2	75	34:57.9	11:16	1:43:12.6
65	Dale Less	39	1:M 60-64	58	4:03.8	2:42	1:17.7	50	1:00:02.1	16.5	2:02.2	83	37:43.3	12:10	1:45:09.3
66	Ronnie Baggett	191	4:M 55-59	64	4:18.5	2:52	2:11.8	64	1:05:18.1	15.2	1:25.8	69	32:26.8	10:28	1:45:41.2

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Place	Name	Bib No	AG Place	Swim		Trans 1		Bike		Rate	Trans 2		Run		Total Time
				Rnk	Time	Pace	Time	Rnk	Time		Time	Rnk	Time	Pace	
67	Rickey Allen	16	5:M 55-59	74	4:45.5	3:10	2:10.4	77	1:12:21.3	13.7	0:44.9	47	26:54.9	8:41	1:46:57.2
68	Josh Caplinger	19	7:M 25-29	76	4:55.0	3:17	2:49.7	80	1:14:28.5	13.3	0:45.0	35	24:45.9	7:59	1:47:44.3
69	David Knable	32	12:M 45-49	89	5:57.6	3:58	2:55.2	65	1:05:23.1	15.1	1:24.9	68	32:22.0	10:26	1:48:02.9
70	Amy Horne	17	4:F 25-29	69	4:31.8	3:01	2:57.0	74	1:09:54.7	14.2	0:58.3	59	29:50.2	9:37	1:48:12.2
71	Ashley Singer	64	6:F 30-34	3	2:49.5	1:53	1:11.0	79	1:13:46.0	13.4	1:04.8	60	29:54.3	9:39	1:48:45.7
72	David Kerr	43	4:M 30-34	48	3:49.9	2:33	1:54.3	75	1:12:07.0	13.7	0:31.2	64	30:47.6	9:56	1:49:10.1
73	Christian Turner	23	3:M 15-19	55	4:01.2	2:41	2:17.8	78	1:13:06.4	13.5	0:52.4	53	28:56.5	9:20	1:49:14.5
74	Dona Byron	79	1:F 50-54	87	5:46.6	3:51	1:23.0	66	1:07:25.1	14.7	0:46.0	72	34:02.6	10:59	1:49:23.5
75	Anna MacHado	94	5:F 25-29	68	4:25.8	2:57	2:13.1	69	1:07:52.0	14.6	0:43.7	74	34:16.4	11:03	1:49:31.2
76	Susan Ross	2	1:F 55-59	82	5:09.8	3:26	3:24.5	63	1:04:43.8	15.3	2:32.4	81	35:29.7	11:27	1:51:20.4
77	Lee Ann Smith	5	1:F 60-64	80	5:05.3	3:23	3:52.6	68	1:07:49.9	14.6	1:33.4	77	35:00.1	11:17	1:53:21.6
78	Leslie Jackson	34	7:F 30-34	81	5:08.1	3:25	1:42.3	76	1:12:10.5	13.7	1:23.4	76	34:58.2	11:17	1:55:22.7
79	Steve Tompkins	80	6:M 55-59	62	4:11.2	2:47	1:26.5	73	1:09:24.9	14.3	2:21.6	85	38:50.6	12:32	1:56:15.0
80	Francis Colvais	62	6:M 50-54	60	4:06.9	2:44	3:00.0	84	1:16:02.2	13.0	0:49.0	73	34:15.3	11:03	1:58:13.4
81	Caitlin Ferrara	27	8:F 30-34	79	5:00.9	3:20	1:53.1	82	1:15:15.6	13.2	1:15.4	78	35:08.5	11:20	1:58:33.6
82	Chris Turner	20	13:M 45-49	70	4:32.3	3:01	1:47.5	85	1:16:26.5	13.0	0:48.2	79	35:21.8	11:24	1:58:56.3
83	Carrie Rider	3	1:F 40-44	77	5:00.0	3:20	4:44.1	83	1:15:22.0	13.1	0:37.7	71	33:15.7	10:44	1:58:59.6
84	Melissa Hill	91	2:F 50-54	88	5:55.8	3:57	2:37.0	72	1:08:55.1	14.4	1:39.0	90	47:27.6	15:18	2:06:34.6
85	Dalynn Lawson	73	1:F 45-49	75	4:47.0	3:11	2:17.5	89	1:27:09.1	11.4	0:37.0	80	35:22.2	11:25	2:10:12.9
86	Laurel Smith	9	2:F 45-49	85	5:37.2	3:45	3:18.0	88	1:23:56.9	11.8	2:27.1	84	38:03.6	12:16	2:13:23.0
87	Savannah Turner	22	1:F 0-14	67	4:22.6	2:55	2:22.6	91	1:29:29.1	11.1	1:17.9	86	39:26.6	12:43	2:16:59.0
88	Sabrina Ponder	44	9:F 30-34	84	5:32.2	3:41	3:45.9	86	1:22:50.7	12.0	1:58.7	89	42:58.6	13:52	2:17:06.3
89	Rachel Ponder	45	10:F 30-34	86	5:46.3	3:51	3:47.3	87	1:22:52.2	11.9	1:56.0	88	42:56.5	13:51	2:17:18.4
90	William Kelch	46	1:M 70-74	92	6:43.1	4:29	3:49.0	81	1:14:34.0	13.3	2:31.6	91	50:36.1	16:19	2:18:14.0
91	Melissa Wiley	65	11:F 30-34	56	4:03.4	2:42	3:08.0	90	1:28:04.0	11.2	1:08.5	87	42:42.9	13:46	2:19:07.0
92	Katelyn Turner	21	2:F 0-14	72	4:41.3	3:07	2:21.4	92	1:29:39.4	11.0	1:04.1	92	52:13.5	16:51	2:29:59.8

Clydesdale

Place	Name	Bib No	AG Place	Swim		Trans 1		Bike		Rate	Trans 2		Run		Total Time
				Rnk	Time	Pace	Time	Rnk	Time		Time	Rnk	Time	Pace	
1	Tim Perez	85	1:M Male 99	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	Brad Mizer	95	2:M Male 99	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	Troy Beyer	84	3:M Male 99	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

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Overall Results

Clydesdale

<u>Place</u>	<u>Name</u>	<u>Bib No</u>	<u>AG Place</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	Benjamin Lampkin	102	4:M Male 99	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	Jim Dalton	35	5:M Male 99	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

Athena

<u>Place</u>	<u>Name</u>	<u>Bib No</u>	<u>AG Place</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	Jennifer Rushing	88	1:F Female	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	Kelley Harrell	87	2:F Female	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	Annie Ayres	52	3:F Female	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	Kristin Evans	13	4:F Female	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	Ann Knudsvig	92	5:F Female	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

Male Relay

<u>Place</u>	<u>Name</u>	<u>Bib No</u>	<u>AG Place</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	Octos	81	1:M Male	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

Mixed Relay

<u>Place</u>	<u>Name</u>	<u>Bib No</u>	<u>AG Place</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	Mommy and Me	90	1:M Mixed	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