

Atomic Man Half Iron Distance 2014

Race Date
August 31, 2014

Overall 2014

Place	Name	Bib No	AG Place	----- Swim -----			Trans 1	----- Bike -----			Trans 2	----- Run -----			Total	Penalty
				Rnk	Time	Pace	Time	Rnk	Time	Rate	Time	Rnk	Time	Pace	Time	
1	Rick Weslock	341	1 M OVR	33	41:21.56	1:58	0:53.01	1	2:18:09.4	24.3	0:52.59	1	1:25:10.9	6:30	4:26:27.5	
2	John Wiygul	306	2 M OVR	7	35:18.13	1:41	0:38.81	3	2:24:11.4	23.3	0:38.27	4	1:32:18.5	7:03	4:33:05.2	
3	Lawrence Brede	357	3 M OVR	2	32:53.91	1:34	0:54.36	4	2:26:06.3	23.0	0:57.28	5	1:33:09.2	7:07	4:34:01.2	
4	Glenn Rudolph	417	1 M 25-29	18	37:43.93	1:48	0:29.58	2	2:23:48.4	23.4	0:30.23	16	1:46:22.5	8:07	4:48:54.7	
5	Kevin FitzGerald	375	1 M MTR	36	41:41.76	1:59	1:05.75	6	2:32:27.8	22.0	0:50.59	7	1:36:02.5	7:20	4:52:08.4	
6	George News	310	1 M 30-34	1	30:37.60	1:27	0:20.94	10	2:36:06.1	21.5	0:29.56	13	1:45:01.5	8:01	4:52:35.8	
7	Jim Hall	329	1 M 35-39	35	41:26.17	1:58	1:25.90	8	2:34:06.9	21.8	0:55.92	8	1:36:39.4	7:23	4:54:34.3	
8	Bradley Odom	323	2 M 35-39	6	35:03.94	1:40	0:39.88	7	2:33:05.7	21.9	0:51.12	17	1:46:39.0	8:08	4:56:19.7	
9	Jon Eichert	340	2 M MTR	47	44:03.88	2:06	0:25.56	19	2:45:35.6	20.3	0:23.19	2	1:29:55.8	6:52	5:00:24.1	
10	Molly Wiygul	302	1 F OVR	16	37:17.65	1:47	1:19.69	27	2:50:52.4	19.7	0:41.14	3	1:31:21.4	6:58	5:01:32.3	
11	John O'Brien	372	3 M MTR	27	40:27.58	1:56	2:03.07	5	2:32:19.3	22.1	1:06.85	21	1:49:04.4	8:20	5:05:01.2	
12	Andres Perez	319	3 M 35-39	34	41:24.93	1:58	0:28.64	15	2:44:07.5	20.5	0:46.72	9	1:39:17.6	7:35	5:06:05.5	
13	Viktor Kimmel	307	2 M 25-29	20	39:08.53	1:52	1:09.72	20	2:46:18.4	20.2	0:29.06	12	1:40:59.2	7:43	5:08:05.0	
14	Bruce Novkov	368	1 M 50-54	15	37:04.76	1:46	1:34.80	17	2:45:06.0	20.4	1:50.45	18	1:47:57.5	8:14	5:13:33.6	
15	Chris Foster	345	1 M 40-44	9	36:03.19	1:43	1:02.77	9	2:34:27.5	21.8	1:31.72	34	2:01:01.3	9:14	5:14:06.6	
16	kevin black	343	2 M 40-44	57	47:15.36	2:15	2:14.37	16	2:44:35.8	20.4	1:33.02	10	1:40:12.9	7:39	5:15:51.5	
17	Michael Todd Montgomery	328	4 M 35-39	46	44:02.65	2:06	2:12.41	22	2:46:56.1	20.1	1:39.47	14	1:45:26.2	8:03	5:20:16.8	
18	Matthew Feno	326	5 M 35-39	21	39:09.96	1:52	1:03.94	12	2:41:08.6	20.9	1:33.03	30	1:58:21.8	9:02	5:21:17.4	
19	Paul Schwer	313	2 M 30-34	17	37:34.85	1:47	1:16.29	14	2:43:13.8	20.6	1:37.18	29	1:58:12.8	9:01	5:21:54.9	
20	Douglas Clark	327	6 M 35-39	51	45:16.33	2:09	0:55.80	25	2:49:11.0	19.9	1:16.72	15	1:46:11.8	8:06	5:22:51.7	
21	Ashley Powell	383	2 F OVR	4	34:32.13	1:39	1:25.33	55	3:12:33.6	17.5	1:17.40	6	1:35:57.6	7:19	5:25:46.2	
22	Matthew Lee	301	1 M 20-24	22	39:26.36	1:53	1:38.43	45	3:05:40.9	18.1	0:50.02	11	1:40:36.0	7:41	5:28:11.8	
23	Maranda Wilkinson	385	3 F OVR	44	43:46.46	2:05	1:17.43	32	2:54:45.9	19.2	1:31.42	19	1:48:18.5	8:16	5:29:39.8	
24	Sheridan Ames	367	2 M 50-54	8	35:27.45	1:41	2:31.18	35	2:57:13.0	19.0	1:47.40	24	1:53:05.3	8:38	5:30:04.4	
25	Nate Harper	431	3 M 30-34	41	42:46.62	2:02	2:08.41					101	4:45:13.1	21:46	5:30:08.1	
26	Brad Harvey	430	1 M 45-49	62	48:01.77	2:17	1:33.12	13	2:41:46.7	20.8	2:03.35	31	1:59:21.6	9:07	5:32:46.6	
27	Terry Hemminger	381	1 M 60-64	37	41:45.37	1:59	2:00.52	23	2:47:57.5	20.0	1:12.24	32	2:00:32.1	9:12	5:33:27.8	
28	Kimberly Thorington	387	1 F 25-29	39	42:02.64	2:00	1:17.54	30	2:53:53.0	19.3	1:11.87	26	1:55:11.1	8:48	5:33:36.2	
29	Tom Sell	358	2 M 45-49	12	36:41.67	1:45	0:42.34	21	2:46:51.3	20.1	0:41.67	39	2:05:56.0	9:37	5:34:53.0	4:00
30	Nathan Mize	311	4 M 30-34	56	46:51.36	2:14	1:23.14	24	2:48:43.4	19.9	1:10.16	27	1:56:45.8	8:55	5:34:54.0	
31	robert alexander	334	3 M 40-44	3	34:12.48	1:38	1:32.08	18	2:45:14.9	20.3	1:15.45	51	2:17:14.9	10:29	5:39:29.9	
32	Ray Kellum	363	3 M 50-54	71	50:42.31	2:25	1:53.83	38	2:58:57.3	18.8		20	1:48:46.0	8:18	5:40:19.5	
33	We Didn't Train for This	410	1 F MTR	73	50:48.50	2:25	0:22.61	31	2:54:22.5	19.3	0:21.97	28	1:57:28.6	8:58	5:43:24.2	

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Place	Name	Bib No	AG Place	----- Swim -----			Trans 1	----- Bike -----			Trans 2	----- Run -----			Total	Penalty
				Rnk	Time	Pace	Time	Rnk	Time	Rate	Time	Rnk	Time	Pace	Time	
34	Gregory Dortch	415	4 M 50-54	24	39:51.09	1:54	1:03.07	52	3:09:33.4	17.7	1:47.91	22	1:51:30.4	8:31	5:43:46.0	
35	Stephen Barto	353	3 M 45-49	49	44:24.49	2:07	1:08.76	28	2:52:10.8	19.5	1:14.80	42	2:09:32.3	9:53	5:48:31.2	
36	Shannon Wheeler DeBoef	398	1 F 35-39	10	36:12.81	1:43	1:47.91	54	3:10:21.3	17.7	1:17.36	33	2:00:44.3	9:13	5:50:23.8	
37	Nicholas Schneider	347	4 M 45-49	28	40:35.03	1:56	1:26.84	11	2:39:48.1	21.0	2:15.22	63	2:26:25.8	11:11	5:50:30.9	
38	Justin Moore	316	5 M 30-34	31	41:09.96	1:58	2:22.14	39	3:01:31.2	18.5	2:16.31	38	2:05:28.8	9:35	5:52:48.4	
39	Daniel Lucas	425	7 M 35-39	48	44:15.79	2:06	2:53.91	40	3:01:35.2	18.5	1:45.77	36	2:03:05.0	9:24	5:53:35.8	
40	Paul Dorsa	379	1 M 55-59	25	39:53.26	1:54	2:26.63	26	2:50:30.3	19.7	1:47.41	54	2:20:32.0	10:44	5:55:09.6	
41	David Brannon	362	5 M 50-54	14	37:00.26	1:46	1:02.13	44	3:04:45.1	18.2	1:48.80	44	2:11:50.4	10:04	5:56:26.7	
42	Oscar Martinez	322	8 M 35-39	11	36:25.79	1:44	2:21.32	69	3:22:26.1	16.6	2:25.61	25	1:54:17.2	8:43	5:57:56.0	
43	3rd round draft	416	3 M 25-29	43	43:25.25	2:04	0:42.27	33	2:56:25.7	19.0	0:23.36	55	2:20:44.4	10:45	6:01:41.0	
44	Sarah Coleman	397	2 F 35-39	80	51:47.05	2:28	1:55.62	41	3:03:04.5	18.4	0:58.13	37	2:04:26.0	9:30	6:02:11.4	
45	MAT Merten	325	9 M 35-39	65	48:19.59	2:18	2:27.69	42	3:03:21.6	18.3	1:29.67	40	2:08:06.9	9:47	6:03:45.5	
46	Rex Martin	424	4 M 40-44	61	47:52.46	2:17	2:28.60	29	2:52:36.8	19.5	1:24.02	53	2:20:11.0	10:42	6:04:32.9	
47	Rob Wesley	304	2 M 20-24	29	40:45.59	1:56	2:31.91	79	3:27:35.0	16.2	3:19.20	23	1:52:52.6	8:37	6:07:04.3	
48	David Teague	335	5 M 40-44	5	34:54.19	1:40	2:02.38	43	3:04:41.2	18.2	1:18.13	59	2:24:14.3	11:01	6:07:10.3	
49	Paula Cooper	391	1 F 30-34	89	57:57.43	2:46	1:47.63	37	2:57:34.4	18.9	3:15.65	46	2:13:59.6	10:14	6:14:34.8	
50	Eddie Harkleroad	422	2 M 55-59	77	51:36.48	2:27	2:27.48	49	3:08:14.7	17.9	1:28.10	45	2:12:05.9	10:05	6:15:52.6	
51	Chris Gardner	308	4 M 25-29	23	39:41.11	1:53	1:30.90	36	2:57:14.8	19.0	1:07.25	78	2:38:15.7	12:05	6:17:49.8	
52	Frank Sames	359	5 M 45-49	66	48:33.05	2:19	4:06.76	50	3:09:18.8	17.7	1:43.45	47	2:14:19.4	10:15	6:18:01.5	
53	Amanda Cowley	400	3 F 35-39	26	40:26.05	1:56	3:24.82	56	3:12:40.1	17.4	2:48.05	57	2:22:25.8	10:52	6:21:44.8	
54	P Mark Taylor	354	6 M 45-49	55	46:49.61	2:14	3:27.81	77	3:26:25.9	16.3	4:09.35	35	2:01:37.5	9:17	6:22:30.2	
55	William Caskey	360	7 M 45-49	92	1:01:21.0	2:55	2:44.40	53	3:10:17.4	17.7	1:38.76	41	2:08:18.1	9:48	6:24:19.7	
56	Robert Weber	339	6 M 40-44	19	39:01.63	1:51	2:22.28	48	3:07:56.4	17.9	2:46.44	70	2:34:55.3	11:50	6:27:02.1	
57	David Gregory	380	2 M 60-64	79	51:40.82	2:28	1:57.05	46	3:07:08.2	18.0	1:44.81	62	2:25:38.0	11:07	6:28:08.9	
58	Two Roosters and a Chick	412	7 M 40-44	63	48:01.88	2:17	0:29.40	76	3:26:11.6	16.3	0:22.29	49	2:16:40.2	10:26	6:31:45.4	
59	Adam Deimling	315	6 M 30-34	50	44:29.90	2:07	3:05.32	34	2:57:10.1	19.0	1:38.52	86	2:45:48.9	12:39	6:32:12.8	
60	Rick Burge	376	3 M 55-59	78	51:38.49	2:28	4:23.42	51	3:09:23.5	17.7	4:15.68	61	2:25:16.8	11:05	6:34:57.9	
61	Bill Greer	344	8 M 40-44	85	54:54.20	2:37	2:21.18	57	3:13:20.6	17.4	1:57.73	58	2:22:37.7	10:53	6:35:11.5	
62	Steven Dittner	365	6 M 50-54	67	48:47.45	2:19	2:07.96	47	3:07:53.4	17.9	1:35.21	71	2:34:55.5	11:50	6:35:19.6	
63	Renee McGeehen	401	2 F MTR	72	50:45.94	2:25	2:28.23	58	3:13:45.6	17.3	1:39.64	64	2:27:45.1	11:17	6:36:24.5	
64	Nadya Dhadiala	395	4 F 35-39	86	55:49.56	2:39	2:13.80	68	3:21:30.0	16.7	2:12.31	48	2:14:49.9	10:17	6:36:35.7	
65	Greg Clarity	373	7 M 50-54	52	46:18.56	2:12	4:53.96	83	3:31:39.0	15.9	6:35.88	43	2:11:18.5	10:01	6:40:46.0	
66	Lorelei Duff	384	2 F 25-29	30	41:03.16	1:57	2:23.39	72	3:24:12.2	16.5	2:12.70	68	2:33:01.5	11:41	6:42:53.0	

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				Rnk	Time	Pace	Time	Rnk	Time	Rate	Time	Rnk	Time	Pace	Time	
67	James Scourick	303	3 M 20-24	69	49:46.74	2:22	3:13.37	59	3:15:13.9	17.2	2:07.70	69	2:33:28.0	11:43	6:43:49.7	
68	Donald Taylor	370	8 M 50-54	76	51:30.24	2:27	4:00.58	65	3:18:55.0	16.9	2:58.97	65	2:28:10.3	11:19	6:45:35.2	
69	Rich Holland	377	4 M 55-59	81	53:22.77	2:32	3:33.95	61	3:16:39.3	17.1	2:52.54	67	2:29:37.5	11:25	6:46:06.2	
70	Christine Hoyer	396	5 F 35-39	40	42:25.63	2:01	1:58.45	88	3:36:32.0	15.5	1:41.61	60	2:24:39.7	11:03	6:47:17.4	
71	Jim Morath	351	8 M 45-49	70	50:27.10	2:24	2:24.42	74	3:25:24.1	16.4	2:56.42	66	2:28:15.0	11:19	6:49:27.1	
72	joe blessing	361	9 M 50-54	13	36:48.01	1:45	2:12.79	85	3:33:10.4	15.8	1:44.22	77	2:38:01.8	12:04	6:51:57.2	
73	Grayson Holland	305	5 M 25-29	64	48:18.41	2:18	4:16.00	66	3:19:19.7	16.9	4:06.57	73	2:36:07.1	11:55	6:52:07.8	
74	Jason McSpadden	330	10 M 35-39	82	53:29.60	2:33	1:03.31	62	3:17:17.9	17.0	2:20.89	79	2:38:34.0	12:06	6:52:45.8	
75	Gail Sikes	408	3 F MTR	32	41:20.65	1:58	5:05.28	67	3:20:50.7	16.7	4:08.64	82	2:44:10.2	12:32	6:55:35.5	
76	Britni News	386	3 F 25-29	38	42:00.69	2:00	1:21.28	94	3:50:15.8	14.6	1:13.95	56	2:20:58.4	10:46	6:55:50.1	
77	Dan Mangers	366	10 M 50-54	75	51:14.12	2:26	3:22.10	63	3:17:19.4	17.0	2:27.48	84	2:45:12.6	12:37	6:59:35.7	
78	Ruth Marie Oliver	399	6 F 35-39	53	46:31.73	2:13	1:57.36	80	3:28:02.6	16.2	2:08.01	89	2:49:25.7	12:56	7:08:05.5	
79	Nicolas Machi	332	11 M 35-39	54	46:33.62	2:13	2:12.31	84	3:33:09.5	15.8	2:02.56	85	2:45:35.4	12:38	7:09:33.4	
80	Steve McKinney	378	5 M 55-59	93	1:01:38.4	2:56	2:54.10	82	3:29:05.5	16.1	2:05.23	72	2:36:00.4	11:55	7:11:43.8	
81	Tracy Ellis	355	9 M 45-49	99	1:09:02.8	3:17	1:18.52	70	3:23:22.1	16.5	1:50.19	80	2:41:03.1	12:18	7:16:36.8	
82	Amanda Clark	389	2 F 30-34	83	53:52.85	2:34	2:24.66	87	3:35:59.0	15.6	1:11.50	81	2:43:41.5	12:30	7:17:09.5	
83	Walker / Wooten	411	7 F 35-39	42	43:10.55	2:03	0:52.72	89	3:42:40.1	15.1	3:40.50	87	2:47:18.6	12:46	7:17:42.5	
84	Melana Singletary	388	4 F 25-29	60	47:44.06	2:16	2:43.63	93	3:49:21.8	14.7	2:05.99	74	2:36:18.3	11:56	7:18:13.7	
85	Bryce Huie	352	10 M 45-49	68	49:12.48	2:21	2:48.19	75	3:26:08.2	16.3	3:15.32	91	2:57:52.0	13:35	7:19:16.2	
86	William Coats	426	6 M 55-59	96	1:06:02.4	3:09	3:30.84	86	3:33:13.5	15.8	2:09.94	76	2:36:42.2	11:58	7:21:39.0	
87	Evelyn Figueroa	405	1 F 45-49	91	1:00:35.6	2:53	3:03.44	96	3:55:02.3	14.3	5:24.75	52	2:18:34.3	10:35	7:22:40.5	
88	Ruth Ross	413	9 M 40-44	87	56:44.06	2:42	1:41.48	73	3:25:18.3	16.4	0:33.27	94	3:02:09.5	13:54	7:26:26.6	
89	james noel	432	12 M 35-39	84	53:57.32	2:34	3:43.53	90	3:43:20.0	15.0	1:06.61	83	2:44:34.9	12:34	7:26:42.4	
90	Arnold Cope	350	11 M 45-49	58	47:17.21	2:15	22:04.12	95	3:53:36.2	14.4	7:48.08	50	2:17:13.4	10:28	7:27:59.0	
91	Robert Bass	374	7 M 55-59	97	1:07:30.5	3:13	3:00.90	78	3:27:02.9	16.2	1:53.71	88	2:48:58.6	12:54	7:28:26.7	
92	Robert Sneed	369	11 M 50-54	100	1:09:08.4	3:18	1:54.94	64	3:17:57.8	17.0	1:36.22	92	2:59:51.4	13:44	7:30:28.8	
93	Fred Henegar	364	12 M 50-54	98	1:08:19.9	3:15	1:59.38	81	3:28:51.9	16.1	1:34.02	90	2:49:46.0	12:58	7:30:31.2	
94	Joel Bigelow	318	13 M 35-39	90	1:00:30.8	2:53	2:51.34	71	3:23:43.3	16.5	2:20.31	95	3:02:25.2	13:55	7:31:51.0	
95	john wilcox	371	13 M 50-54	94	1:01:52.3	2:57	3:28.19	91	3:47:49.8	14.7	2:17.07	75	2:36:34.3	11:57	7:32:01.8	
96	Kevin Price	414	14 M 50-54	101	1:15:24.8	3:35	2:36.93	60	3:15:19.4	17.2	2:38.62	96	3:12:01.6	14:39	7:48:01.5	
97	Laura Stooksbury	409	1 F 55-59	45	43:58.15	2:06	3:01.91	92	3:49:09.2	14.7	3:11.19	97	3:15:35.8	14:56	7:54:56.3	
98	Tamara O'Nan	403	1 F 40-44	95	1:02:49.3	2:59	3:31.96	99	4:05:16.7	13.7		93	3:01:15.2	13:50	8:12:53.2	
99	Jennifer Davis	393	8 F 35-39	59	47:31.79	2:16	2:00.49	100	4:12:58.9	13.3		98	3:19:07.6	15:12	8:21:38.8	

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<u>Place</u>	<u>Name</u>	<u>Bib No</u>	<u>AG Place</u>	<u>Swim</u>		<u>Trans 1</u>		<u>Bike</u>		<u>Rate</u>	<u>Trans 2</u>		<u>Run</u>		<u>Total</u>	<u>Penalty</u>
				<u>Rnk</u>	<u>Time</u>	<u>Pace</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>	
100	Diana Nichols	394	9 F 35-39	88	57:50.32	2:45	2:36.49	98	4:03:19.7	13.8	1:28.38	99	3:39:54.0	16:47	8:45:09.0	
101	Neil Carrington	421	10 M 40-44	74	50:49.19	2:25	5:32.13	97	3:56:08.0	14.2	7:31.94	100	3:45:09.8	17:11	8:45:11.2	