

# LAKE NORFORK OLYMPIC TRI - MEN

Line Through = Disqualified

Place	Name	Hometown	Type	Bib #	Time	Pace	Speed	Sex	Age	ID Number
1	DANNY MELLOW	JONESBORO, AR	ATHLETE	816	02:26:50.82		mph	M	34	2100131057
	Swim >	0:16:46.487	(0:16:46.487)							
	T1 >	0:00:50.905	(0:17:37.392)							
	Bike >	1:11:32.251	(1:29:09.643)							
	T2 >	0:00:46.031	(1:29:55.674)							
	Run >	0:56:55.154	(2:26:50.828)							
2	NATHAN VAUGHAN	CHICAGO, IL	ATHLETE	823	02:33:52.86		mph	M	33	2100213379
	Swim >	0:15:52.492	(0:15:52.492)							
	T1 >	0:01:29.618	(0:17:22.110)							
	Bike >	1:16:38.924	(1:34:01.034)							
	T2 >	0:00:59.872	(1:35:00.906)							
	Run >	0:58:51.963	(2:33:52.869)							
3	*CRAIG PLUNKARD	MOUNTAIN HOME, AR	ATHLETE	830	02:40:02.07		mph	M	42	VWRYVMP6YB
	Swim >	0:17:53.685	(0:17:53.685)							
	T1 >	0:01:45.100	(0:19:38.785)							
	Bike >	1:20:59.220	(1:40:38.005)							
	T2 >	0:00:50.121	(1:41:28.126)							
	Run >	0:58:33.949	(2:40:02.075)							
4	JASON LEAKE	JONESBORO, AR	ATHLETE	810	02:43:02.88		mph	M	37	2100109666
	Swim >	0:18:40.164	(0:18:40.164)							
	T1 >	0:01:09.006	(0:19:49.170)							
	Bike >	1:13:46.305	(1:33:35.475)							
	T2 >	0:00:44.597	(1:34:20.072)							
	Run >	1:08:42.813	(2:43:02.885)							
5	CHRIS NOSARI	MOUNTAIN HOME, AR	ATHLETE	819	02:55:00.03		mph	M	47	YB36UNQT7W
	Swim >	0:21:26.059	(0:21:26.059)							
	T1 >	0:01:57.219	(0:23:23.278)							
	Bike >	1:26:52.785	(1:50:16.063)							
	T2 >	0:01:27.481	(1:51:43.544)							
	Run >	1:03:16.494	(2:55:00.038)							
6	JOHN HILVERT		ATHLETE	839	02:57:20.99		mph	M	41	
	Swim >	0:24:19.639	(0:24:19.639)							
	T1 >	0:02:18.773	(0:26:38.412)							
	Bike >	1:23:57.278	(1:50:35.690)							
	T2 >	0:01:15.326	(1:51:51.016)							
	Run >	1:05:29.975	(2:57:20.991)							
7	BENJAMIN WARNER	WALNUT RIDGE, AR	ATHLETE	824	03:07:45.23		mph	M	23	VYRF9YA959
	Swim >	0:31:28.089	(0:31:28.089)							
	T1 >	0:02:00.535	(0:33:28.624)							
	Bike >	1:32:44.026	(2:06:12.650)							
	T2 >	0:01:44.327	(2:07:56.977)							
	Run >	0:59:48.253	(3:07:45.230)							
8	ALEXANDER VAN HERPEN	WALNUT RIDGE, AR	ATHLETE	822	03:09:33.92		mph	M	20	ZF6YLTTAFH
	Swim >	0:29:48.719	(0:29:48.719)							
	T1 >	0:02:46.733	(0:32:35.452)							
	Bike >	1:33:40.140	(2:06:15.592)							
	T2 >	0:03:10.418	(2:09:26.010)							
	Run >	1:00:07.911	(3:09:33.921)							
9	JUSTIN MCGARITY	PARAGOULD, AR	ATHLETE	815	03:13:10.90		mph	M	31	SW8BZK5UP2
	Swim >	0:17:00.510	(0:17:00.510)							
	T1 >	0:01:47.823	(0:18:48.333)							
	Bike >	1:27:51.161	(1:46:39.494)							
	T2 >	0:02:32.073	(1:49:11.567)							
	Run >	1:23:59.333	(3:13:10.900)							
10	PAUL MURRAY	WEST PLAINS, MO	ATHLETE	817	03:17:11.48		mph	M	56	2100279392
	Swim >	0:24:27.184	(0:24:27.184)							
	T1 >	0:02:10.597	(0:26:37.781)							
	Bike >	1:34:31.892	(2:01:09.673)							
	T2 >	0:02:13.474	(2:03:23.147)							
	Run >	1:13:48.337	(3:17:11.484)							
11	PHILO HAWKINS	BLYTHEVILLE, AR	ATHLETE	805	03:22:38.01		mph	M	58	2100274337
	Swim >	0:17:48.889	(0:17:48.889)							
	T1 >	0:11:21.461	(0:29:10.350)							
	Bike >	1:30:53.754	(2:00:04.104)							
	T2 >	0:03:10.400	(2:03:14.504)							
	Run >	1:19:23.508	(3:22:38.012)							

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12	KENNY RAINS	BATESVILLE, AR	ATHLETE	820	03:26:39.96		mph	M	25	X78J4G4P3G
	Swim >	0:24:06.688	(0:24:06.688)							
	T1 >	0:03:04.747	(0:27:11.435)							
	Bike >	1:34:46.539	(2:01:57.974)							
	T2 >	0:01:47.368	(2:03:45.342)							
	Run >	1:22:54.626	(3:26:39.968)							
13	JERRY MCDONALD	MOUNTAIN HOME, AR	ATHLETE	814	03:27:04.32		mph	M	51	RDSM5P76QW
	Swim >	0:27:05.014	(0:27:05.014)							
	T1 >	0:02:42.883	(0:29:47.897)							
	Bike >	1:34:35.435	(2:04:23.332)							
	T2 >	0:03:03.928	(2:07:27.260)							
	Run >	1:19:37.065	(3:27:04.325)							
14	ZACH HUTCHENS	MOUNTAIN HOME, AR	ATHLETE	807	03:28:00.69		mph	M	33	U6UWUULRSM
	Swim >	0:23:45.569	(0:23:45.569)							
	T1 >	0:02:57.951	(0:26:43.520)							
	Bike >	1:36:37.552	(2:03:21.072)							
	T2 >	0:02:05.952	(2:05:27.024)							
	Run >	1:22:33.674	(3:28:00.698)							
15	JOHN DILLIN	JONESBORO, AR	ATHLETE	803	03:29:06.36		mph	M	43	X6D4XFTDJ3
	Swim >	0:24:36.761	(0:24:36.761)							
	T1 >	0:01:57.888	(0:26:34.649)							
	Bike >	1:30:56.834	(1:57:31.483)							
	T2 >	0:03:51.549	(2:01:23.032)							
	Run >	1:27:43.331	(3:29:06.363)							
16	RAY JOHNSON	MEMPHIS, TN	ATHLETE	809	03:34:21.95		mph	M	64	2100283554
	Swim >	0:26:31.085	(0:26:31.085)							
	T1 >	0:04:56.025	(0:31:27.110)							
	Bike >	1:29:32.383	(2:00:59.493)							
	T2 >	0:03:55.816	(2:04:55.309)							
	Run >	1:29:26.642	(3:34:21.951)							
17	BRYAN NEAL	JONESBORO, AR	ATHLETE	818	03:34:54.00		mph	M	51	C7X3UNM5TZ
	Swim >	0:21:24.859	(0:21:24.859)							
	T1 >	0:03:19.835	(0:24:44.694)							
	Bike >	1:32:48.518	(1:57:33.212)							
	T2 >	0:03:51.182	(2:01:24.394)							
	Run >	1:33:29.613	(3:34:54.007)							
18	SPENCER MCCORKEL	BRYANT, AR	ATHLETE	813	03:37:19.39		mph	M	28	YVZSQAJ6FM
	Swim >	0:24:58.239	(0:24:58.239)							
	T1 >	0:04:39.788	(0:29:38.027)							
	Bike >	1:46:21.450	(2:15:59.477)							
	T2 >	0:02:22.715	(2:18:22.192)							
	Run >	1:18:57.199	(3:37:19.391)							
19	*JOHN HELTON	MEMPHIS, TN	ATHLETE	828	03:47:35.13		mph	M	47	2095854516
	Swim >	0:22:35.022	(0:22:35.022)							
	T1 >	0:02:07.698	(0:24:42.720)							
	Bike >	1:32:07.609	(1:56:50.329)							
	T2 >	0:01:53.462	(1:58:43.791)							
	Run >	1:48:51.342	(3:47:35.133)							
20	HESTON COON	MOUNTAIN VIEW, AR	ATHLETE	838	04:17:02.40		mph	M	17	christy@ozarkortho.com
	Swim >	0:16:17.629	(0:16:17.629)							
	T1 >	0:02:07.886	(0:18:25.515)							
	Bike >	2:09:13.162	(2:27:38.677)							
	T2 >	0:01:25.630	(2:29:04.307)							
	Run >	1:47:58.094	(4:17:02.401)							
21	SHAUN SWEARINGEN	SPRINGDALE, AR	ATHLETE	837	03:19:41.44	64:16	0.9mph	M	36	85RCQLKF9L
	Swim >	3:19:41.444	(3:19:41.444)							