

Lake Norfolk Olympic Tri - Women



Line Through = Disqualified

Place	Name	Hometown	Type	Bib #	Time	Pace	Speed	Sex	Age	Distance (meters)
1	KAREN KELLY	BELLA VISTA, AR	OLY	427	03:07:36.33	19:12	0.0mph	F	59	50800
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cummulative</u>	
					Swim	00:16:26.091	33:03	1.8mph	00:16:26.091	
					T1	00:01:16.258		0.0mph	00:17:42.349	
					Bike	01:29:03.302	03:34	16.7mph	01:46:45.651	
					T2	00:01:42.307		0.0mph	01:48:27.958	
					Run	01:19:08.373	12:44	4.7mph	03:07:36.331	
2	KATHIE CHEEK	WALLS, MS	OLY	414	03:20:42.73	50:08	0.0mph	F	45	50800
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cummulative</u>	
					Swim	00:17:19.333	34:50	1.7mph	00:17:19.333	
					T1	00:02:50.237		0.0mph	00:20:09.570	
					Bike	01:35:31.422	03:50	15.6mph	01:55:40.992	
					T2	00:01:37.709		0.0mph	01:57:18.701	
					Run	01:23:24.037	13:25	4.5mph	03:20:42.738	
3	MARCI HANSON	FT LEAVNWRTH, KS	OLY	419	03:29:11.20	06:31	0.0mph	F	35	50800
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cummulative</u>	
					Swim	00:21:23.518	43:02	1.4mph	00:21:23.518	
					T1	00:01:17.082		0.0mph	00:22:40.600	
					Bike	01:46:57.584	04:18	13.9mph	02:09:38.184	
					T2	00:01:44.269		0.0mph	02:11:22.453	
					Run	01:17:48.754	12:31	4.8mph	03:29:11.207	
4	REBECCA MARTIN	MOUNTAIN HOME, AR	OLY	430	03:31:41.76	46:54	0.0mph	F	42	50800
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cummulative</u>	
					Swim	00:20:22.470	40:59	1.5mph	00:20:22.470	
					T1	00:02:57.740		0.0mph	00:23:20.210	
					Bike	01:26:34.428	03:28	17.2mph	01:49:54.638	
					T2	00:02:27.205		0.0mph	01:52:21.843	
					Run	01:39:19.920	15:59	3.8mph	03:31:41.763	
5	JULIANNE CARRON	KANSAS CITY, MO	OLY	410	04:02:43.53	06:16	0.0mph	F	25	50800
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cummulative</u>	
					Swim	00:19:45.465	39:44	1.5mph	00:19:45.465	
					T1	00:02:18.650		0.0mph	00:22:04.115	
					Bike	01:57:33.819	04:43	12.7mph	02:19:37.934	
					T2	00:02:24.846		0.0mph	02:22:02.780	
					Run	01:40:40.754	16:12	3.7mph	04:02:43.534	
6	SARAH HANSEN		OLY	438	04:06:48.92	12:05	0.0mph	F	39	50800
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cummulative</u>	
					Swim	00:18:44.590	37:42	1.6mph	00:18:44.590	
					T1	00:02:13.888		0.0mph	00:20:58.478	
					Bike	02:00:05.452	04:49	12.4mph	02:21:03.930	
					T2	00:03:23.761		0.0mph	02:24:27.691	
					Run	01:42:21.234	16:28	3.6mph	04:06:48.925	
7	DEBBIE WRIGHT	BENTON, AR	OLY	436	04:29:51.50	22:56	0.0mph	F	49	50800
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cummulative</u>	
					Swim	00:21:27.568	43:10	1.4mph	00:21:27.568	
					T1	00:02:56.841		0.0mph	00:24:24.409	
					Bike	02:01:52.590	04:54	12.2mph	02:26:16.999	
					T2	00:02:17.265		0.0mph	02:28:34.264	
					Run	02:01:17.236	19:31	3.1mph	04:29:51.500	