

Goose Pond Half Iron and Sprint Triathlons

Sprint Overall

May 26, 2019

Results by Endurance Sports Management

Place	Name	City	Bib No	Age	Gender	Age Group	Div	Total	Total	Penalty	Swim		T1		Bike		T2		Run	
								Time	Pace		Time	Pace	Time	Pace	Time	Pace	Time	Pace	Time	Pace
1	Matt McMillian	Owens Cross Roads AL	452	34	M	1:Open	SA	1:04:41.0	64:41/M		7:47.8	38.5MPM	1:31.6	0.00MPM	33:54.5	21.2MPM	0:53.5	0.00MPM	20:33.4	9.05MPM
2	Sean Casey	Birmingham AL	470	52	M	2:Open	SA	1:04:44.2	64:44/M		9:08.0	32.8MPM	1:51.0	0.00MPM	31:43.2	22.7MPM	1:04.8	0.00MPM	20:57.0	8.88MPM
3	Timothy Gooch	Birmingham AL	446	29	M	3:Open	SA	1:06:15.4	66:15/M		9:08.2	32.8MPM	1:46.2	0.00MPM	32:27.5	22.2MPM	0:55.3	0.00MPM	21:58.0	8.47MPM
4	Daniel Coonce	Cookeville TN	459	41	M	1:40-44	SA	1:08:39.1	68:39/M		9:01.4	33.3MPM	1:30.6	0.00MPM	36:31.5	19.7MPM	1:10.5	0.00MPM	20:24.9	9.12MPM
5	Jeffrey Putt	Birmingham AL	467	48	M	1:45-49	SA	1:09:11.6	69:11/M		9:59.9	30.1MPM	1:46.6	0.00MPM	30:37.3	23.5MPM	1:09.9	0.00MPM	25:37.8	7.26MPM
6	Joseph Lemery	Huntsville AL	485	49	M	2:45-49	SA	1:09:25.3	69:25/M		9:32.7	31.5MPM	1:46.5	0.00MPM	32:56.8	21.9MPM	1:26.0	0.00MPM	23:43.1	7.84MPM
7	John Stanton	Kennesaw GA	486	48	M	3:45-49	SA	1:09:25.5	69:25/M		9:15.4	32.4MPM	2:07.0	0.00MPM	33:09.6	21.7MPM	1:09.5	0.00MPM	23:43.9	7.84MPM
8	Joy Rusmisell	Macon GA	427	39	F	1:Open	SA	1:11:48.6	71:48/M		7:36.1	39.5MPM	1:38.3	0.00MPM	38:34.5	18.7MPM	0:46.4	0.00MPM	23:13.1	8.01MPM
9	Holly Connell	Huntsville AL	425	38	F	2:Open	SA	1:12:01.6	72:01/M		10:29.0	28.6MPM	1:44.1	0.00MPM	36:55.1	19.5MPM	1:13.4	0.00MPM	21:39.8	8.59MPM
10	Michael Buckley	Atlanta GA	449	32	M	1:30-34	SA	1:13:32.7	73:32/M		9:16.5	32.4MPM	2:00.6	0.00MPM	36:29.4	19.7MPM	0:52.8	0.00MPM	24:53.3	7.47MPM
11	Joseph Doster	Soddy Daisy TN	492	35	M	1:35-39	SA	1:13:34.3	73:34/M		8:43.5	34.4MPM	1:56.0	0.00MPM	33:41.4	21.4MPM	0:39.2	0.00MPM	28:34.0	6.51MPM
12	Lauren Sampson	Huntsville AL	488	30	F	3:Open	SA	1:13:42.0	73:42/M		7:40.2	39.1MPM	2:17.8	0.00MPM	37:33.2	19.2MPM	0:49.6	0.00MPM	25:21.1	7.34MPM
13	Chris Poarch	Fayetteville TN	455	36	M	2:35-39	SA	1:14:18.1	74:18/M		8:33.4	35.1MPM	1:31.6	0.00MPM	34:08.2	21.1MPM	1:29.4	0.00MPM	28:35.3	6.51MPM
14	Matthew Desmond	Huntsville AL	463	45	M	4:45-49	SA	1:15:41.8	75:41/M		9:27.4	31.7MPM	1:39.0	0.00MPM	37:12.7	19.4MPM	1:05.4	0.00MPM	26:17.1	7.08MPM
15	Paola Attias	Madison AL	430	43	F	1:40-44	SA	1:16:05.2	76:05/M		9:53.0	30.4MPM	1:43.0	0.00MPM	25:34.7	28.2MPM	38:40.9	0.00MPM	25:48.3	7.21MPM
16	Steve Lopez	Manchester TN	458	40	M	1:40-44	SA	1:17:57.2	77:57/M		10:38.6	28.2MPM	2:10.9	0.00MPM	37:51.0	19.0MPM	1:38.4	0.00MPM	25:38.1	7.26MPM
17	Lori Coward	Birmingham AL	438	54	F	1:50-54	SA	1:18:31.5	78:31/M		10:06.0	29.7MPM	2:23.9	0.00MPM	38:09.9	18.9MPM	1:26.2	0.00MPM	26:25.4	7.04MPM
18	Louis Talbot	Thibodaux LA	473	56	M	1:55-59	SA	1:18:59.0	78:59/M		11:59.4	25.0MPM	2:15.0	0.00MPM	36:48.0	19.6MPM	1:03.2	0.00MPM	26:53.1	6.92MPM
19	Franklin Farrow	Ooltewah TN	545	49	M	5:45-49	SA	1:19:37.8	79:37/M		11:43.3	25.6MPM	2:08.8	0.00MPM	38:18.9	18.8MPM	1:19.3	0.00MPM	26:07.4	7.12MPM
20	Michael Swanson	Huntsville AL	475	58	M	2:55-59	SA	1:19:40.4	79:40/M		10:51.8	27.6MPM	2:38.1	0.00MPM	37:53.6	19.0MPM	1:25.9	0.00MPM	26:50.8	6.93MPM
21	David Connors	Alpharetta GA	460	42	M	2:40-44	SA	1:19:49.4	79:49/M		10:37.8	28.3MPM	2:58.3	0.00MPM	39:14.1	18.4MPM	1:00.3	0.00MPM	25:58.7	7.16MPM
22	Bradley Atkinson	Murfreesboro TN	464	47	M	6:45-49	SA	1:19:53.5	79:53/M		9:59.6	30.1MPM	1:12.6	0.00MPM	37:00.0	19.5MPM	2:05.9	0.00MPM	29:35.3	6.29MPM
23	Massimiliano Bonamente	Madison AL	465	48	M	7:45-49	SA	1:21:25.8	81:25/M		10:36.5	28.3MPM	2:07.8	0.00MPM	38:26.0	18.7MPM	1:21.5	0.00MPM	28:53.8	6.44MPM
24	Lawrence Thurman	Hermitage TN	471	53	M	1:50-54	SA	1:22:04.1	82:04/M		11:57.4	25.1MPM	3:05.3	0.00MPM	39:10.5	18.4MPM	1:39.0	0.00MPM	26:11.8	7.10MPM
25	Emily Coonce	Cookeville TN	410	14	F	1: 0-14	SA	1:23:06.4	83:06/M		9:10.3	32.7MPM	2:12.2	0.00MPM	41:45.2	17.2MPM	0:45.8	0.00MPM	29:12.8	6.37MPM
26	Mary Kelly	Chattanooga TN	418	32	F	1:30-34	SA	1:23:10.7	83:10/M		10:54.8	27.5MPM	2:01.8	0.00MPM	43:25.7	16.6MPM	1:56.5	0.00MPM	24:51.8	7.48MPM
27	Jason Gear	Ooltewah TN	491	42	M	3:40-44	SA	1:23:26.6	83:26/M		10:41.2	28.1MPM	3:02.1	0.00MPM	40:10.1	17.9MPM	1:00.7	0.00MPM	28:32.3	6.52MPM
28	Emily Woolley	Madison AL	424	37	F	1:35-39	SA	1:23:52.4	83:52/M		9:35.3	31.3MPM	2:35.4	0.00MPM	41:53.4	17.2MPM	0:40.1	0.00MPM	29:08.0	6.38MPM
29	James Ebert	Huntsville AL	451	32	M	2:30-34	SA	1:24:14.9	84:14/M		14:54.4	20.1MPM	2:00.1	0.00MPM	40:35.2	17.7MPM	0:48.1	0.00MPM	25:56.9	7.17MPM
30	Robert Colannino	Athens AL	480	52	M	2:50-54	SRM	1:24:31.7	84:31/M		12:22.1	24.3MPM	1:45.6	0.00MPM	47:03.0	15.3MPM	0:34.4	0.00MPM	22:46.4	8.17MPM
31	Tess Talbot	Thibodaux LA	437	54	F	2:50-54	SA	1:24:41.2	84:41/M		12:06.5	24.8MPM	2:14.8	0.00MPM	39:10.5	18.4MPM	1:24.8	0.00MPM	29:44.4	6.26MPM
32	Jae Maeng	Johnson City TN	444	26	M	1:25-29	SA	1:24:45.4	84:45/M		9:13.5	32.5MPM	2:31.2	0.00MPM	45:35.0	15.8MPM	0:46.7	0.00MPM	26:38.9	6.98MPM
33	Lauren Barranger	Birmingham AL	490	31	F	2:30-34	SA	1:25:11.0	85:11/M		11:09.6	26.9MPM	2:26.9	0.00MPM	42:04.7	17.1MPM	1:12.2	0.00MPM	28:17.4	6.58MPM
34	Daniel Coonce	Cookeville TN	479	68	M	1:65-69	SA	1:25:22.9	85:22/M		11:54.0	25.2MPM	3:18.0	0.00MPM	40:22.8	17.8MPM	2:08.6	0.00MPM	27:39.3	6.73MPM
35	Christopher Romanoski	Oak Ridge TN	443	23	M	1:20-24	SA	1:25:50.6	85:50/M		10:05.8	29.8MPM	2:47.7	0.00MPM	26:34.3	27.1MPM	46:07.1	0.00MPM	26:49.9	6.94MPM

36	Samantha Byron	Madison AL	412	19	F	1:15-19	SA	1:26:48.2	86:48/M	7:53.6	38.1MPM	3:11.4	0.00MPM	49:26.8	14.6MPM	0:56.1	0.00MPM	25:20.1	7.34MPM	
37	Robert Carter	Dayton TN	474	56	M	3:55-59	SA	1:27:09.3	87:09/M	9:55.2	30.3MPM	2:44.8	0.00MPM	39:37.0	18.2MPM	1:31.3	0.00MPM	33:20.8	5.58MPM	
38	Casey Jacobs	Lafayette GA	489	34	F	3:30-34	SA	1:27:11.3	87:11/M	11:22.0	26.4MPM	3:06.6	0.00MPM	41:38.6	17.3MPM	1:14.5	0.00MPM	29:49.4	6.24MPM	
39	Jack Hynes	Bryant AL	445	27	M	2:25-29	SA	1:27:25.0	87:25/M	2:00	11:11.2	26.8MPM	3:37.6	0.00MPM	39:51.0	18.1MPM	6:17.8	0.00MPM	26:27.2	7.03MPM
40	Gregory Baucom	Soddy Daisy TN	442	21	M	2:20-24	SA	1:27:38.3	87:38/M		11:19.3	26.5MPM	3:06.0	0.00MPM	47:44.5	15.1MPM	1:10.7	0.00MPM	24:17.6	7.66MPM
41	Melinda Hyatt	Madison AL	483	46	F	1:45-49	SA	1:27:58.4	87:58/M		10:10.6	29.5MPM	2:20.5	0.00MPM	47:19.0	15.2MPM	1:18.9	0.00MPM	26:49.3	6.94MPM
42	Carole Addona	Huntsville AL	422	35	F	2:35-39	SA	1:28:33.4	88:33/M		10:38.5	28.2MPM	1:43.3	0.00MPM	43:23.4	16.6MPM	1:01.2	0.00MPM	31:46.8	5.86MPM
43	David G. Rawlings	Decatur AL	466	48	M	8:45-49	SA	1:30:38.7	90:38/M		12:31.8	24.0MPM	2:37.9	0.00MPM	40:07.0	17.9MPM	1:58.1	0.00MPM	33:23.8	5.57MPM
44	Jonathan Kidd	Greenville AL	453	35	M	3:35-39	SA	1:30:52.6	90:52/M		10:56.3	27.4MPM	1:56.0	0.00MPM	48:46.1	14.8MPM	0:53.3	0.00MPM	28:20.8	6.56MPM
45	Bethany Parker	Atlanta GA	415	31	F	4:30-34	SA	1:31:02.9	91:02/M		15:00.7	20.0MPM	3:17.1	0.00MPM	43:29.3	16.6MPM	2:09.2	0.00MPM	27:06.3	6.86MPM
46	Eva Courtney	Madison AL	429	42	F	1:40-44	SA	1:31:14.5	91:14/M		10:46.6	27.9MPM	2:52.3	0.00MPM	44:04.3	16.3MPM	2:33.4	0.00MPM	30:57.7	6.01MPM
47	Lori Galloway	Riverside AL	435	50	F	3:50-54	SA	1:31:38.2	91:38/M		12:10.0	24.7MPM	2:59.7	0.00MPM	45:38.6	15.8MPM	1:58.3	0.00MPM	28:51.3	6.45MPM
48	Bruce Hudgins	Albertville AL	454	36	M	4:35-39	SA	1:31:42.6	91:42/M		12:20.0	24.3MPM	3:04.9	0.00MPM	44:31.2	16.2MPM	1:25.0	0.00MPM	30:21.3	6.13MPM
49	Renee McGeehen	Woodstock GA	303	46	F	2:45-49	SA	1:32:14.5	92:14/M		12:20.2	24.3MPM	2:44.1	0.00MPM	44:32.7	16.2MPM	1:36.1	0.00MPM	31:01.3	6.00MPM
50	Steven Long	Atlanta GA	484	50	M	3:50-54	SA	1:32:50.7	92:50/M		10:32.7	28.5MPM	3:37.4	0.00MPM	40:44.3	17.7MPM	3:41.9	0.00MPM	34:14.3	5.43MPM
51	Scott Trew	Toney AL	447	30	M	3:30-34	SA	1:33:14.7	93:14/M		10:18.3	29.1MPM	3:13.8	0.00MPM	44:06.5	16.3MPM	0:55.9	0.00MPM	34:40.1	5.37MPM
52	Tamatha Farrow	Ooltewah TN	434	48	F	3:45-49	SA	1:33:43.3	93:43/M		12:21.0	24.3MPM	2:41.4	0.00MPM	41:57.8	17.2MPM	1:43.5	0.00MPM	34:59.4	5.32MPM
53	Jonathan Cantrell	Harvest AL	547	37	M	5:35-39	SA	1:34:58.2	94:58/M		12:25.4	24.2MPM	2:30.4	0.00MPM	41:20.6	17.4MPM	1:20.0	0.00MPM	37:21.6	4.98MPM
54	Gracie Ray	Ringgold GA	549	16	F	2:15-19	SA	1:35:22.8	95:22/M		12:06.5	24.8MPM	2:29.3	0.00MPM	48:25.9	14.9MPM	1:24.2	0.00MPM	30:56.8	6.01MPM
55	Misty Hanson	Kansas City MO	481	49	F	4:45-49	SA	1:35:28.9	95:28/M		12:48.4	23.4MPM	3:48.2	0.00MPM	42:39.5	16.9MPM	3:16.8	0.00MPM	32:55.8	5.65MPM
56	Ashley Putt	Birmingham AL	428	39	F	3:35-39	SA	1:35:48.7	95:48/M		13:01.4	23.0MPM	2:21.9	0.00MPM	42:36.5	16.9MPM	1:29.7	0.00MPM	36:19.0	5.12MPM
57	Michele Packard	Howell MI	433	47	F	5:45-49	SA	1:36:10.3	96:10/M		13:12.4	22.7MPM	2:30.8	0.00MPM	45:19.6	15.9MPM	2:30.4	0.00MPM	32:37.0	5.70MPM
58	Lori Headley	Knoxville TN	431	43	F	2:40-44	SA	1:36:28.9	96:28/M		12:50.9	23.4MPM	3:23.9	0.00MPM	46:17.3	15.6MPM	1:37.0	0.00MPM	32:19.6	5.76MPM
59	Christopher Fisher	Montgomery AL	456	37	M	6:35-39	SA	1:37:07.7	97:07/M		13:47.1	21.8MPM	3:55.6	0.00MPM	47:48.6	15.1MPM	2:41.2	0.00MPM	28:55.1	6.43MPM
60	James Hilburn	Albertville AL	448	30	M	4:30-34	SA	1:38:17.8	98:17/M		11:31.5	26.0MPM	5:01.4	0.00MPM	49:08.6	14.7MPM	1:12.9	0.00MPM	31:23.1	5.93MPM
61	Kenny Leigh	Fleming Island FL	469	50	M	4:50-54	SA	1:38:26.8	98:26/M		14:33.7	20.6MPM	4:29.0	0.00MPM	44:41.8	16.1MPM	1:17.5	0.00MPM	33:24.6	5.57MPM
62	Charles Packard	Howell MI	472	54	M	5:50-54	SA	1:39:09.8	99:09/M		10:16.8	29.2MPM	8:29.0	0.00MPM	45:16.9	15.9MPM	2:30.8	0.00MPM	32:36.2	5.71MPM
63	Chris Hilburn	Albertville AL	450	32	M	5:30-34	SA	1:41:39.8	**:/M		14:06.4	21.3MPM	3:34.9	0.00MPM	51:05.4	14.1MPM	0:58.0	0.00MPM	31:54.9	5.83MPM
64	Kerry McDonald	Huntsville AL	548	49	F	6:45-49	SA	1:47:12.6	**:/M		9:52.1	30.4MPM	4:27.9	0.00MPM	46:13.0	15.6MPM	3:34.9	0.00MPM	43:04.5	4.32MPM
65	George Holt	Johnson City TN	482	13	M	1: 0-14	SA	1:47:36.5	**:/M		10:22.2	28.9MPM	1:56.1	0.00MPM	52:06.3	13.8MPM	0:34.3	0.00MPM	42:37.4	4.36MPM
66	Mya Hill	Enterprise AL	411	15	F	3:15-19	SA	1:47:37.6	**:/M		10:06.1	29.7MPM	3:18.1	0.00MPM	2:05:10.4	5.75MPM	51:01.4	0.00MPM	43:11.9	4.31MPM
67	Hilary Moreno	Birmingham AL	310	49	F	7:45-49	SA	1:48:08.9	**:/M		12:02.5	24.9MPM	4:17.5	0.00MPM	51:25.3	14.0MPM	2:31.6	0.00MPM	37:51.7	4.91MPM
68	Mara Hutchings	Estill Springs TN	432	44	F	3:40-44	SA	1:48:38.4	**:/M		17:26.0	17.2MPM	3:46.7	0.00MPM	46:19.7	15.5MPM	4:01.4	0.00MPM	37:04.5	5.02MPM
69	Fisher Leighann		405	36	F	4:35-39	SRF	1:48:55.5	**:/M		14:05.4	21.3MPM	1:28.5	0.00MPM	47:03.2	15.3MPM	0:48.0	0.00MPM	45:30.3	4.09MPM
70	William Stanfield	Madison AL	487	58	M	4:55-59	SA	1:50:00.0	**:/M	2:00	13:18.6	22.6MPM	1:53.7	0.00MPM					1:34:47.7	1.96MPM
71	Deborah Carter	Dayton TN	439	56	F	1:55-59	SA	1:50:13.2	**:/M		13:50.3	21.7MPM	3:47.5	0.00MPM	47:42.3	15.1MPM	3:00.2	0.00MPM	41:52.7	4.44MPM
72	Elijah Brand	Bremen GA	441	12	M	2: 0-14	SA	1:53:02.7	**:/M											
73	Danna Vaughn	Chattanooga TN	314	53	F	4:50-54	SA	1:57:35.6	**:/M		21:51.1	13.7MPM	2:19.7	0.00MPM	50:28.1	14.3MPM	3:42.3	0.00MPM	39:14.3	4.74MPM
74	Rachel Keilman	Longwood FL	414	30	F	5:30-34	SA	1:59:23.0	**:/M		11:45.2	25.5MPM	4:30.9	0.00MPM	57:57.2	12.4MPM	2:21.8	0.00MPM	42:47.8	4.35MPM
75	Annette Dolbow	Highland MD	440	57	F	2:55-59	SA	2:05:19.6	**:/M		14:12.6	21.1MPM	6:47.0	0.00MPM	50:40.5	14.2MPM	5:49.7	0.00MPM	47:49.5	3.89MPM
76	Elliot Rodberg	Highland MD	477	59	M	5:55-59	SA	2:08:19.3	**:/M		15:55.8	18.8MPM	7:56.2	0.00MPM	51:54.4	13.9MPM	4:43.6	0.00MPM	47:49.1	3.89MPM
77	Madison Hill	Enterprise AL	409	13	F	2: 0-14	SA	2:44:18.1	**:/M		10:52.6	27.6MPM	4:43.2	0.00MPM	1:19:49.5	9.02MPM	2:30.0	0.00MPM	1:06:22.7	2.80MPM
78	Corinne West	Pisgah AL	401	47	F	8:45-49	SA	2:58:58.1	**:/M	2:00	21:07.6	14.2MPM	7:20.6	0.00MPM	1:24:14.6	8.55MPM	2:40.5	0.00MPM	1:03:34.6	2.93MPM
DQ	Scott West	Pisgah AL	404	53	M	DQ:50-54	SC	1:35:02.5	95:02/M		8:28.4	35.4MPM	5:27.3	0.00MPM	45:00.2	16.0MPM	2:48.5	0.00MPM	33:17.7	5.59MPM