

Tellico Summer Solstice Olympic/Sprint Tr /

Sprint Triathlon OverallRace Date

June 08, 2019

Place	Name	Bib No	AG Place	----- Swim -----			T1	----- Bike -----			T2	----- Run -----		Total	Penalty
				Rnk	Time	Pace	Time	Rnk	Time	Rate	Time	Rnk	Time	Pace	
1	Nathan Mize	286	1:M Overall	5	14:09.2	1:46	0:55.1	2	43:34.1	22.0	0:29.7	3	20:06.5	6:29	1:19:14.9
2	Nathan Sia	326	2:M Overall	12	15:55.3	1:59	0:40.6	6	46:47.8	20.5	0:25.6	1	19:12.6	6:12	1:23:02.1
3	Brian Ehrig	285	3:M Overall	10	15:47.4	1:58	1:09.3	3	44:27.6	21.6	0:31.1	5	21:39.4	6:59	1:23:35.0
4	Chris Burl	291	1:M Masters	6	15:02.2	1:53	0:41.9	1	43:17.7	22.2	0:46.1	7	23:54.6	7:43	1:23:42.8
5	Michael Yates	302	1:M 55-59	2	12:51.3	1:36	0:49.2	4	46:16.3	20.7	0:47.7	6	23:01.6	7:26	1:23:46.2
6	Steve Cole	300	1:M 50-54	17	16:28.2	2:04	1:23.8	10	48:23.4	19.8	0:52.2	4	20:59.8	6:46	1:28:07.6
7	Robert Lewis	221	2:M 50-54	22	17:52.8	2:14	1:37.6	14	51:04.8	18.8	1:23.6	2	19:19.7	6:14	1:31:18.7
8	Elliot Stone	241	1:M 25-29	7	15:22.8	1:55	1:49.0	8	47:30.8	20.2	0:42.6	8	25:57.4	8:22	1:31:22.6
9	Lana Burl	288	1:F Overall	15	16:12.1	2:02	0:37.8	7	47:22.2	20.3	0:38.2	16	27:40.4	8:56	1:32:30.8
10	Norman Cole	331	1:M 65-69	20	17:38.8	2:12	1:15.3	9	48:00.0	20.0	0:52.9	15	27:24.0	8:50	1:35:11.2
11	Adam Porter	296	1:M 15-19	8	15:40.6	1:58	0:26.7	21	54:18.0	17.7	0:35.4	12	26:34.6	8:34	1:37:35.4
12	Marsha Morton	181	2:F Overall	21	17:40.7	2:13	1:08.0	16	52:32.0	18.3	0:35.2	10	26:09.4	8:26	1:38:05.5
13	Andrew Foote	284	2:M 25-29	27	19:14.0	2:24	2:51.3	12	50:16.8	19.1	0:25.4	14	27:10.9	8:46	1:39:58.7
14	Sheri Jones	125	3:F Overall	14	16:11.9	2:01	1:25.2	15	51:12.5	18.7	0:56.4	26	31:07.8	10:03	1:40:54.0
15	James Troutt	188	1:M 40-44	41	23:08.7	2:54	1:30.0	11	49:51.4	19.3	0:52.3	13	26:49.4	8:39	1:42:12.0
16	Kelly Essler	293	1:F 25-29	4	13:47.0	1:43	0:52.6	22	54:30.0	17.6	0:34.2	34	33:33.1	10:49	1:43:17.1
17	Allison Short	150	1:F 20-24	1	0:00.0	0:00	20:21.3	18	52:49.8	18.2	1:35.6	18	28:48.6	9:18	1:43:35.5
18	Brett Short	149	3:M 50-54	13	16:04.2	2:01	4:46.2	17	52:45.1	18.2	0:48.5	19	29:15.6	9:26	1:43:39.7
19	Robert Carter	180	2:M 55-59	23	18:01.3	2:15	1:42.2	13	50:47.8	18.9	1:20.1	31	32:04.9	10:21	1:43:56.5
20	Dan Passarelli	140	1:M 60-64	26	18:33.5	2:19	2:16.0	5	46:37.5	20.6	2:09.8	37	35:22.0	11:25	1:44:59.0
21	Chris Ray	144	1:M 20-24	19	17:33.8	2:12	1:30.3	24	54:51.0	17.5	0:57.5	28	31:14.9	10:05	1:46:07.7
22	Courtney Flynn	269	2:F 25-29	3	13:02.3	1:38	1:40.7	33	59:30.3	16.1	0:30.1	33	33:09.7	10:42	1:47:53.2
23	Scott Gray	103	4:M 50-54	25	18:30.4	2:19	2:52.7	32	58:57.3	16.3	1:46.6	9	26:01.5	8:24	1:48:08.6
24	Michael Brunson	153	5:M 50-54	29	20:12.5	2:32	1:12.2	19	53:47.9	17.8	1:11.2	32	32:44.6	10:34	1:49:08.6
25	Mark Schwab	179	2:M 40-44	9	15:42.1	1:58	3:01.2	30	57:39.7	16.6	1:26.6	29	31:19.0	10:06	1:49:08.9
26	Maria Nia	289	1:F 35-39	28	19:35.4	2:27	3:40.3	26	55:49.8	17.2	0:49.5	24	30:14.0	9:45	1:50:09.2
27	Sara Mitchell	266	3:F 25-29	43	23:35.3	2:57	1:55.7	20	53:58.0	17.8	1:23.1	21	29:52.8	9:38	1:50:45.1
28	Bette Simpson	233	1:F Masters	40	22:26.4	2:48	2:11.4	29	57:02.2	16.8	1:41.7	17	28:12.3	9:06	1:51:34.3
29	Jeremy Miller	297	1:M 30-34	16	16:26.7	2:03	2:41.8	28	56:59.7	16.8	1:33.0	38	35:25.7	11:26	1:53:07.0
30	Paul Rumberger	250	2:M 30-34	37	22:02.2	2:45	2:26.5	23	54:37.9	17.6	1:10.5	35	34:07.6	11:01	1:54:24.9
31	Anna Mitchell	265	4:F 25-29	44	23:36.3	2:57	1:52.4	27	56:05.7	17.1	1:07.4	36	35:05.6	11:19	1:57:47.6
32	Zachary Elliott	224	2:M 15-19	34	21:00.2	2:38	2:09.6	35	1:04:01.1	15.0	0:59.5	27	31:08.2	10:03	1:59:18.7
33	Todd Hollins	142	1:M 35-39	33	20:57.1	2:37	3:17.0	25	55:13.8	17.4	2:10.5	45	39:10.5	12:38	2:00:49.0

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<u>Place</u>	<u>Name</u>	<u>Bib No</u>	<u>AG Place</u>	<u>Swim</u>			<u>T1</u>	<u>Bike</u>			<u>T2</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>Rate</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Time</u>	
34	Lyndsey Lampkin	309	1:F 40-44	31	20:52.7	2:37	1:36.7	39	1:06:11.3	14.5	0:59.5	30	31:29.1	10:09	2:01:09.6	
35	Lori Headley	111	2:F 40-44	39	22:12.0	2:47	2:13.0	41	1:07:46.7	14.2	2:44.6	11	26:13.3	8:28	2:01:09.7	
36	Rachel Glandon	299	2:F 35-39	24	18:05.4	2:16	1:02.8	36	1:04:14.0	14.9	1:23.3	42	36:36.7	11:49	2:01:22.5	
37	Gunner Osborne	307	3:M 25-29	36	21:15.8	2:39	1:50.8	31	58:21.2	16.5	0:31.2	47	39:29.9	12:44	2:01:29.1	
38	Kaitlyn Osborne	312	5:F 25-29	35	21:06.6	2:38	1:39.1	38	1:05:57.1	14.6	0:54.4	25	31:04.1	10:01	2:02:41.5	2:00
39	Gary Lafferty	127	1:M 45-49	46	28:37.5	3:35	4:50.9	34	59:43.4	16.1	2:13.5	20	29:17.9	9:27	2:04:43.4	
40	Justin Seagraves	222	3:M 15-19	38	22:04.0	2:46	2:32.9	37	1:04:18.6	14.9	0:29.1	39	35:45.4	11:32	2:07:10.2	2:00
41	Bradley Myers	304	4:M 25-29	11	15:54.2	1:59	3:16.3	43	1:10:43.8	13.6	0:53.2	43	36:36.9	11:49	2:07:24.6	
42	Caleb Warren	159	2:M 45-49	18	17:22.1	2:10	4:05.7	40	1:07:33.6	14.2	0:35.0	44	38:20.7	12:22	2:07:57.3	
43	Jennifer Gerard	218	3:F 35-39	30	20:17.1	2:32	1:56.8	45	1:15:41.4	12.7	2:31.3	40	35:47.7	11:33	2:16:14.5	
44	Jacob Grubb	319	1:M 0-14	42	23:19.5	2:55	1:45.7	46	1:15:50.6	12.7	2:29.8	41	35:48.0	11:33	2:19:13.9	
45	Deborah Carter	182	1:F 55-59	45	25:04.3	3:08	2:18.8	44	1:12:13.7	13.3	2:21.8	46	39:14.0	12:39	2:21:12.8	
46	Ashley Warren	115	2:F 20-24	47	32:24.4	4:03	3:02.0	47	1:16:28.6	12.6	2:07.9	22	29:58.9	9:40	2:24:01.9	
47	Emma Richardson	122	3:F 20-24	32	20:56.1	2:37	14:28.4	48	1:16:29.5	12.6	2:09.8	23	29:59.0	9:40	2:24:03.0	
48	Todd Mink	216	3:M 45-49	48	36:27.2	4:33	5:23.0	42	1:07:53.8	14.1	1:19.4	48	46:37.6	15:02	2:37:41.1	