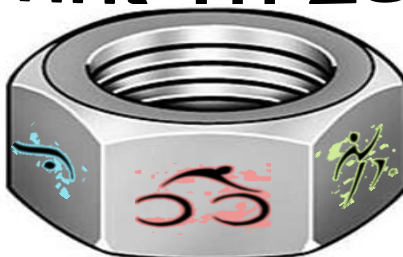


# Sprint Tri 2017



## The Iron Nut

IRON NUT TRIATHLON

JUNE 3, 2017

HARRY L. COOMES RECREATION CENTER, ABINGDON, VA

Place	Place in Division	NO.	NAME	AGE	S	SWIM Plc	SWIM TIME	Trans No.1	BIKE Splt Plc	BIKE Split TIME	SWIM +BIKE Plc	SWIM +BIKE TIME	Trans NO.2	RUN Spt Plc	RUN Split TIME	PLACE	FINAL TIME
1	1/6	15	David Simmons	42	M	1	6:42	0:29	1	50:10	1	57:21	0:39	5	23:55	1	1:21:53
2	1/4	16	Jamie Simmons	39	F	2	7:15	0:25	3	52:17	2	59:56	0:47	2	22:07	2	1:22:50
3	1/5	20	Shawn Hall	35	M	18	11:42	1:17	2	51:07	3	1:04:05	0:54	3	22:18	3	1:27:16
4	2/6	21	Greg Conforth	44	M	3	8:15	1:23	4	56:44	4	1:06:21	0:31	1	21:53	4	1:28:43
5	2/5	2	Brian Dawson	37	M	4	8:26	1:08	6	57:55	5	1:07:27	0:47	4	23:36	5	1:31:49
6	3/6	6	Chad Green	44	M	13	10:43	1:39	5	57:16	6	1:09:37	0:52	6	24:51	6	1:35:19
7	4/6	23	Greg Meade	45	M	7	9:36	0:47	7	1:00:39	7	1:11:01	1:11	8	29:39	7	1:41:49
8	5/6	1	Jeff Bauserman	53	M	9	9:53	1:54	9	1:05:10	8	1:16:56	1:38	10	29:53	8	1:48:26
9	1/2	22	Robert Allen	60	M	14	11:06	2:53	8	1:04:08	10	1:18:06	1:48	12	31:13	9	1:51:06
10	3/5	8	Zac Holt	31	M	5	9:12	2:28	10	1:06:22	9	1:18:00	1:20	14	33:59	10	1:53:18
11	6/6	11	Bosco Quigley	47	M	8	9:39	2:11	11	1:11:33	11	1:23:22	1:47	7	29:24	11	1:54:32
12	1/4	14	Mollie Rutledge	24	F	16	11:39	1:48	13	1:16:26	13	1:29:51	0:17	9	29:44	12	1:59:51
13	4/5	4	Philip Deel	38	M	15	11:16	3:11	12	1:15:31	14	1:29:57	1:01	13	32:19	13	2:03:16
14	2/4	7	Jenna Haimes	25	F	10	9:59	2:07	15	1:20:41	15	1:32:46	0:52	11	31:11	14	2:04:48
15	3/4	12	Blakely Robertson	21	F	12	10:04	1:43	14	1:16:27	12	1:28:12	1:12	15	35:52	15	2:05:15
16	4/4	9	Savannah McCord	23	F	6	9:25	2:12	18	1:30:35	17	1:42:10	0:43	17	39:59	16	2:22:52
17	5/5	5	Jason Dowd	36	M	17	11:39	3:23	17	1:23:28	16	1:38:29	1:17	19	48:57	17	2:28:42
18	2/2	13	Jose Rodriguez	62	M	22	25:07	2:00	16	1:22:39	18	1:49:45	1:39	20	49:48	18	2:41:10
19	2/4	19	Erin Jurich-Finney	38	F	11	10:04	3:49	21	1:50:15	19	2:04:07	2:13	16	38:56	19	2:45:15
20	1/1	18	Patti Turpin	60	F	20	13:31	4:08	22	1:57:03	22	2:14:41	1:22	18	40:38	20	2:56:41
21	3/4	10	Debra McCown	34	F	19	13:27	3:35	20	1:49:02	21	2:06:03	0:56	21	52:35	21	2:59:33
22	4/4	3	Katie Dawson	37	F	21	19:28	1:11	19	1:44:28	20	2:05:06	1:04	22	1:00:07	22	3:06:17