

IRON NUT TRIATHLON
AUGUST 11, 2018
HARRY L. COOMES RECREATION CENTER, ABINGDON, VA

Place	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	1/9	3	Greg Comforth	45	M	5	8:36	1:29	2	54:33	2	1:04:38	0:28	2	23:04	1	1:28:08
2	2/9	31	Hans Stamberg	43	M	13	9:24	0:36	4	56:34	3	1:06:33	0:44	4	24:04	2	1:31:21
3	3/9	4	Ron Manis	52	M	4	8:28	0:21	5	59:03	5	1:07:51	0:31	3	23:36	3	1:31:58
4	4/9	13	Greg Meade	46	M	6	8:44	1:00	1	54:12	1	1:03:55	1:12	8	27:21	4	1:32:27
5	5/9	9	Chad Green	45	M	18	10:04	1:03	3	55:41	4	1:06:47	0:39	6	25:14	5	1:32:39
6	6/9	21	Scott Sikes	40	M	22	10:18	1:55	8	1:05:25	9	1:17:37	0:24	1	22:58	6	1:40:59
7	1/4	18	Caleb Roark	25	M	12	9:24	0:45	6	1:02:22	6	1:12:29	0:22	11	29:36	7	1:42:26
8	2/4	34	Benjamin Tolton	25	M	19	10:05	1:44	12	1:07:38	13	1:19:26	0:18	5	24:12	8	1:43:55
9	RELAY	32	Barbara Stambery			2	7:39	0:21	10	1:07:13	7	1:15:11	0:20	12	30:36	9	1:46:06
10	1/4	1	Nathan Berg	31	M	14	9:38	1:43	9	1:05:30	8	1:16:50	1:05	10	28:32	10	1:46:26
11	3/4	36	Blake Watson	29	M	1	7:31	0:39	17	1:10:19	11	1:18:28	0:30	9	27:32	11	1:46:29
12	1/6	14	Kelly Mitchell	35	F	7	8:52	1:19	15	1:09:53	15	1:20:03	1:17	14	30:52	12	1:52:12
13	RELAY	35	Linda Maidens						16	1:10:15	16	1:20:29	0:32	15	31:12	13	1:52:12
14	1/2	33	Robert Allen	61	M	25	11:20	3:09	7	1:04:55	12	1:19:24	1:29	20	33:27	14	1:54:18
15	1/3	19	Tabby Robinette	25	F	26	11:43	1:25	20	1:15:09	21	1:28:17	0:09	7	26:37	15	1:55:01
16	7/9	15	Brian Newberry	41	M	15	9:41	0:53	14	1:09:18	14	1:19:51	1:07	21	34:08	16	1:55:05
17	2/3	10	Anna Hawkins	28	F	16	9:43	2:06	18	1:10:22	17	1:22:10	0:20	18	32:44	17	1:55:13
18	2/6	5	Jenni Day	37	F	23	10:36	1:03	19	1:11:28	18	1:23:06	0:55	17	32:39	18	1:56:39
19	2/4	12	David Magee	36	M	29	12:54	2:10	13	1:09:15	19	1:24:19	0:31	19	33:25	19	1:58:14
20	4/4	16	Preston Pionk	28	M	3	7:58	1:47	21	1:15:26	20	1:25:10	0:16	27	36:42	20	2:02:07
21	3/4	37	Tony Branson	38	M	28	12:40	1:39	25	1:18:41	26	1:32:59	0:59	16	32:03	21	2:06:00
22	8/9	2	Matthew Bundy	45	M	11	9:18	1:48	24	1:18:16	22	1:29:21	1:59	24	35:11	22	2:06:30
23	3/3	29	Susan Wiley	29	F	21	10:15	1:44	23	1:17:29	23	1:29:28	0:59	26	36:15	23	2:06:41
24	4/4	6	Philip Deel	39	M	24	10:49	1:42	26	1:19:07	25	1:31:36	0:53	22	34:19	24	2:06:47
25	3/6	28	Gail Wiley	34	F	8	8:55	1:43	27	1:19:34	24	1:30:11	0:22	30	40:22	25	2:10:55
26	4/6	7	Jenna Dereus	34	F	27	12:12	5:02	22	1:17:24	27	1:34:38	1:48	25	35:37	26	2:12:03
27	5/6	8	Nicole Fields	36	F	17	9:55	1:37	29	1:30:34	29	1:42:05	0:22	13	30:50	27	2:13:16
28	1/2	30	Sharon Witonsky	51	F	20	10:15	2:06	28	1:26:19	28	1:38:39	3:04	29	39:47	28	2:21:29
29	6/6	11	Erin Jurich-Finney	38	F	10	9:08	2:40	30	1:30:49	30	1:42:37	1:43	28	37:26	29	2:21:44
30	9/9	20	Gary Rose	44	M	31	18:30	2:27	31	1:50:24	31	2:11:20	0:40	23	34:41	30	2:46:40
31	1/1	26	Patti Turpin	61	F	30	12:59	4:10	32	2:00:25	32	2:17:33	0:59	31	44:38	31	3:03:09
32	2/2	23	Charles Sprinkle	55	M	32	26:11	6:18	34	2:02:57	33	2:35:26	2:52	32	51:37	32	3:29:53
33	2/2	22	Brenda Sprinkle	48	F	33	26:25	6:20	33	2:02:41	34	2:35:26	3:14	33	51:38	33	3:30:16
34		17	Bosco Quigley			9	8:56	1:34	11	1:07:23	10	1:17:53					