



IRON NUT TRIATHLON

Saturday, May 21, 2016

HARRY L. COOMES RECREATION CENTER, ABINGDON, VA

Place	Place in Division	NO.	NAME	AGE	Gender	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	1/2	26	Ronnie Manis	50	M	5	8:34	0:34	3	59:50	3	1:08:58	0:39	1	22:31	1	1:32:07
2	1/1	15	Caleb Roark	23	M	2	8:09	0:42	1	56:56	1	1:05:46	0:28	5	26:38	2	1:32:51
3	1/3	28	Greg Meade	44	M	6	8:55	0:44	2	57:40	2	1:07:18	0:56	4	26:10	3	1:34:24
4	1/1	25	Curtis Brumit	27	M	9	9:02	0:38	4	1:02:35	4	1:12:14	1:13	2	24:22	4	1:37:47
5	1/3	42	Aaron Whitley	38	M	4	8:31	0:51	6	1:04:12	5	1:13:33	0:46	9	29:57	5	1:44:15
6	1/2	1	Robert Allen	59	M	16	10:32	3:25	5	1:03:53	6	1:17:49	2:00	8	29:41	6	1:49:29
7	RELAY	24	Jared Lovett			1	5:54	0:29	15	1:17:59	11	1:24:21	0:19	3	24:54	7	1:49:33
8	1/1	8	Scott Davis	48	M	8	8:57	1:05	9	1:08:15	7	1:18:16	1:02	11	30:55	8	1:50:12
9	2/2	2	Jeff Bauseman	52	M	12	9:51	2:25	7	1:06:32	9	1:18:47	1:22	10	30:44	9	1:50:52
10	1/3	9	Mary Dawson	36	F	10	9:03	3:52	10	1:09:13	10	1:22:08	2:02	12	31:49	10	1:55:58
11	1/1	36	Weston Peters	32	M	11	9:41	2:08	8	1:06:54	8	1:18:43	3:18	16	34:51	11	1:56:51
12	RELAY	30	Risa Clark						13	1:13:38	14	1:29:01	0:19	6	28:25	12	1:57:44
13	2/2	5	Ken Crapps	56	M	19	12:04	4:28	11	1:11:25	13	1:27:56	2:02	15	33:33	13	2:03:30
14	1/3	7	Lisa Davis	49	F	20	12:06	1:42	12	1:13:12	12	1:26:58	1:49	17	35:28	14	2:04:15
15	2/3	27	Travis Green	43	M	26	16:07	2:12	14	1:15:15	17	1:33:33	2:58	7	28:31	15	2:05:01
16	2/3	11	Philip Deel	37	M	22	12:33	2:52	17	1:19:58	18	1:35:21	1:35	13	32:00	16	2:08:55
17	RELAY	29	Thomas Vordendahl			15	10:23	1:06	18	1:20:34	16	1:32:02	0:37	20	37:03	17	2:09:42
18	2/3	10	Jenni Day	35	F	14	10:11	0:51	16	1:18:31	15	1:29:33	1:20	21	39:29	18	2:10:21
19	2/3	13	Lee Hitch	45	F	13	10:08	3:11	19	1:24:43	19	1:38:01	0:58	18	36:04	19	2:15:02
20	3/3	4	Matthew Bundy	43	M	7	8:55	2:18	22	1:31:10	21	1:42:22	1:25	14	32:15	20	2:16:01
21	3/3	6	Joanne Davenport	45	F	18	11:52	3:13	20	1:24:54	20	1:39:58	0:58	25	43:31	21	2:24:26
22	1/1	23	Candy Habich	60	F	24	13:07	3:55	21	1:27:36	22	1:44:37	3:24	23	39:55	22	2:27:55
23	3/3	22	Stephanie Yoder	37	F	21	12:06	2:55	24	1:34:18	24	1:49:18	1:23	24	40:33	23	2:31:13
24	1/1	18	Wallace Street	75	M	25	15:56	2:48	25	1:36:41	25	1:55:24	1:03	22	39:53	24	2:36:18
25	3/3	12	Jason Dowd	35	M	17	11:47	3:26	23	1:33:53	23	1:49:05	1:10	26	48:59	25	2:39:13
26	RELAY	3	Kelly Bremner			23	12:55	0:45	27	1:55:02	27	2:08:41	1:08	19	36:49	26	2:46:36
27	1/1	16	Cynthia Seeling	55	F	3	8:20	4:35	26	1:52:12	26	2:05:06	1:08	27	57:15	27	3:03:28