

The Annual Triathlon ACAT Final Results

Start Time: Saturday, August 24, 2013 7:00:00 AM

Saturday, August 24, 2013 3:05:19 PM

Overall by Distance: Sprint

PI	No	Name	Representing	Division	400 M Swim	min/100m	PI	T1	13.5 Mile Bike	MPH	PI	T2	3.1 Mile Run	min/mi	PI	Penalty	Total Time
1	146	RUNYON, Gabe		Male Overall Champion	6:20.066	1:35.0	1	0:41.956	36:05.925	22.4	1	0:29.406	19:33.528	6:18.6	2	0:00.000	1:03:10.8
2	113	ZOUGHAI, William	ST. GENEVIEVE MO	M 19 & under	6:46.538	1:41.6	2	0:46.039	36:35.351	22.1	2	0:31.961	19:47.864	6:23.2	3	0:00.000	1:04:27.7
3	134	DUNCAN-CAUBLE-D...	CAPE GIRARDEAU MO	TEAM	8:05.263	2:01.3	11	0:58.753	37:46.650	21.4	5	0:37.605	21:26.977	6:55.2	5	0:00.000	1:08:55.2
4	121	FRANKLIN-ALDRIDGE...	CAPE GIRARDEAU MO	TEAM	7:12.292	1:48.1	3	0:53.943	42:21.858	19.1	14	0:37.679	18:06.224	5:50.4	1	0:00.000	1:09:11.9
5	130	ROTH, Todd	CAPE GIRARDEAU MO	M 30-39	7:16.649	1:49.2	4	0:52.903	37:08.406	21.8	3	0:36.710	23:40.672	7:38.3	8	0:00.000	1:09:35.3
6	118	GRISSOM, Shawn	BENTON MO	M 40-49	7:42.326	1:55.6	9	1:02.889	37:14.609	21.8	4	0:37.547	24:18.419	7:50.5	12	0:00.000	1:10:55.7
7	142	COMBS, Dan		M 30-39	7:35.658	1:53.9	7	1:05.576	39:58.269	20.3	8	1:03.633	22:04.392	7:07.2	6	0:00.000	1:11:47.5
8	137	MEYER, Brian	BENTON MO	M 40-49	9:22.109	2:20.5	22	1:44.339	38:46.266	20.9	7	0:45.642	23:34.730	7:36.4	7	0:00.000	1:14:13.0
9	109	SMITH, Tiffiney	JACKSON MO	Female Overall Champi...	7:38.317	1:54.6	8	1:10.536	41:38.424	19.4	12	0:33.045	24:06.974	7:46.8	9	0:00.000	1:15:07.2
10	138	WILLIAMS, Isaia	POPLAR BLUFF MO	M 19 & under	8:55.066	2:13.8	17	2:29.628	41:41.390	19.4	13	0:53.239	21:25.565	6:54.7	4	0:00.000	1:15:24.8
11	104	MULHOLLAND, Carlen	CAPE GIRARDEAU MO	F 30-39	8:07.965	2:02.0	12	1:08.593	41:33.815	19.5	11	0:40.529	25:06.718	8:06.0	13	0:00.000	1:16:37.6
12	112	ZOUGHAI, Jenya	ST. GENEVIEVE MO	F 19 & under	7:17.617	1:49.4	5	1:13.549	44:12.345	18.3	18	0:47.119	24:17.731	7:50.2	11	0:00.000	1:17:48.3
13	143	ROST, Jeffrey		M 50-59	8:23.151	2:05.8	13	2:20.337	40:33.111	20.0	10	0:57.955	25:56.408	8:22.1	17	0:00.000	1:18:10.9
14	124	RUBI, Rodney	POPLAR BLUFF MO	M 40-49	11:03.586	2:45.9	31	1:44.852	38:28.296	21.1	6	0:55.373	28:21.149	9:08.8	23	0:00.000	1:20:33.2
15	132	BURNS-SUMMERS-RA...	PUXICO MO	TEAM	12:39.145	3:09.8	39	1:16.751	40:15.145	20.1	9	0:47.903	28:25.388	9:10.1	25	0:00.000	1:23:24.3
16	114	JOHNS, Troy	JACKSON MO	M 40-49	9:44.465	2:26.1	26	1:44.460	45:20.671	17.9	20	1:05.016	25:56.271	8:22.0	16	0:00.000	1:23:50.8
17	108	HERVOYAVICH, Ashley	SIKESTON MO	F 30-39	10:56.763	2:44.2	30	1:55.992	43:01.773	18.8	15	1:15.036	27:14.919	8:47.4	19	0:00.000	1:24:24.4
18	122	VITALE, Jeff	POPLAR BLUFF MO	M 50-59	9:28.617	2:22.2	23	3:09.798	43:17.377	18.7	17	2:21.796	28:09.654	9:05.0	21	0:00.000	1:26:27.2
19	115	PICKARD, Mark	MALDEN MO	M 30-39	9:10.251	2:17.6	20	1:44.240	45:26.402	17.8	21	0:52.162	29:38.310	9:33.6	29	0:00.000	1:26:51.3
20	116	PICKARD, Brian	CAPE GIRARDEAU MO	M 40-49	8:47.663	2:11.9	16	3:10.061	43:05.093	18.8	16	1:43.811	31:17.314	10:05.6	36	0:00.000	1:28:03.9
21	110	LECKIE, Joe	JACKSON MO	M 30-39	7:58.571	1:59.6	10	2:21.949	46:21.384	17.5	22	1:10.017	30:31.912	9:50.9	32	0:00.000	1:28:23.8
22	148	KENNEDY, Heather		F 30-39	11:03.588	2:45.9	32	3:15.416	48:28.125	16.7	26	1:58.220	25:57.052	8:22.3	18	0:00.000	1:30:42.4
23	107	CROY, Gary	POPLAR BLUFF MO	M 50-59	10:03.550	2:30.9	27	3:58.376	50:28.610	16.1	31	2:14.512	24:13.350	7:48.8	10	0:00.000	1:30:58.3
24	103	HART, Dena	HARVIELL MO	F 40-49	8:37.267	2:09.3	15	3:08.551	50:33.942	16.0	32	1:03.041	28:58.431	9:20.8	28	0:00.000	1:32:21.2
25	123	LINDSLEY, Ryan	JACKSON MO	M 30-39	7:22.302	1:50.6	6	6:06.169	47:58.456	16.9	25	1:37.409	29:39.894	9:34.2	31	0:00.000	1:32:44.2
26	127	DOVER, Chris	WAPPAPELLO MO	M 20-29	11:37.391	2:54.3	35	1:50.784	47:56.335	16.9	24	1:41.139	29:38.711	9:33.8	30	0:00.000	1:32:44.3
27	125	BRAWLEY, Michael	ELLINGTON MO	M 20-29	9:07.015	2:16.8	19	2:46.924	51:51.093	15.6	35	0:43.319	28:22.813	9:09.3	24	0:00.000	1:32:51.1
28	144	MOSLEY, Billy		M 30-39	12:09.597	3:02.4	37	1:52.290	49:57.610	16.2	30	1:26.152	27:51.356	8:59.1	20	0:00.000	1:33:17.0
29	131	RIDER-MILAM-NULL	WAPPAPELLO MO	TEAM	9:41.369	2:25.3	25	1:07.223	51:09.354	15.8	34	0:40.595	31:14.084	10:04.5	35	0:00.000	1:33:52.6
30	133	DOHOGNE-SWINFOR...	CHAFFEE MO	TEAM	11:31.235	2:52.8	34	1:38.316	52:09.513	15.5	37	0:43.317	28:11.049	9:05.5	22	0:00.000	1:34:13.4
31	128	FOSTER, Shannon		M 40-49	9:16.512	2:19.1	21	2:42.262	49:47.702	16.3	29	0:56.953	31:41.691	10:13.4	37	0:00.000	1:34:25.1
32	106	SELF, Jared	SIKESTON MO	M 30-39	16:05.359	4:01.3	43	1:24.824	50:42.533	16.0	33	1:16.735	25:20.323	8:10.4	14	0:00.000	1:34:49.7
33	139	POTTER-SILVESTER-J...	PIEDMONT MO	TEAM	8:31.616	2:07.9	14	0:55.059	59:31.746	13.6	43	0:36.894	25:40.161	8:16.8	15	0:00.000	1:35:15.4
34	119	SWINFORD, Blaine	CHAFFEE MO	M 30-39	10:34.841	2:38.7	28	4:53.520	47:52.412	16.9	23	1:40.487	30:53.556	9:57.9	34	0:00.000	1:35:54.8
35	145	MOORE, Tyler		M 20-29	9:31.524	2:22.9	24	4:28.985	52:03.499	15.6	36	1:46.375	28:58.357	9:20.8	27	0:00.000	1:36:48.7
36	120	CRAYTON, Rick	POPLAR BLUFF MO	M 50-59	12:36.796	3:09.2	38	2:43.449	44:37.542	18.1	19	2:20.553	37:02.125	11:56.8	41	0:00.000	1:39:20.4
37	135	CIVILI, Matt	POPLAR BLUFF MO	M 50-59	10:48.661	2:42.2	29	4:11.838	54:19.578	14.9	40	1:22.879	28:41.666	9:15.4	26	0:00.000	1:39:24.6
38	140	STOTTS, Laura	ZALMA MO	F 40-49	12:02.918	3:00.7	36	3:07.458	52:20.493	15.5	38	1:10.792	32:39.994	10:32.3	38	0:00.000	1:41:21.6
39	126	RAUM, Larae	FARMINGTON MO	F 30-39	11:14.086	2:48.5	33	2:29.424	55:13.304	14.7	41	1:46.641	30:42.623	9:54.4	33	0:00.000	1:41:26.0
40	105	SCHALK, Eric	POPLAR BLUFF MO	M 40-49	13:15.137	3:18.8	40	2:54.871	49:21.745	16.4	28	1:38.528	40:17.264	12:59.8	43	0:00.000	1:47:27.5
41	129	ZARICOR, Marisa	FARMINGTON MO	F 30-39	8:57.953	2:14.5	18	3:10.994	57:30.321	14.1	42	2:11.090	36:37.923	11:49.0	40	0:00.000	1:48:28.2
42	102	THOMPSON, Buzz	JACKSON MO	M 60+	13:17.508	3:19.4	41	4:44.282	48:57.597	16.5	27	2:56.648	39:21.384	12:41.7	42	0:00.000	1:49:17.4
43	117	CUMMINGS, Kara	POPLAR BLUFF MO	F 30-39	15:12.817	3:48.2	42	4:08.723	52:54.273	15.3	39	2:04.655	35:00.149	11:17.5	39	0:00.000	1:49:20.6

* indicates adjustments applied, see last page for details