

Full Overall Results

Place	Bib Name	Gender	Swim			Transition to Bike			Bike			Transition to Run			Run					
			Time	Pace	Cumulative	Time	Pace	Cumulative	Time	Pace	Cumulative	Time	Pace	Cumulative	Time	Pace	Cumulative			
			State	City	SC	NC	VA	MD	NC	VA	MD	NC	VA	MD	NC	VA	MD	NC	VA	
1	966 Steve Croucher	M	17:43.70	28:32	17:43.70	28:32	18:05.99	00:22.29	1:35:47.54	9.3 mph	1:17:41.55	11 mph	1:36:31.36	00:43.82	2:07:15.38	6:43	30:44.01	7:37	2:07:15.38	6:43
2	1231 Charlie Smoak	M	17:03.52	27:27	17:03.52	27:27	17:48.62	00:45.09	1:43:53.08	8.6 mph	1:26:04.46	10 mph	1:44:37.44	00:44.35	2:14:31.51	7:06	29:54.06	7:24	2:14:31.51	7:06
3	989 Bull Herndon	M	25:35.67	41:11	25:35.67	41:11	28:03.73	02:28.05	1:49:13.01	8.2 mph	1:21:09.28	10.6 mph	1:51:14.38	02:01.37	2:25:54.56	7:42	34:40.17	8:35	2:25:54.56	7:42
4	1211 AJ Petrillo	M	23:08.22	37:14	23:08.22	37:14	24:05.98	00:57.76	1:53:23.98	7.9 mph	1:29:18.00	9.6 mph	1:53:53.54	00:29.55	2:30:21.54	7:56	36:28.00	9:02	2:30:21.54	7:56
5	1221 Conall Monahan	M	20:06.39	32:22	20:06.39	32:22	21:42.82	01:36.42	1:59:29.12	7.5 mph	1:37:46.30	8.8 mph	2:01:04.99	01:35.87	2:32:50.46	8:04	31:45.47	7:52	2:32:50.46	8:04
6	977 Chris Foster	M	25:08.64	40:28	25:08.64	40:28	26:10.35	01:01.71	1:53:07.30	7.9 mph	1:26:56.94	9.9 mph	1:53:56.41	00:49.10	2:32:52.40	8:04	38:55.99	9:38	2:32:52.40	8:04
7	1238 Jonathan van der Merwe	M	20:30.56	33:00	20:30.56	33:00	22:27.36	01:56.79	1:53:08.49	7.9 mph	1:30:41.13	9.5 mph	1:53:59.03	00:50.53	2:33:35.03	8:06	39:36.00	9:48	2:33:35.03	8:06
8	1242 Sam Woodrum	M	23:40.37	38:06	23:40.37	38:06	24:42.02	01:01.65	1:54:28.29	7.8 mph	1:29:46.26	9.6 mph	1:54:57.21	00:28.92	2:34:58.02	8:11	40:00.81	9:54	2:34:58.02	8:11
9	951 David Allsopp	M	20:38.05	33:12	20:38.05	33:12	21:31.55	00:53.49	1:57:51.58	7.6 mph	1:36:20.03	8.9 mph	1:58:27.13	00:35.54	2:34:58.29	8:11	36:31.16	9:14	2:34:58.29	8:11
10	1000 Katja Krenn	F	20:47.54	33:28	20:47.54	33:28	21:34.69	00:47.15	1:57:47.56	7.6 mph	1:36:12.86	8.9 mph	1:58:12.09	00:24.53	2:35:28.13	8:12	37:16.03	9:10	2:35:28.13	8:12
11	956 Milkey Benes	M	24:33.38	39:31	24:33.38	39:31	26:17.76	01:44.37	1:57:36.17	7.6 mph	1:31:18.41	9.4 mph	1:58:30.47	00:54.30	2:37:46.47	8:20	39:15.99	9:43	2:37:46.47	8:20
12	1255 Michael Mauher	M	20:54.15	33:38	20:54.15	33:38	22:12.87	01:18.71	2:05:10.06	7.1 mph	1:42:57.19	8.3 mph	2:06:11.29	01:01.23	2:39:29.77	8:25	33:18.48	8:15	2:39:29.77	8:25
13	1254 Ethan Carrigan	M	23:04.07	37:07	23:04.07	37:07	24:59.39	01:55.31	2:07:48.18	7 mph	1:42:48.79	8.3 mph	2:08:32.39	00:44.21	2:40:01.51	8:27	31:29.11	7:48	2:40:01.51	8:27
14	1249 David Duguid	M	22:01.68	35:27	22:01.68	35:27	24:10.92	02:09.24	1:57:45.23	7.6 mph	1:33:34.30	9.2 mph	1:58:57.49	01:12.26	2:40:16.48	8:27	41:18.99	10:14	2:40:16.48	8:27
15	1202 Louis Lapat	M	1:12:01.39	1:55:55	1:12:01.39	1:55:55	1:14:30.21	02:28.82	2:19:31.85	6.4 mph	1:05:01.63	13.2 mph	2:22:03.61	02:31.76	2:45:35.67	8:44	23:32.05	5:50	2:45:35.67	8:44
16	999 Arthur Krenkel	M	26:38.30	42:52	26:38.30	42:52	28:07.83	01:29.53	2:12:14.00	6.8 mph	1:44:06.17	8.2 mph	2:13:39.63	01:25.63	2:50:59.37	9:01	37:19.73	9:15	2:50:59.37	9:01
17	998 MICHAEL KRAYER	M	20:14.78	32:35	20:14.78	32:35	22:46.45	02:31.66	2:08:15.08	7 mph	1:45:28.63	8.1 mph	2:09:28.67	01:13.58	2:56:06.08	9:18	46:37.41	11:33	2:56:06.08	9:18
18	970 Gunnar DeSantis	M	28:30.85	45:53	28:30.85	45:53	32:13.80													
19	1250 Tony Stamper	M	28:30.85	45:53	28:30.85	45:53	32:13.80													
20	961 Matthew Brown	M	25:33.76	41:08	25:33.76	41:08	26:30.36	00:56.59	2:19:46.08	6.4 mph	1:53:15.72	7.6 mph	2:20:25.86	00:39.77	3:04:27.97	9:44	44:02.10	10:54	3:04:27.97	9:44
21	987 Charlie Hepner	M	24:32.06	39:29	24:32.06	39:29	26:12.26	01:40.20	2:23:15.23	6.2 mph	1:57:02.96	7.3 mph	2:24:36.93	01:21.70	3:06:09.51	9:49	41:32.57	10:17	3:06:09.51	9:49
22	1224 Gustavo Salazar	M	32:20.87	52:04	32:20.87	52:04	35:54.87	03:34.00	2:23:27.94	6.2 mph	1:47:33.07	8 mph	2:25:35.51	02:07.56	3:06:28.73	9:50	40:52.62	10:57	3:06:28.73	9:50
23	996 Pouyan Keyvan	M	30:15.49	48:42	30:15.49	48:42	33:13.29	02:57.80	2:14:07.91	6.7 mph	1:40:54.61	8.5 mph	2:15:26.21	01:18.30	3:07:32.87	9:54	45:06.65	12:54	3:07:32.87	9:54
24	996 Jackson Dawson	M	24:28.95	39:24	24:28.95	39:24	25:00.82	00:31.86	2:28:21.75	6 mph	2:03:20.93	7 mph	2:28:41.10	00:19.34	3:08:40.03	9:57	39:58.93	9:54	3:08:40.03	9:57
25	1243 Chadwick Young	M	28:16.14	45:30	28:16.14	45:30	33:20.35	05:04.21	2:24:04.76	6.2 mph	1:50:44.41	7.7 mph	2:26:50.95	02:46.19	3:09:11.05	9:59	42:20.10	10:29	3:09:11.05	9:59
26	1215 Christina Newport	F	26:50.48	43:12	26:50.48	43:12	29:03.24	02:12.76	2:26:43.61	6.1 mph	1:57:40.36	7.3 mph	2:27:38.46	00:54.85	3:09:43.76	10:01	42:05.29	10:25	3:09:43.76	10:01
27	984 Robert Heim	M	29:21.53	47:15	29:21.53	47:15	31:15.82	01:54.28	2:27:35.71	6.1 mph	1:56:19.89	7.4 mph	2:28:49.08	01:13.36	3:11:30.95	10:06	42:41.87	10:34	3:11:30.95	10:06
28	996 Alvin Jear	M	37:55.44	1:01:02	37:55.44	1:01:02	39:55.44	1:01:02	2:27:35.71	5.3 mph	2:08:08.07	6.7 mph	2:48:20.56	00:43.96	3:13:30.82	10:11	24:47.86	10:38	3:13:30.82	10:11
29	955 James Baley	M	36:04.39	58:03	36:04.39	58:03	41:10.05	05:05.65	2:32:27.27	5.9 mph	1:51:17.22	7.7 mph	2:36:46.92	04:19.65	3:18:13.92	10:28	41:26.99	10:16	3:18:13.92	10:28
30	1251 Logan Pettit	M	27:07.53	43:39	27:07.53	43:39	30:46.63	03:39.09	2:32:09.63	5.9 mph	2:01:23.00	7.1 mph	2:33:35.70	01:26.07	3:19:27.33	10:31	45:51.62	11:21	3:19:27.33	10:31
31	1201 Nick LaCross	M	32:21.48	52:05	32:21.48	52:05	32:45.96	00:24.48	2:30:00.84	6 mph	1:57:14.88	7.3 mph	2:33:00.29	02:59.44	3:20:39.27	10:35	47:38.98	11:48	3:20:39.27	10:35
32	995 Wisdom Jzar	M	39:26.41	1:03:28	39:26.41	1:03:28	40:09.99	00:43.58	2:32:58.11	5.8 mph	1:52:48.12	7.6 mph	2:33:31.53	00:33.41	3:23:21.88	10:44	49:50.34	12:20	3:23:21.88	10:44
33	978 Jamie Foster	F	33:10.42	53:23	33:10.42	53:23	34:42.27	01:31.85	2:30:41.35	5.9 mph	1:55:59.08	7.4 mph	2:31:59.18	01:17.83	3:25:33.88	10:51	53:34.69	13:16	3:25:33.88	10:51
34	1204 Jonathan Lowe	M	30:20.96	48:51	30:20.96	48:51	33:40.54	03:19.57	2:22:57.30	6.3 mph	1:49:16.76	7.8 mph	2:26:29.99	03:32.69	3:25:44.63	10:51	59:14.64	14:40	3:25:44.63	10:51
35	976 NICHOLAS FOLEY	M	33:46.08	54:21	33:46.08	54:21	36:56.85	03:10.77	2:38:26.22	5.6 mph	2:01:29.37	7.1 mph	2:42:25.47	03:59.25	3:28:52.80	11:01	46:27.33	11:30	3:28:52.80	11:01
36	959 Michael Binko	M	38:03.54	1:01:15	38:03.54	1:01:15	42:23.75	06:20.21	2:38:12.01	6 mph	1:45:48.25	8.1 mph	2:32:30.28	02:18.27	3:29:49.52	11:04	57:19.23	14:12	3:29:49.52	11:04
37	972 Scotty Enriquez	M	35:42.43	57:28	35:42.43	57:28	40:34.81	04:52.37	2:44:31.51	5.4 mph	2:03:56.70	6.9 mph	2:45:14.43	00:42.92	3:30:45.44	11:07	45:31.01	11:16	3:30:45.44	11:07
38	1241 Colby Wollerscheid	M	32:19.76	52:02	32:19.76	52:02	36:18.77	03:59.00	2:27:43.48	6.1 mph	1:51:24.70	7.7 mph	2:35:32.27	07:48.79	3:35:55.32	11:17	58:23.04	14:27	3:35:55.32	11:17
39	1229 David Silvia	M	37:30.36	1:00:22	37:30.36	1:00:22	40:06.54	02:36.17	2:40:56.99	5.6 mph	2:00:50.45	7.1 mph	2:42:56.04	01:59.05	3:34:03.10	11:18	51:07.06	12:39	3:34:03.10	11:18
40	1245 Chris Walbert	M	27:56.53	44:58	27:56.53	44:58	31:27.89	03:31.36	2:37:29.47	5.7 mph	2:06:01.58	6.8 mph	2:39:48.22	02:18.74	3:35:21.43	11:22	55:33.20	13:45	3:35:21.43	11:22
41	1239 Bubba Watts	M	24:29.51	39:25	24:29.51	39:25	26:37.27	02:07.76	2:27:41.47	6.1 mph	2:01:04.19	7.1 mph	2:29:09.55	01:28.08	3:37:07.56	11:27	50:58.00	16:50	3:37:07.56	11:27
42	1974 Barry Fitzgerald	M	35:49.52	57:39	35:49.52	57:39	38:19.75	02:30.23	2:45:06.34	5.4 mph	2:06:46.58	6.8 mph	2:46:31.13	01:24.79	3:37:47.34	11:30	51:16.20	12:42	3:37:47.34	11:30
43	1208 David Michiels	M	31:06.61	50:04	31:06.61	50:04	32:12.68	01:06.06	2:48:52.99	5.3 mph	2:16:40.31	6.3 mph	2:50:55.68	02:02.68	3:39:36.90	11:35	48:41.22	12:03	3:39:36.90	11:35
44	1252 Valerie Pettit	F	31:07.47	50:05	31:07.47	50:05	35:36.72	04:29.25	2:53:28.25	5.2 mph	2:17:51.43	6.2 mph	2:54:12.43	00:44.18	3:39:56.83	11:36	45:44.39	11:19	3:39:56.83	11:36
45	1226 Jack Scalis	M	27:25.69	44:08	27:25.69	44:08	31:09.88	03:44.19	2:57:37.49	5 mph	2:26:27.61	5.9 mph	2:58:32.81	00:55.32	3:40:19.56	11:38	41:46.74	10:21	3:40:19.56	11:38
46	1214 Wade Nevitt	M	26:11.72	42:09	26:11.72	42:09	26:11.72	05:02.78	2:40:44.41	5.6 mph	2:09:29.90	6.6 mph	2:42:54.31	02:09.89	3:40:39.40	11:39	57:45.09	14:18	3:40:39.40	11:39
47	1240 Andrew Wheeler	M	40:29.94	1:05:11	40:29.94	1:05:11	41:11.62	00:41.67					1:56:03.99		3:40:54.65	11:39	1:44:50.65	25:58	3:40:54.65	11:39
48	984 Matthew Graham	M	26:28.04	42:36	26:28.04	42:36	28:05.16	01:37.12	2:49:47.26	5.3 mph	2:21:42.09	6.1 mph	2:51:31.18	01:43.92	3:41:01.23	11:40	49:30.04	12:15	3:41:01.23	11:40
49	1207 Frank Melvin	M	25:13.43	40:36	25:13.43	40:36	27:37.89	02:24.45	2:38:33.48	5.6 mph	2:10:55.58	6.5 mph	2:40:37.09	02:03.60	3:42:10.79	11:43	1:01:33.70	15:15	3:42:10.79	11:43
50	1235 Mathew Starratt	M	4																	

Place	Bib Name	Gender	Place	City	State	Swim			Transition to Bike			Bike			Run						
						Time (Cumulative)	Pace	Time (Cumulative)	Time	Pace	Time (Cumulative)	Time	Pace	Time (Cumulative)	Time	Pace	Time (Cumulative)	Time	Pace	Time (Cumulative)	
52	1227 James Schwabach	M	48	Williamsburg	VA	40:06.93	1:04:34	41:38.91	01:31.98	2:59:35.14	5 mph	2:17:56.22	6.2 mph	3:00:57.62	01:22.48	3:49:06.91	12:05	48:09.28	11:55:34	9:06.91	12:05
53	958 Alexandre Bierrenbach	M	49	Charlotte	NC	31:46.03	51:07	33:57.79	02:11.76	2:58:48.87	5 mph	2:24:51.07	5.9 mph	3:01:15.86	02:26.99	3:54:02.51	12:21	52:46.65	13:04:35	54:02.51	12:21
54	1205 Tyler Marr	M	50	Davidson	NC	43:04.07	1:09:19	47:35.36	04:31.29	2:48:57.18	5.3 mph	2:01:21.82	7.1 mph	2:52:48.97	03:51.79	3:54:48.03	12:23	1:01:59.06	15:21	3:54:48.03	12:23
55	992 William Irwin	M	51	Asheville	NC	34:00.60	54:44	35:53.47	01:52.87	2:53:49.02	5.1 mph	2:17:55.55	6.2 mph	2:55:41.77	01:52.74	3:54:55.90	12:24	59:14.13	14:40	3:54:55.90	12:24
56	985 Connor Haydon	M	52	Charlotte	NC	28:21.59	45:38	29:51.29	01:29.69	2:52:38.54	5.2 mph	2:22:47.25	6 mph	2:53:21.10	00:42.55	3:56:02.07	12:27	1:02:40.97	15:31	3:56:02.07	12:27
57	1206 Liam McEnroe	M	53	spartanburg	SC	37:04.43	59:40	37:04.43	03:19.52	3:04:53.16	4.8 mph	2:24:29.20	5.9 mph	3:07:34.98	02:41.82	4:00:14.97	12:41	52:39.99	13:02	4:00:14.97	12:41
58	1256 Robert Broce	M	54	Boone	NC	34:08.04	54:56	35:48.01	01:39.96	2:59:50.74	5 mph	2:24:02.73	6 mph	3:05:14.61	05:23.87	4:03:29.40	12:51	58:14.79	14:25	4:03:29.40	12:51
59	1223 Enrique Rios	M	55	Flat Rock	NC	49:37.94	1:19:53	53:09.93	03:31.99	3:06:04.75	4.8 mph	2:12:54.81	6.5 mph	3:07:36.08	01:31.33	4:07:56.79	13:05	1:00:20.70	14:56	4:07:56.79	13:05
60	1228 David Scovel	M	56	Concord	NC	35:41.41	57:26	35:41.41	05:25.81	3:19:44.19	4.5 mph	2:38:36.96	5.4 mph	3:22:54.44	03:10.25	4:09:33.17	13:10	46:38.72	11:33	4:09:33.17	13:10
61	1220 Tyler Parris	M	57	Charlotte	NC	38:06.15	1:01:19	42:25.03	04:18.88	3:17:13.35	4.5 mph	2:34:48.31	5.5 mph	3:18:59.63	01:46.28	4:12:02.53	13:18	53:02.90	13:08	4:12:02.53	13:18
62	1246 Sebastian Valverde	M	58	Charlotte	NC	27:26.15	44:09	29:34.27	02:08.12	2:59:19.56	5 mph	2:29:45.29	5.7 mph	3:00:45.12	01:25.55	4:14:31.54	13:26	1:13:46.41	18:16	4:14:31.54	13:26
63	1203 Daniel Lombardo	M	59	Huntersville	NC	35:50.27	57:41	41:04.33	05:14.05	3:19:50.14	4.5 mph	2:38:45.81	5.4 mph	3:22:54.50	03:04.36	4:16:02.37	13:31	53:07.86	13:09	4:16:02.37	13:31
64	997 scott klein	M	60	Baltimore	MD	38:01.88	1:01:12	42:16.20	04:14.31	3:24:56.29	4.4 mph	2:42:40.09	5.3 mph	3:27:20.30	02:24.01	4:22:30.52	13:51	55:10.22	13:40	4:22:30.52	13:51
65	1248 Caleb Graham	M	61	Kingsport	TN	31:49.86	51:14	31:49.86	01:14.76	3:21:19.71	4.4 mph	2:48:15.08	5.1 mph	3:23:33.81	02:14.10	4:24:22.98	13:57	1:00:49.16	15:04	4:24:22.98	13:57
66	1247 David Graham	M	62	Blountville	TN	31:48.77	51:12	33:04.62	01:17.67	3:30:64.44	4.4 mph	2:48:15.08	5.1 mph	3:23:33.81	02:14.10	4:24:22.98	13:57	1:00:50.10	15:04	4:24:22.98	13:57
67	975 Chandler Fogarty	F	5	Baltimore	MD	42:46.86	1:08:51	44:14.10	01:27.24	3:24:53.53	4.4 mph	2:40:39.42	5.3 mph	3:27:16.65	02:23.12	4:24:59.38	13:59	57:42.72	14:17	4:24:59.38	13:59
68	981 Mark Gonzales	M	63	Charlotte	NC	34:10.05	54:59	41:22.07	07:12.02	3:23:11.00	4.4 mph	2:41:48.93	5.3 mph	3:27:08.20	03:57.19	4:25:00.25	13:59	57:52.05	14:20	4:25:00.25	13:59
69	1225 Juan Salinas	M	64	Garner	NC	35:19.08	56:50	39:50.12	04:31.04	3:31:59.13	4.2 mph	2:52:09.00	5 mph	3:32:53.67	00:54.54	4:39:46.82	14:46	1:06:53.14	16:34	4:39:46.82	14:46
70	1237 Garrett Urash	M	65	Shelby	NC	19:57.58	32:07	21:45.11	01:47.53	3:35:22.39	4.2 mph	3:13:37.28	4.4 mph	3:36:19.68	00:57.28	4:48:16.48	15:13	1:11:56.80	17:49	4:48:16.48	15:13
71	960 Lauren Bottorf	F	6	Hendersonville	NC	45:40.56	1:13:31	48:30.80	02:50.23	3:39:31.20	4.1 mph	2:51:00.39	5 mph	3:41:33.74	02:02.54	4:56:49.91	15:40	1:15:16.16	18:38	4:56:49.91	15:40
72	1217 Danny Olson	M	66	Morganton	NC	41:01.43	1:06:01	46:30.22	05:28.79	3:50:27.62	3.9 mph	3:03:57.39	4.7 mph	3:54:32.59	04:04.97	4:57:33.68	15:42	1:03:01.09	15:36	4:57:33.68	15:42
73	1218 Jessi Olson	F	7	Morganton	NC	41:01.70	1:06:02	46:34.45	05:32.75	3:50:32.12	3.9 mph	3:03:57.66	4.7 mph	3:54:32.90	04:00.78	4:57:34.26	15:42	1:03:01.36	15:36	4:57:34.26	15:42
74	1212 James Moran	M	67	Lancaster	SC	40:20.44	1:04:55	41:43.36	01:22.92	4:13:52.74	3.5 mph	3:32:09.37	4 mph	4:16:11.44	02:18.70	5:03:56.74	16:02	47:45.29	11:49	5:03:56.74	16:02
75	1236 Anna Urash	F	8	Charlotte	NC	46:38.06	1:15:03	49:50.49	03:12.42	3:04:25.46	4.9 mph	2:14:34.97	6.4 mph	3:12:30.68	08:05.22	5:07:59.00	16:15	1:55:28.31	28:35	5:07:59.00	16:15