

2025 Knox County Triathlon and Duathlon

Race Date

June 08, 2025

Overall Results

Female Tri Relay

<u>Place</u>	<u>Name</u>	<u>Bib No</u>	<u>AG Place</u>	<u>Swim</u>		<u>T1</u>		<u>Bike</u>		<u>T2</u>		<u>Run</u>		<u>Total</u>	
				<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Rate</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Time</u>
1	Double Trouble	116	1:F 1-99	2	4:54.2	2:27	0:59.8	1	33:36.5	17.9	0:18.1	2	29:40.0	9:33	1:09:28.4
2	Sweat Sisters	139	2:F 1-99	3	8:33.8	4:17	1:03.8	2	41:53.3	14.3	1:19.7	1	29:26.0	9:28	1:22:16.5
3	Racing For Red	166	3:F 1-99	1	4:36.8	2:18	1:15.4	3	54:19.6	11.0	3:34.8	3	43:55.6	14:08	1:47:42.1

Male Tri Relay

<u>Place</u>	<u>Name</u>	<u>Bib No</u>	<u>AG Place</u>	<u>Swim</u>		<u>T1</u>		<u>Bike</u>		<u>T2</u>		<u>Run</u>		<u>Total</u>	
				<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Rate</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Time</u>
1	Lactic Acid Intolerants	101	1:M 1-99	1	4:54.1	2:27	0:51.9	1	27:08.1	22.1	0:41.7	1	18:44.8	6:02	52:20.4