

Race Date
April 14, 2019

River Valley Duathlon
Age Group Results
Individual

Female Open Winners

Place			Name	City St			Age
Place	Ovall	Bib					
1	5	20	Toby Hummingbird	Coweta OK			49
		5K	1	27:02.0	T1	1	2:03.8
		Bike	1	41:18.2	T2	1	1:34.0
		5K	1	28:21.3	Total	1	1:40:19.4

Male Open Winners

Place			Name	City St			Age
Place	Ovall	Bib					
1	1	18	Curtis Ralston	Fort Smith AR			47
		5K	1	22:48.2	T1	1	1:00.4
		Bike	1	41:42.2	T2	1	0:31.2
		5K	1	22:35.7	Total	1	1:28:37.9

Individual

Male 19 and Under

Place			Name	City St			Age
Place	Ovall	Bib					
1	19	31	Josh Waters	Fort Smith AR			19
		5K	1	30:35.4	T1	1	2:28.0
		Bike	1	47:38.6	T2	1	2:33.9
		5K	1	39:00.4	Total	1	2:02:16.6

Male 30 to 39

Place			Name	City St			Age
Place	Ovall	Bib					
1	16	60	William Doss	Greenwood AR		39	
		5K	3	29:46.2	T1 1	0:39.9	
		Bike	3	51:22.1	T2 1	0:44.4	
		5K	2	32:55.6	Total 1	1:55:28.5	
2	17	16	Jessie McMillan	Van Buren AR		36	
		5K	2	29:06.5	T1 2	1:26.7	
		Bike	1	49:39.1	T2 2	1:02.4	
		5K	3	35:14.9	Total 2	1:56:29.8	
3	20	22	Sam Terry	Fort Smith AR		39	
		5K	1	28:11.3	T1 4	4:02.1	
		Bike	4	55:31.5	T2 4	3:51.3	
		5K	1	31:55.6	Total 3	2:03:32.2	
4	28	10	Andrew Williams	Fort Smith AR		37	
		5K	4	39:12.0	T1 3	3:57.3	
		Bike	2	50:19.0	T2 3	2:33.1	
		5K	4	41:35.9	Total 4	2:17:37.6	

Female 40 to 49

Place			Name	City St			Age
Place	Ovall	Bib					
1	11	34	Tiffany Diaz	Fort Smith AR			43
		5K	1	27:56.5	T1	6	3:02.3
		Bike	1	44:56.7	T2	4	2:23.8
		5K	1	27:16.6	Total	1	1:45:36.0
2	22	50	Rachal Davis	Bentonville AR			48
		5K	2	34:35.9	T1	5	2:43.5
		Bike	4	50:44.6	T2	7	3:42.4
		5K	2	36:46.1	Total	2	2:08:32.7
3	23	26	Karen Kimes	Lavaca AR			46
		5K	7	38:42.0	T1	3	2:06.5
		Bike	2	47:06.1	T2	3	1:57.8
		5K	6	39:15.1	Total	3	2:09:07.7
4	26	39	Jennifer Therrien	Tulsa OK			45
		5K	6	37:24.9	T1	2	1:46.6
		Bike	5	54:44.5	T2	2	1:38.5
		5K	5	38:57.9	Total	4	2:14:32.5

5	27	59	Christine Nolen	Fort Smith AR		44
		5K	3	35:04.9	T1	1 1:31.6
		Bike	6	58:49.1	T2	1 1:25.2
		5K	4	38:26.1	Total	5 2:15:17.0
6	29	13	Michelle Bonds	Fort Smith AR		48
		5K	8	39:16.5	T1	7 3:54.9
		Bike	3	50:20.2	T2	6 2:33.5
		5K	8	41:36.0	Total	6 2:17:41.3
7	31	8	Jennifer Jenkins	Fort Smith AR		49
		5K	5	36:34.1	T1	4 2:14.9
		Bike	7	1:02:10.8	T2	5 2:32.3
		5K	3	37:03.5	Total	7 2:20:35.8
8	33	43	Kimberly Friedman	Sherwood AR		43
		5K	4	36:03.1	T1	8 4:01.6
		Bike	8	1:03:28.8	T2	8 4:19.1
		5K	7	41:28.5	Total	8 2:29:21.3

Male 40 to 49

Place							
Place	Ovall	Bib	Name	City	St	Age	
1	2	11	Jeff Richardson	Greenwood	AR	45	
		5K	1	24:01.5	T1	1	0:41.0
		Bike	3	41:56.6	T2	1	0:24.4
		5K	1	24:01.1	Total	1	1:31:04.7
2	4	23	Jason Mendez	Van Buren	AR	45	
		5K	2	26:13.7	T1	4	1:10.8
		Bike	1	40:30.8	T2	4	0:42.4
		5K	3	27:59.3	Total	2	1:36:37.2
3	8	2	Brandon Ybarra	Fort Smith	AR	41	
		5K	5	27:40.2	T1	3	0:56.9
		Bike	4	42:41.8	T2	2	0:35.9
		5K	7	32:28.3	Total	3	1:44:23.1
4	9	1	Ricky Kilgore	Fort Smith	AR	49	
		5K	6	27:40.8	T1	2	0:49.6
		Bike	5	42:48.2	T2	3	0:36.6
		5K	8	32:28.8	Total	4	1:44:24.1
5	10	37	Chris Linam	Fort Smith	AR	48	
		5K	7	29:01.0	T1	5	1:53.7
		Bike	2	41:37.5	T2	8	2:52.2
		5K	5	29:40.3	Total	5	1:45:04.9
6	12	46	James Hebert	Van Buren	AR	40	
		5K	8	29:28.2	T1	7	2:04.9
		Bike	6	43:43.8	T2	7	1:52.8
		5K	4	29:19.4	Total	6	1:46:29.3
7	13	58	Everett Nolen	Fort Smith	AR	42	
		5K	4	27:13.1	T1	6	2:00.1
		Bike	7	47:23.9	T2	5	1:10.1
		5K	6	30:51.5	Total	7	1:48:38.7

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Age Group Results

Individual

Male 40 to 49

Place			Name	City St			Age
Place	Ovall	Bib					
8	15	51	Craig Mitchell	Van Buren AR			48
		5K	3	T1	8	3:10.1	
		Bike	8	T2	6	1:35.5	
		5K	2	27:25.3	Total	8	1:50:40.8

Female 50 to 59

Place			Name	City St			Age
Place	Ovall	Bib					
1	21	56	Sheri Nicholls	Huntington AR			58
		5K	2	31:58.0	T1	1	1:22.7
		Bike	2	58:11.6	T2	1	0:56.1
		5K	1	31:21.1	Total	1	2:03:49.6
2	25	32	Deirdre Waters	Fort Smith AR			53
		5K	3	36:03.6	T1	3	1:58.0
		Bike	1	53:50.9	T2	2	1:14.8
		5K	2	41:09.5	Total	2	2:14:17.0

Male 50 to 59

Place			Name	City St			Age
Place	Ovall	Bib					
1	3	61	Shawn Hickman	Greenwood AR			52
		5K	2	27:44.9	T1	2	1:10.9
		Bike	2	39:31.8	T2	1	0:43.8
		5K	1	27:24.2	Total	1	1:36:35.8
2	6	30	Tommy Mickelson	Hot Springs AR			59
		5K	3	30:30.0	T1	3	1:11.1
		Bike	1	38:00.4	T2	3	1:00.7
		5K	3	30:59.0	Total	2	1:41:41.3
3	7	67	Lionel Burnett	Fort Smith AR			58
		5K	1	26:33.0	T1	5	2:30.1
		Bike	4	44:15.1	T2	4	1:34.7
		5K	2	27:51.6	Total	3	1:42:44.7
4	14	5	Dwayne Appling	Oklahoma City OK			54
		5K	4	30:42.2	T1	4	1:34.2
		Bike	3	43:41.1	T2	5	2:00.5
		5K	4	31:02.7	Total	4	1:49:00.8
5	24	48	Ron Redding	Paris AR			52
		5K	5	31:54.8	T1	1	0:57.5
		Bike	5	57:01.0	T2	2	0:52.6
		5K	5	39:02.6	Total	5	2:09:48.6
6	32	44	John Mundell	Van Buren AR			59
		5K	6	36:03.1	T1	6	4:08.3
		Bike	6	1:03:24.4	T2	6	4:18.0
		5K	6	41:27.1	Total	6	2:29:21.1

Female 60 to 69

Place			Name	City St			Age
Place	Ovall	Bib					
1	30	38	Joan Ulmer	Fort Smith AR			69
		5K	1	36:34.7	T1	1	2:14.1
		Bike	1	1:02:19.0	T2	1	2:25.7
		5K	1	37:02.0	Total	1	2:20:35.7

Male 70 and Over

Place			Name	City St			Age
Place	Ovall	Bib					
1	18	49	Lloyd Hanning	Fort Smith AR			72
		5K	1	33:58.4	T1	1	3:20.8
		Bike	1	44:20.4	T2	1	2:39.8
		5K	1	35:53.7	Total	1	2:00:13.3