

Virginia Continuous Quintuple ANVIL Triathlon

Updated: 21:00 5 October 2019

Race Category

Bike = 110 Laps Total

Run = 130 Laps Total

Race #	Competitor	Swim	Trans	Bike	Bike start	Bike Lap	Bike Finish	Trans	Run	Run start	Run Lap	Run Finish	Finish	Overall	Placement
18	Paula Heron	8:07:00	0:30:40	65:26:48	8:37:40	110	74:04:28	1:44:06	55:48:31	75:48:34	130	131:37:05	131:37:05	7	3
29	Leslie Holton	10:06:00	0:24:40	62:37:42	10:30:40	110	73:08:22	0:26:00	57:53:41	73:34:22	130	131:28:03	131:28:03	6	2
31	Christina Tabaka	9:07:00	0:59:52	54:29:52	10:06:52	110	64:36:44	0:40:23	60:07:02	65:17:07	130	125:24:09	125:24:09	3	1
32	Mike Kline	9:22:00	0:42:13	62:45:29	10:04:13	110	72:49:42	3:38:25	52:23:57	76:28:07	130	128:52:04	128:52:04	4	3
33	Matt McClellan	8:20:00	0:34:18	59:01:42	8:54:18	110	67:56:00	0:57:02	52:30:57	68:53:02	130	121:23:59	121:23:59	2	2
34	David Seres	8:05:00	0:29:36	51:02:29	8:34:36	110	59:37:05	2:59:41	55:26:44	62:36:46	130	118:03:30	118:03:30	1	1
35	James Wilkes	8:30:00	0:25:50	65:20:22	8:55:50	110	74:16:12	2:31:34	54:11:22	76:47:46	130	130:59:08	130:59:08	5	4

Virginia Triple ANVIL Triathlon

Updated: 21:00 5 October 2019

Race Category

Bike = 66 Laps Total

Run = 78 Laps Total

Race #	Competitor	Swim	Trans	Bike	Bike start	Bike Lap	Bike Finish	Trans	Run	Run start	Run Lap	Run Finish	Finish	Overall	Placement
102	Nancy Clinkenbeard	4:51:00	0:17:38	24:31:14	5:08:38	66	29:39:52	0:33:06	24:05:30	30:12:58	78	54:18:28	54:18:28	1	1
103	Colleen Wilcox	4:18:00	0:26:56	27:29:57	4:44:56	66	32:14:53	0:16:18	24:49:16	32:31:11	78	57:20:27	57:20:27	4	3
104	Danielle Winkler	5:04:00	0:25:26	25:09:36	5:29:26	66	30:39:02	0:18:52	24:52:13	30:57:54	78	55:50:07	55:50:07	2	2
106	David Daniels	4:30:00	0:33:43	26:14:55	5:03:43	66	31:18:38	1:05:49	24:11:42	32:24:27	78	56:36:09	56:36:09	3	1
107	Neil Hershman	4:52:00	0:23:39	22:33:40	5:15:39	66	27:49:19	0:11:18	15:48:24	28:00:37	43	43:49:01	DNF		
108	Frank Judge	4:56:00	0:25:11	26:44:34	5:21:11	66	32:05:45	0:14:23	24:52:22	32:20:08	78	57:12:30	57:12:30	5	2

Neil Hershman had his knee go out on him

Virginia Double ANVIL Triathlon

Updated: 21:00 5 October 2019

Race Category

Bike = 44 Laps Total

Run = 52 Laps Total

Race #	Competitor	Swim	Trans	Bike	Bike start	Bike Lap	Bike Finish	Trans	Run	Run start	Run Lap	Run Finish	Finish	Overall	Placement
603	Alicia Light	3:20:00	0:23:16	15:16:21	3:43:16	44	18:59:37	0:24:27	14:42:05	19:24:04	52	34:06:09	34:06:09	5	2
604	Kathy Roche-Wallace	2:41:00	0:14:25	13:26:45	2:55:25	44	16:22:10	0:13:04	15:57:15	16:35:14	52	32:32:29	32:32:29	4	1
605	Josh Kiecker	2:44:00	0:24:54	12:51:39	3:08:54	44	16:00:33	0:16:06	11:58:05	16:16:39	52	28:14:44	28:14:44	1	1
606	David Light	2:16:00	0:15:53	14:00:10	2:31:53	44	16:32:03	0:15:13	17:18:56	16:47:16	52	34:06:12	34:06:12	6	3
608	Marco Aurelio Rueda	2:56:00	0:21:49	13:09:14	3:17:49	44	16:27:03	0:16:18	14:24:10	16:43:21	52	31:07:31	31:07:31	3	2
609	Jeff Wamser	2:32:00	0:14:11	7:22:39	2:46:11	22	10:08:50	DNF	0:00:00				0:00:00	DNF	DNF
610	Team Heroin Is Cheaper	3:38:00	0:09:57	14:25:18	3:47:57	44	18:13:15	0:01:46	11:51:11	18:15:01	52	30:06:12	30:06:12	2	1

Team Heroin Is Cheaper
 Rachel L'Heureux, Jordan Smith, Mercedes Sawin

Jeff Wamser ~ DNF....was having knee issue and nutrition, has a Mexico Triple Ultra in a few weeks so dropping to do just a Anvil Plus for training

Virginia ANVIL and Half ANVIL Triathlon

Updated: 09:30 5 October 2019

ANVIL Distance

Bike = 22 Laps Total

Run = 26 Laps Total

Race #	Competitor	Swim	Trans	Bike	Bike start	Bike Lap	Bike Finish	Trans	Run	Run start	Run Lap	Run Finish	Finish
1017	Will Turner Day 1	1:23:00	0:15:49	7:07:16	1:38:49	22	8:46:05	0:19:58	5:54:33	9:06:03	26	15:00:36	15:00:36
105	Chris Brennan Day 2	1:20:00	0:15:21	7:20:34	1:35:21	22	8:55:55	0:15:12	6:05:56	9:11:07	26	15:17:03	15:17:03
105	Chris Brennan Day 3	1:32:00	0:26:45	8:20:16	1:58:45	22	10:19:01	0:34:58	6:03:38	10:53:59	26	16:57:37	16:57:37
105	Chris Brennan Day 4	1:33:00	0:34:39	7:53:00	2:07:39	22	10:00:39	0:37:13	5:59:25	10:37:52	26	16:37:17	16:37:17
1013	Siobhan Maize Day 5	1:07:00	0:14:59	6:20:08	1:21:59	22	7:42:07	0:20:16	4:27:13	8:02:23	26	12:29:36	12:29:36
1016	Jen Moore Day 5	2:26:00	0:20:03	9:05:04	2:46:03	22	11:51:07	0:05:40	9:55:02	11:56:47	26	21:51:49	21:51:49
1017	Will Turner Day 5	1:20:00	0:21:31	7:10:54	1:41:31	22	8:52:25	0:16:14	5:45:01	9:08:39	26	14:53:40	14:53:40

Half ANVIL Distance

Bike = 11 Laps Total

Run = 13 Laps Total

Race #	Competitor	Swim	Trans	Bike	Bike start	Bike Lap	Bike Finish	Trans	Run	Run start	Run Lap	Run Finish	Finish
	Jack Hershman	0:57:06	0:19:00	3:53:57	1:16:06	11	5:10:03	0:07:05	3:51:12	5:17:08	13	9:08:20	9:08:20
			0:00:00	0:00:00				0:00:00	0:00:00				0:00:00

Virginia 1x5 Quintuple ANVIL Triathlon Day One

Updated: 22:00 30 September 2019

Race

Category

Bike = 22 Laps Total

Run = 26 Laps Total

Race #	Competitor	Swim	Trans	Bike	Bike start	Bike Lap	Bike Finish	Trans	Run	Run start	Run Lap	Run Finish	Finish
36	Drew Holton	1:13:00	0:07:28	5:53:26	1:20:28	22	7:13:54	0:00:43	5:36:34	7:14:37	26	12:51:11	12:51:11
37	Paul Bedard	1:17:00	0:18:08	6:59:00	1:35:08	22	8:34:08	0:00:10	5:24:09	8:34:18	26	13:58:27	13:58:27
			0:00:00	0:00:00				0:00:00	0:00:00				0:00:00
			0:00:00	0:00:00				0:00:00	0:00:00				0:00:00
			0:00:00	0:00:00				0:00:00	0:00:00				0:00:00
			0:00:00	0:00:00				0:00:00	0:00:00				0:00:00

Virginia 1x5 Quintuple ANVIL Triathlon Day Two

Updated: 21:00 1 October 2019

Race

Category

Bike = 22 Laps Total

Run = 26 Laps Total

Race #	Competitor	Swim	Trans	Bike	Bike start	Bike Lap	Bike Finish	Trans	Run	Run start	Run Lap	Run Finish	Finish
36	Drew Holton	1:19:00	0:09:50	6:46:00	1:28:50	22	8:14:50	0:00:28	8:11:18	8:15:18	26	16:26:36	16:26:36
37	Paul Bedard	1:15:00	0:26:07	7:04:41	1:41:07	22	8:45:48	0:23:00	5:05:08	9:08:48	26	14:13:56	14:13:56
			0:00:00	0:00:00				0:00:00	0:00:00				0:00:00
			0:00:00	0:00:00				0:00:00	0:00:00				0:00:00
			0:00:00	0:00:00				0:00:00	0:00:00				0:00:00
			0:00:00	0:00:00				0:00:00	0:00:00				0:00:00

Virginia 1x5 Quintuple ANVIL Triathlon Day Three

Updated: 19:00 2 October 2019

Race

Category

Bike = 22 Laps Total

Run = 26 Laps Total

Race #	Competitor	Swim	Trans	Bike	Bike start	Bike Lap	Bike Finish	Trans	Run	Run start	Run Lap	Run Finish	Finish
36	Drew Holton	1:20:00	0:11:23	7:41:38	1:31:23	22	9:13:01	0:00:44	8:54:00	9:13:45	26	18:07:45	18:07:45
37	Paul Bedard	1:17:00	0:29:42	6:49:57	1:46:42	22	8:36:39	0:22:19	6:37:35	8:58:58	26	15:36:33	15:36:33
			0:00:00	0:00:00				0:00:00	0:00:00				0:00:00
			0:00:00	0:00:00				0:00:00	0:00:00				0:00:00
			0:00:00	0:00:00				0:00:00	0:00:00				0:00:00
			0:00:00	0:00:00				0:00:00	0:00:00				0:00:00

Virginia 1x5 Quintuple ANVIL Triathlon Day Four

Updated: 22:00 3 October 2019

Race

Category

Bike = 22 Laps Total

Run = 26 Laps Total

Race #	Competitor	Swim	Trans	Bike	Bike start	Bike Lap	Bike Finish	Trans	Run	Run start	Run Lap	Run Finish	Finish
36	Drew Holton	1:21:00	0:17:16	7:40:46	1:38:16	22	9:19:02	0:00:52	12:36:42	9:19:54	26	21:56:36	21:56:36
37	Paul Bedard	1:19:00	0:35:46	7:22:52	1:54:46	22	9:17:38	0:31:37	8:05:32	9:49:15	26	17:54:47	17:54:47
			0:00:00	0:00:00				0:00:00	0:00:00				0:00:00
			0:00:00	0:00:00				0:00:00	0:00:00				0:00:00
			0:00:00	0:00:00				0:00:00	0:00:00				0:00:00
			0:00:00	0:00:00				0:00:00	0:00:00				0:00:00

Virginia 1x5 Quintuple ANVIL Triathlon Day Five

Updated: 23:30 4 October 2019

Race

Category

Bike = 22 Laps Total

Run = 26 Laps Total

Race #	Competitor	Swim	Trans	Bike	Bike start	Bike Lap	Bike Finish	Trans	Run	Run start	Run Lap	Run Finish	Finish
36	Drew Holton	1:24:00	0:23:31	7:27:34	1:47:31	22	9:15:05	0:00:45	9:20:11	9:15:50	26	18:36:01	18:36:01
37	Paul Bedard	1:21:00	0:27:53	7:32:36	1:48:53	22	9:21:29	0:42:46	6:39:47	10:04:15	26	16:44:02	16:44:02
			0:00:00	0:00:00				0:00:00	0:00:00				0:00:00
			0:00:00	0:00:00				0:00:00	0:00:00				0:00:00
			0:00:00	0:00:00				0:00:00	0:00:00				0:00:00
			0:00:00	0:00:00				0:00:00	0:00:00				0:00:00