

## TOUGH MUDDER X – PRELIMS

Many of you watched the first of 3 Tough Mudder X Championship episodes on CBS this past Saturday. Some of the biggest names in CrossFit went head-to-head with many of the best OCR athletes and a few high level American Ninja Warrior Athletes in what Tough Mudder calls “The Toughest Mile On The Planet.” Many top-level OCR athletes struggled with the strength training movements, while several big-name CrossFit athletes struggled on various obstacles. All told, there’s no arguing that top level OCR and Cross-Fit athletes are some of the most well-rounded hybrid athletes on the planet.

Episode 1 of TMX contained a mix of race highlights and human-interest stories. This seems to be the formula for almost every OCR-themed TV show in the past. This allows first time viewers the opportunity to quickly learn about many of the competitors. It’s also cool to see what these top athletes do when they’re not racing or training.

As you can imagine, cramming highlights and human-interest stories into a 1-hour TV episode means that a lot of race action was going to be skipped. Each of the 5 women’s and 6 men’s qualifying heats in Virginia, as well as the Sacramento and Miami TMX Opens, were summarized in about 30 seconds each. There just wasn’t enough time to show full race highlights this week. We have a feeling that the next 2 weeks (semi-finals and finals) will feature much longer stretches of uninterrupted race coverage.

*\*Make sure you tune in July 21 & July 28 on CBS to watch the epic semi-finals and finals action.*

If you’re like most, you really want to check out the details. Finishing times for the top-20 qualifiers were shown after each heat, but it was tough to gauge how often there were lead changes, who struggled/dominated certain zones, etc. That’s where Yancy Camp staffer Jack Bauer comes in. Jack is an exceptional OCR athlete who has great knowledge of everything the sport of OCR and other sports have to offer. He can break down race data and statistics in a way that provides viewers with a deep look in to the details of what happened out on course. He is going to provide a 3-part analysis on a ton of data from the TMX Championship, including:

- Lead and position changes throughout the race
- Fastest splits for each zone
- Timing mat splits
- Comparison of CrossFit vs. OCR

We won’t spoil any of the results, so we’ll wait a couple days after the semi-finals and finals have aired on CBS before releasing the breakdown for the remaining two rounds.

Let’s take a look at how the qualifying rounds went down for the men and women.

## Course Map

Before we dive too far into the statistics, here are the timing mat locations that we'll keep referencing:

- 400m – after climbing down from Balls to the Wall (#5)
- 800m – just before climbing up Kong Infinity (#11)
- 1100m – just before #14 on the long running stretch
- 1200m – after Leap of Faith (#15) just before starting the sandbag cleans (#16)
- 1400m – just before Rope-A-Dope (#20)
- Finish line



## Position Changes

Here are the official results for the qualifying heats, in order of finishing time. Each zone referenced above in the course map features several columns:

- Time – how long it took to reach that timing mat after the starting horn went off
- Position – if each of the 6 qualifying heats raced at the same time, what position would they be in at this point
- Change – did the person move ahead (green up arrow), stay the same position (yellow dash), or get passed (red down arrow) since the previous timing mat
- Split time – time it took to complete this zone
- Split rank – how fast their split was in this zone
- Wave – there were 6 separate qualifying heats, so you'll see who raced in the same heat
- You'll also see each person's primary focus in the right-most column.

Take a quick look at the chart below, and then move on, as Jack breaks down the data into a lot more detail in the next few sections. Seriously, don't spend too much time on this, as the next few tables are broken down in different ways that will be eye-opening as to how the race unfolded.

### Chart Key:

- The thicker black line represents the cut-off mark in the qualifying rounds, as only the top-20 advanced to the semifinals.
- Color-coded columns:
  - Blue = fast
  - White = average
  - Red = slow
  - Darker color = very fast/slow

POSITION CHANGES																																		
Racer Info					400m (After BTW)				800m (Before Kong)				1100m (Last Bale Bonds)				1200m (After Leap of Faith)				1400m (Before Rope Climb)				1600m (Finish Line)									
Rank	Bib	Last	First	Cat.	Wave	Timing Mat		Timing Mat		Split		Timing Mat		Split		Timing Mat		Split		Timing Mat		Split		Timing Mat		Split								
						Time	Position	Time	Position	Change	Time	Rank	Time	Position	Change	Time	Rank	Time	Position	Change	Time	Rank	Time	Position	Change	Time	Rank							
1	131	McIntyre	Hunter	M	Q4	03:05.4	5	05:38.1	1	▲ 4	02:32.57	1	07:54.7	1	▲ 0	02:16.6	1	09:00.7	1	▲ 0	01:06.0	2	11:23.7	1	▲ 0	02:23.0	4	12:43.0	1	▲ 0	01:19.53	6	OCR	
2	134	Miraglia	Michael	M	Q6	03:05.3	4	05:52.5	2	▲ 2	02:47.2	3	08:36.3	2	▲ 0	02:43.58	6	09:43.3	2	▲ 0	01:07.0	3	12:26.8	2	▲ 0	02:43.5	9	13:47.5	2	▲ 0	01:20.57	8	OCR	
3	141	Rager	Dakota	M	Q4	03:27.6	21	06:28.4	12	▲ 9	03:00.58	9	09:05.8	8	▲ 4	02:37.4	3	10:17.2	7	▲ 1	01:11.54	6	12:29.3	3	▲ 4	02:12.1	1	13:47.7	3	▲ 0	01:18.4	5	CrossFit	
4	198	Vellner	Patrick	M	Q5	03:21.7	15	06:09.0	6	▲ 9	02:47.53	4	08:40.5	3	▲ 3	02:31.5	2	09:59.4	3	▲ 0	01:18.59	12	12:29.6	4	▼ -1	02:30.2	7	13:53.9	4	▲ 0	01:24.3	17	CrossFit	
5	147	Vidal	Isaiah	M	Q3	03:23.4	16	06:14.0	8	▲ 8	02:50.56	6	08:53.5	6	▲ 2	02:39.5	5	10:15.4	5	▲ 1	01:21.59	17	12:31.9	5	▲ 0	02:16.5	2	13:58.8	5	▲ 0	01:26.59	21	OCR	
6	145	Troyan	Jordan	M	Q3	03:09.2	7	06:11.7	7	▲ 0	03:02.5	12	08:50.9	5	▲ 2	02:39.2	4	10:16.7	6	▼ -1	01:25.58	22	12:36.0	6	▲ 0	02:19.53	3	14:00.5	6	▲ 0	01:24.5	18	CrossFit	
7	125	Kempson	Matthew	M	Q4	03:16.8	13	06:04.9	4	▲ 9	02:48.1	5	08:49.1	4	▲ 0	02:44.52	7	09:59.8	4	▲ 0	01:10.7	5	12:41.5	7	▼ -3	02:41.57	8	14:03.6	7	▲ 0	01:22.1	13	OCR	
8	123	Heppner	Jacob	M	Q2	03:01.6	2	06:05.9	5	▼ -3	03:04.3	14	09:14.4	9	▼ -4	03:08.55	19	10:30.4	9	▲ 0	01:16.0	9	12:58.2	8	▲ 1	02:27.58	6	14:20.2	8	▲ 0	01:22.0	12	CrossFit	
9	196	Hoerner	Streat	M	Q5	03:07.8	6	06:21.7	10	▼ -4	03:13.59	16	09:18.5	10	▲ 0	02:56.58	11	10:43.8	10	▲ 0	01:25.3	20	13:09.7	9	▲ 1	02:25.59	5	14:27.8	9	▲ 0	01:18.1	4	CrossFit	
10	133	Miraglia	Dylan	M	Q5	02:59.8	1	06:02.8	3	▼ -2	03:03.0	13	09:20.9	7	▼ -4	03:01.1	14	10:25.0	8	▼ -1	01:21.51	16	13:10.6	10	▼ -2	02:45.6	10	14:47.1	10	▲ 0	01:36.55	33	OCR	
11	136	Noyce	Bobby	M	Q5	03:13.9	10	06:15.9	9	▲ 1	03:02.0	11	09:20.4	11	▼ -2	03:04.55	16	10:46.7	11	▲ 0	01:26.3	23	13:39.1	11	▲ 0	02:52.54	12	15:00.9	11	▲ 0	01:21.8	10	CrossFit	
12	191	Roesch	Mack	M	Q3	03:02.8	3	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	OCR
13	181	Atkins	Ryan	M	Q1	04:02.6	39	06:54.2	20	▲ 19	02:51.56	7	09:40.5	13	▲ 7	02:46.3	9	10:49.4	12	▲ 1	01:08.59	4	14:28.6	12	▲ 0	03:39.2	25	15:56.9	13	▼ -1	01:28.3	24	OCR	
14	120	Gifford	Beni	M	Q3	03:45.1	26	07:02.6	23	▲ 3	03:17.5	19	09:57.5	17	▲ 6	02:54.59	10	11:17.1	17	▲ 0	01:19.56	14	14:41.5	14	▲ 3	03:24.4	21	16:09.0	14	▲ 0	01:27.55	23	OCR	
15	132	Middendorf	Nolan	M	Q3	03:16.6	12	06:48.3	16	▼ -4	03:31.57	29	10:15.1	22	▼ -6	03:26.58	27	11:39.1	20	▲ 2	01:24.0	19	14:59.1	16	▲ 4	03:20.0	19	16:09.3	15	▲ 1	01:10.2	1	CrossFit	
16	151	Williams	Carter	M	Q6	03:12.7	9	06:26.9	11	▼ -2	03:14.2	17	09:33.8	12	▼ -1	03:06.59	18	10:51.4	13	▼ -1	01:17.56	11	14:40.3	13	▲ 0	03:48.59	28	16:01.0	16	▼ -3	01:20.57	7	CrossFit	
17	188	Ramirez	Shawn	M	Q2	03:24.9	17	06:51.3	17	▲ 0	03:26.54	25	10:14.4	21	▼ -4	03:23.1	25	11:42.0	21	▲ 0	01:27.56	26	14:42.0	15	▲ 6	03:00.0	14	16:14.3	17	▼ -2	01:32.3	30	CrossFit	
18	201	Ranks	Skully	M	Q6	3:55.02	36	07:11.4	25	▲ 11	03:16.2	18	10:12.0	18	▲ 7	03:00.56	13	11:37.7	19	▼ -1	01:25.7	21	15:04.0	18	▲ 1	03:26.53	23	16:34.7	18	▲ 0	01:30.7	28	Navy Seal	
19	150	Wentzel	Daniel	M	Q5	03:42.7	25	07:08.3	24	▲ 1	03:25.56	23	10:30.7	25	▼ -1	03:22.4	23	11:57.8	24	▲ 1	01:27.1	24	15:12.7	19	▲ 5	03:14.59	17	16:35.1	19	▲ 0	01:22.54	14	CrossFit	
20	203	Walrath	Matthew	M	Q6	03:47.2	28	07:14.9	27	▲ 1	03:27.7	27	10:31.1	26	▲ 1	03:16.52	20	12:06.9	27	▼ -1	01:35.8	31	15:29.9	20	▲ 7	03:23.0	20	16:58.1	20	▲ 0	01:28.52	25	CrossFit	
21	107	Bauer	Jack	M	Q6	03:56.4	37	06:58.4	21	▲ 16	03:02.0	10	09:44.5	14	▲ 7	02:46.1	8	10:56.5	14	▲ 0	01:12.0	7	15:39.5	22	▼ -8	04:43.0	38	17:08.0	21	▲ 1	01:28.55	26	OCR	
22	194	McCartney	Grant	M	Q4	03:27.4	19	06:46.6	14	▲ 5	03:19.2	20	09:50.8	15	▼ -1	03:04.2	15	11:07.7	15	▲ 0	01:16.59	10	15:36.7	21	▼ -6	04:29.0	34	17:08.6	22	▼ -1	01:31.59	29	Ninja	
23	200	Russell	Hunter	M	Q6	03:26.3	18	06:46.9	15	▲ 3	03:20.6	21	10:13.8	20	▼ -5	03:26.59	29	11:51.1	23	▼ -3	01:37.53	32	15:57.0	23	▲ 0	04:05.59	31	17:20.3	23	▲ 0	01:23.3	16	OCR	
24	106	Azar	Austin	M	Q5	03:55.1	34	07:15.9	28	▲ 6	03:20.8	22	10:22.2	24	▲ 4	03:06.53	17	11:37.6	18	▲ 6	01:15.4	8	16:14.5	26	▼ -8	04:36.59	37	17:26.7	24	▲ 2	01:12.2	3	OCR	
25	185	Alarie	Joey	M	Q2	03:50.4	30	07:35.4	33	▼ -3	03:45.0	31	10:55.6	28	▲ 5	03:20.2	22	12:25.2	29	▼ -1	01:29.56	28	16:03.3	24	▲ 5	03:38.1	24	17:39.2	25	▼ -1	01:35.59	31	OCR	
26	114	Dancer	Sam	M	Q1	03:41.4	24	08:07.9	39	▼ -15	04:26.5	42	11:52.8	37	▲ 2	03:44.59	32	13:46.1	36	▲ 1	01:53.53	37	16:35.1	28	▲ 8	02:49.0	11	17:56.3	26	▲ 2	01:21.2	9	CrossFit	
27	174	Confer	Mike	M	Q1	03:09.5	8	07:13.9	26	▼ -18	04:04.4	36	11:09.9	31	▼ -5	03:56.0	35	12:30.5	31	▲ 0	01:20.56	15	16:48.6	30	▲ 1	04:18.1	33	17:59.7	27	▲ 3	01:11.1	2	OCR	
28	130	Martirano	Christopher	M	Q5	03:39.6	23	07:36.6	34	▼ -11	03:57.0	35	11:02.1	30	▲ 4	03:25.55	26	12:46.7	32	▼ -2	01:44.6	35	16:35.0	27	▲ 5	03:48.53	27	18:02.8	28	▼ -1	01:27.8	22	CrossFit	
29	189	Smith	Alec	M	Q3	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	CrossFit
30	177	Killian	Robert	M	Q1	04:19.6	44	06:59.6	22	▲ 22	02:40.0	2	09:56.9	16	▲ 6	02:57.3	12	11:16.1	16	▲ 0	01:19.52	13	16:46.9	29	▼ -13	05:30.8	42	18:09.5	30	▼ -1	01:22.56	15	OCR	
31	126	Kinback	Matt	M	Q2	03:48.1	29	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	CrossFit	
32	197	Brown	Austin	M	Q5	04:05.5	40	07:36.9	35	▲ 5	03:31.4	28	10:59.1	29	▲ 6	03:22.52	24	12:26.6	30	▼ -1	01:27.5	25	16:57.1	31	▼ -1	04:30.55	35	18:26.0	32	▼ -1	01:28.59	27	CrossFit	
33	105	Ashcroft	Greg	M	Q1	03:55.2	35	08:05.8	38	▼ -3	04:10.6	38	12:09.2	38	▲ 0	04:03.54	36	14:16.5	38	▲ 0	02:07.3	38	17:12.2	34	▲ 4	02:55.57	13	18:38.8	33	▲ 1	01:26.6	20	CrossFit	
34	128	Magida	David	M	Q4	03:53.3	33	06:54.1	19	▲ 14	03:00.58	8	10:13.6	19	▲ 0	03:19.5	21	11:45.0	22	▼ -3	01:31.54	29	15:03.7	17	▲ 5	03:18.7	18	18:52.3	34	▼ -17	03:48.56	37	OCR	
35	195	Schwartz	Cole	M	Q4	04:05.6	41	07:18.6	29	▲ 12	03:13.0	15	10:45.5	27	▲ 2	03:26.59	28	12:13.4	28	▼ -1	01:27.59	27	17:32.2	36	▼ -8	05:18.58	41	18:58.3	35	▲ 1	01:26.1	19	OCR	
36	112	Craig	Joe	M	Q3	03:27.5	20	06:53.7	18	▲ 2	03:26.2	24	11:16.2	33	▼ -15	04:22.55	39	13:07.6	35	▼ -2	01:51.4	36	17:22.2	35	▲ 0	04:14.56	32	18:58.8	36	▼ -1	01:36.6	32	CrossFit	
37	176	Jones	Brandon	M	Q1	03:15.3	11	06:42.2	13	▼ -2	03:26.59	26	10:15.3	23	▼ -10	03:33.1	30	11:59.3	25	▼ -2	01:44.0	34	17:10.7	33	▼ -8	05:11.4	40	18:58.9	37	▼ -4	01:48.2	35	OCR	
38	175	Cuneo	Luke	M	Q1	03:46.9	27	07:34.2	32	▼ -5	03:47.53	32	11:13.6	32	▲ 0	03:39.4	31	12:05.0	26	▲ 6	00:51.54	1	17:39.6	37	▼ -11	05:34.6	43	19:17.0	38	▼ -1	01:37.54	34	CrossFit	
39	124	Johnston	Ryan	M	Q4	03:50.5	31	07:41.4	37	▼ -6	03:50.59	33	11:46.7	35	▲ 2	04:05.3																		

## Position at End of Zone

On this chart, Jack provides information to help you see the relative placement of everyone at various checkpoints. For instance, Dylan Miraglia was the first person to finish his wall balls during the qualifying round, but at the 400m, Hunter McIntyre took the lead and never looked back. Here are some of Jack's observations after reviewing this data:

- Only one person who went through the first workout zone in the top-10 ended up missing the semi-finals.
- Just five athletes who completed Zone 1 outside the top-20 ended up advancing to the semi-finals.
- Hunter McIntyre's gap between him and 2<sup>nd</sup> place grew slightly after each zone, while the distance between him and those finishing in the late-teens grew significantly after the sandbag zone.
- Four people (including Jack), were in position to make the semi-finals 3/4 through the race but ended up failing to advance after struggling in the sandbag zone.
- There were 13 DNFs in the prelims out of the 51 men who started (25.5%).

POSITION AT END OF ZONE												
Rank	400m (After BTTW)	Behind Lead	800m (Before Kong)	Behind Lead	1100m (Last Bale Bonds)	Behind Lead	1200m (After Leap of Faith)	Behind Lead	1400m (Before Rope Climb)	Behind Lead	1600m (Finish Line)	
1	Dylan Miraglia	02:59.08	Hunter McIntyre	05:38.01	Hunter McIntyre	07:54.07	Hunter McIntyre	09:00.07	Hunter McIntyre	11:23.07	Hunter McIntyre	12:43.00
2	Jacob Heppner	00:01.58	Michael Miraglia	00:14.04	Michael Miraglia	00:41.56	Michael Miraglia	00:42.56	Michael Miraglia	01:03.01	Michael Miraglia	01:04.05
3	Mack Roesch	00:03.00	Dylan Miraglia	00:24.07	Patrick Vellner	00:45.58	Patrick Vellner	00:58.57	Dakota Rager	01:05.56	Dakota Rager	01:04.07
4	Michael Miraglia	00:05.55	Matthew Kempson	00:26.08	Matthew Kempson	00:54.54	Matthew Kempson	00:59.01	Patrick Vellner	01:05.59	Patrick Vellner	01:10.09
5	Hunter McIntyre	00:05.56	Jacob Heppner	00:27.08	Jordan Troyan	00:56.02	Isaiah Vidal	01:14.57	Isaiah Vidal	01:08.02	Isaiah Vidal	01:15.08
6	Streat Hoerner	00:08.00	Patrick Vellner	00:30.59	Isaiah Vidal	00:58.58	Jordan Troyan	01:16.00	Jordan Troyan	01:12.53	Jordan Troyan	01:17.05
7	Jordan Troyan	00:09.54	Jordan Troyan	00:33.06	Dylan Miraglia	01:09.02	Dakota Rager	01:16.55	Matthew Kempson	01:17.58	Matthew Kempson	01:20.06
8	Mike Confer	00:09.57	Isaiah Vidal	00:35.59	Dakota Rager	01:11.01	Dylan Miraglia	01:24.53	Jacob Heppner	01:34.55	Jacob Heppner	01:37.02
9	Carter Williams	00:12.59	Bobby Noyce	00:37.08	Jacob Heppner	01:19.57	Jacob Heppner	01:29.57	Streat Hoerner	01:46.00	Streat Hoerner	01:44.08
10	Bobby Noyce	00:14.01	Streat Hoerner	00:43.06	Streat Hoerner	01:23.58	Streat Hoerner	01:43.01	Dylan Miraglia	01:46.59	Dylan Miraglia	02:04.01
11	Brandon Jones	00:15.55	Carter Williams	00:48.08	Bobby Noyce	01:25.57	Bobby Noyce	01:46.00	Bobby Noyce	02:15.54	Bobby Noyce	02:17.09
12	Nolan Middendorf	00:16.58	Dakota Rager	00:50.03	Carter Williams	01:39.01	Ryan Atkins	01:48.57	Ryan Atkins	03:04.59	Mack Roesch	02:51.00
13	Matthew Kempson	00:17.00	Brandon Jones	01:04.01	Ryan Atkins	01:45.58	Carter Williams	01:50.57	Carter Williams	03:16.56	Ryan Atkins	03:13.09
14	Matthew Aikin	00:20.54	Grant McCartney	01:08.05	Jack Bauer	01:49.58	Jack Bauer	01:55.58	Beni Gifford	03:17.58	Beni Gifford	03:26.00
15	Patrick Vellner	00:21.59	Hunter Russell	01:08.08	Grant McCartney	01:56.01	Grant McCartney	02:07.00	Shawn Ramirez	03:18.53	Nolan Middendorf	03:26.03
16	Isaiah Vidal	00:23.56	Nolan Middendorf	01:10.02	Robert Killian	02:02.02	Robert Killian	02:15.54	Nolan Middendorf	03:35.54	Carter Williams	03:18.00
17	Shawn Ramirez	00:25.01	Shawn Ramirez	01:13.02	Beni Gifford	02:02.58	Beni Gifford	02:16.54	David Magida	03:40.00	Shawn Ramirez	03:31.03
18	Hunter Russell	00:26.55	Joe Craig	01:15.06	Skully Ranks	02:17.53	Austin Azar	02:36.59	Skully Ranks	03:40.53	Skully Ranks	03:51.07
19	Grant McCartney	00:27.56	David Magida	01:16.00	David Magida	02:18.59	Skully Ranks	02:37.00	Daniel Wentzel	03:49.00	Daniel Wentzel	03:52.01
20	Joe Craig	00:27.57	Ryan Atkins	01:16.01	Hunter Russell	02:19.01	Nolan Middendorf	02:38.54	Matthew Walrath	04:06.02	Matthew Walrath	04:15.01
21	Dakota Rager	00:27.58	Jack Bauer	01:20.03	Shawn Ramirez	02:19.57	Shawn Ramirez	02:41.53	Grant McCartney	04:13.00	Jack Bauer	04:25.00
22	Slater Trout	00:36.53	Robert Killian	01:21.05	Nolan Middendorf	02:20.54	David Magida	02:44.53	Jack Bauer	04:15.58	Grant McCartney	04:25.06
23	Christopher Martirano	00:39.58	Beni Gifford	01:24.05	Brandon Jones	02:20.56	Hunter Russell	02:50.54	Hunter Russell	04:33.53	Hunter Russell	04:37.03
24	Sam Dancer	00:41.56	Daniel Wentzel	01:30.02	Austin Azar	02:27.55	Daniel Wentzel	02:57.01	Joey Alarie	04:39.56	Austin Azar	04:43.07
25	Daniel Wentzel	00:42.59	Skully Ranks	01:33.03	Daniel Wentzel	02:36.00	Brandon Jones	02:58.56	Alec Smith	04:41.53	Joey Alarie	04:56.02
26	Beni Gifford	00:45.53	Mike Confer	01:35.08	Matthew Walrath	02:36.54	Luke Cuneo	03:04.53	Austin Azar	04:50.58	Sam Dancer	05:13.03
27	Luke Cuneo	00:47.01	Matthew Walrath	01:36.08	Cole Schwartz	02:50.58	Matthew Walrath	03:06.02	Christopher Martirano	05:11.53	Mike Confer	05:16.07
28	Matthew Walrath	00:47.54	Austin Azar	01:37.08	Joey Alarie	03:00.59	Cole Schwartz	03:12.57	Sam Dancer	05:11.54	Christopher Martirano	05:19.08
29	Matt Kinback	00:48.53	Cole Schwartz	01:40.05	Austin Brown	03:04.54	Joey Alarie	03:24.55	Robert Killian	05:23.02	Alec Smith	05:25.00
30	Joey Alarie	00:50.56	Slater Trout	01:50.06	Christopher Martirano	03:07.54	Austin Brown	03:25.59	Mike Confer	05:24.59	Robert Killian	05:26.05
31	Ryan Johnston	00:50.57	Nathan Hale	01:52.00	Mike Confer	03:15.02	Mike Confer	03:29.58	Austin Brown	05:33.54	Matt Kinback	05:37.08
32	Nathan Hale	00:52.58	Luke Cuneo	01:56.01	Luke Cuneo	03:18.59	Christopher Martirano	03:46.00	Matt Kinback	05:35.02	Austin Brown	05:43.00
33	David Magida	00:53.55	Joey Alarie	01:57.03	Joe Craig	03:21.55	Alec Smith	03:54.53	Brandon Jones	05:47.00	Greg Ashcroft	05:55.08
34	Austin Azar	00:55.53	Christopher Martirano	01:58.05	Matt Kinback	03:31.59	Matt Kinback	03:58.55	Greg Ashcroft	05:48.55	David Magida	06:09.03
35	Greg Ashcroft	00:55.54	Austin Brown	01:58.08	Ryan Johnston	03:52.00	Joe Craig	04:06.59	Joe Craig	05:58.55	Cole Schwartz	06:15.03
36	Skully Ranks	00:55.54	Matthew Aikin	02:01.05	Slater Trout	03:52.01	Sam Dancer	04:45.54	Cole Schwartz	06:08.55	Joe Craig	06:15.08
37	Jack Bauer	00:56.56	Ryan Johnston	02:03.03	Sam Dancer	03:58.01	Ryan Johnston	04:55.55	Luke Cuneo	06:15.59	Brandon Jones	06:15.09
38	Kieran McCormack	00:59.53	Greg Ashcroft	02:27.07	Greg Ashcroft	04:14.55	Greg Ashcroft	05:15.58	Ryan Johnston	07:05.55	Luke Cuneo	06:34.00
39	Ryan Atkins	01:02.58	Sam Dancer	02:29.08	Lincoln Hawk	04:45.59	Neil Craver	05:25.55	Mike Morales	07:29.55	Ryan Johnston	
40	Austin Brown	01:05.57	Kieran McCormack	02:48.04	Nathan Hale	05:04.01	Nathan Hale	05:36.02	Lincoln Hawk	07:53.56	Mike Morales	
41	Cole Schwartz	01:05.58	Lincoln Hawk	03:10.01	Neil Craver	05:09.54	Lincoln Hawk	06:26.59	Nathan Hale	08:24.01	Lincoln Hawk	
42	Mike Morales	01:17.56	Mike Morales	03:18.06	Mike Morales	05:30.02	Mike Morales	06:49.59	Slater Trout	08:25.00	Nathan Hale	
43	Ron Ortiz	01:19.53	Ham Porter	03:21.00	Ham Porter	05:32.02	Ham Porter	07:06.00	Ham Porter	08:29.58	Slater Trout	
44	Robert Killian	01:19.58	Born Barikor	03:33.05	Matthew Aikin	06:59.01	Slater Trout	07:22.55			Ham Porter	
45	Lincoln Hawk	01:37.53	Neil Craver	03:38.00	Ron Ortiz	08:00.56	Matthew Aikin	08:55.54			Neil Craver	
46	Born Barikor	01:45.52	Ron Ortiz	03:56.01	Jordan Dix	08:01.56					Matthew Aikin	
47	Ham Porter	01:49.53	Jordan Dix	04:36.01							Ron Ortiz	
48	Neil Craver	02:01.59	Mitch Aguiar	06:20.04							Jordan Dix	
49	Jordan Dix	02:13.56									Kieran McCormack	
50	Mitch Aguiar	02:27.01									Born Barikor	
51											Mitch Aguiar	



## Completion Time vs. Fastest Split Per Zone

Below Jack provides information on how to interpret this chart:

- 1.00 – this person had the fastest split in this zone
- Every number above 1.00 is how much extra time it took someone to complete that zone compared to the fastest split
- For instance, Hunter McIntyre had the fastest split in the “800m” column since his value is 1.00. Michael Miraglia, 2nd fastest qualifier, has a 1.09 value, meaning it took him 1.09 times longer (or 9% longer) to complete Zone 2 than Hunter.
- If your value is 2.00, it took you twice as long to complete a zone as the fastest person that round.
- Blue = fast, red = slow

Some observations from the data:

- Out of the 120 different data points for the top-20 qualifiers combined, there are only 4 total red cells in all 6 zones for those who advanced to the semi-finals. In other words, everyone who advanced to the semi-finals completed *every* zone at or significantly above average.
- Ryan Atkins is the only person with two separate red cells (sub-par performance in a zone) who ended up advancing to the semi-finals. Despite struggling in both heavy lifting zones, Ryan had the 13th fastest qualifying time overall, showing how proficient he is at running and obstacles.
- Only 4 people who failed to finish in the top-20 had a statistically average or above-average performance in the sandbag zone. That just proves how much of an impact this zone had on everyone’s final ranking.
- Of the 20 semi-finals qualifiers, 11 were CrossFit athletes, 8 were OCR athletes, and 1 was a Navy Seal.

COMPLETION TIME vs. FASTEST SPLIT PER ZONE												
Rank	Bib	Last	First	Cat.	Wave	400m (After BTTW)	800m (Before Kong)	1100m (Last Bale Bonds)	1200m (After Leap of Faith)	1400m (Before Rope Climb)	1600m (Finish Line)	
1	131	McIntyre	Hunter	M	Q4	1.03	1.00	1.00	1.27	1.08	1.14	OCR
2	134	Miraglia	Michael	M	Q6	1.03	1.09	1.20	1.29	1.24	1.16	OCR
3	141	Rager	Dakota	M	Q4	1.16	1.18	1.15	1.39	1.00	1.11	CrossFit
4	198	Vellner	Patrick	M	Q5	1.12	1.10	1.11	1.52	1.14	1.20	CrossFit
5	147	Vidal	Isaiah	M	Q3	1.13	1.12	1.17	1.58	1.03	1.24	OCR
6	145	Troyan	Jordan	M	Q3	1.06	1.19	1.17	1.66	1.06	1.20	CrossFit
7	125	Kempson	Matthew	M	Q4	1.09	1.10	1.21	1.35	1.23	1.17	OCR
8	123	Heppner	Jacob	M	Q2	1.01	1.20	1.39	1.46	1.12	1.17	CrossFit
9	196	Hoerner	Streat	M	Q5	1.04	1.27	1.30	1.64	1.11	1.11	CrossFit
10	133	Miraglia	Dylan	M	Q5	1.00	1.20	1.33	1.58	1.25	1.38	OCR
11	136	Noyce	Bobby	M	Q5	1.08	1.19	1.36	1.66	1.31	1.16	CrossFit
12	191	Roesch	Mack	M	Q3	1.02						OCR
13	181	Atkins	Ryan	M	Q1	1.35	1.12	1.22	1.33	1.66	1.26	OCR
14	120	Gifford	Beni	M	Q3	1.26	1.29	1.29	1.54	1.55	1.26	OCR
15	132	Middendorf	Nolan	M	Q3	1.09	1.39	1.52	1.62	1.51	1.00	CrossFit
16	151	Williams	Carter	M	Q6	1.07	1.27	1.37	1.50	1.73	1.16	CrossFit
17	188	Ramirez	Shawn	M	Q2	1.14	1.35	1.49	1.69	1.36	1.31	CrossFit
18	201	Ranks	Skully	M	Q6	1.31	1.28	1.33	1.64	1.57	1.29	Navy Seal
19	150	Wentzel	Daniel	M	Q5	1.24	1.35	1.48	1.68	1.48	1.18	CrossFit
20	203	Walrath	Matthew	M	Q6	1.27	1.35	1.45	1.83	1.54	1.27	CrossFit
21	107	Bauer	Jack	M	Q6	1.32	1.19	1.22	1.39	2.14	1.27	OCR
22	194	McCartney	Grant	M	Q4	1.16	1.30	1.35	1.48	2.04	1.31	Ninja
23	200	Russell	Hunter	M	Q6	1.15	1.31	1.52	1.89	1.86	1.19	OCR
24	106	Azar	Austin	M	Q5	1.31	1.31	1.37	1.45	2.10	1.03	OCR
25	185	Alarie	Joey	M	Q2	1.28	1.47	1.47	1.73	1.65	1.37	OCR
26	114	Dancer	Sam	M	Q1	1.23	1.74	1.65	2.19	1.28	1.16	CrossFit
27	174	Confer	Mike	M	Q1	1.06	1.60	1.73	1.56	1.95	1.01	OCR
28	130	Martirano	Christopher	M	Q5	1.22	1.55	1.51	2.01	1.73	1.24	CrossFit
29	189	Smith	Alec	M	Q3					1.44	1.76	CrossFit
30	177	Killian	Robert	M	Q1	1.45	1.05	1.30	1.54	2.50	1.18	OCR
31	126	Kinback	Matt	M	Q2	1.27			1.79	1.81	1.17	CrossFit
32	197	Brown	Austin	M	Q5	1.37	1.38	1.49	1.68	2.05	1.27	CrossFit
33	105	Ashcroft	Greg	M	Q1	1.31	1.64	1.79	2.45	1.33	1.23	CrossFit
34	128	Magida	David	M	Q4	1.30	1.18	1.46	1.77	1.50	3.27	OCR
35	195	Schwartz	Cole	M	Q4	1.37	1.26	1.52	1.70	2.42	1.23	OCR
36	112	Craig	Joe	M	Q3	1.16	1.35	1.93	2.14	1.93	1.37	CrossFit
37	176	Jones	Brandon	M	Q1	1.09	1.35	1.57	2.00	2.36	1.54	OCR
38	175	Cuneo	Luke	M	Q1	1.26	1.49	1.61	1.00	2.53	1.40	CrossFit
39	124	Johnston	Ryan	M	Q4	1.28	1.51	1.80	2.50	2.07		CrossFit
40	202	Morales	Mike	M	Q6	1.44	1.82	1.97	2.81	1.39		CrossFit
41	199	Hawk	Lincoln	M	Q6	1.55	1.64	1.71	3.22	1.74		Navy Seal
42	193	Hale	Nathan	M	Q4	1.30	1.42	2.41	1.89	2.36		OCR
43	183	Trout	Slater	M	Q2	1.21	1.52	1.90	5.34	1.55		CrossFit
44	204	Porter	Ham	M	Q6	1.61	1.63	1.96	3.08	1.72		Navy Seal
45	186	Craver	Neil	M	Q2	1.68	1.67	1.68	1.58			Ninja
46	102	Aikin	Matthew	M	Q4	1.12	1.69	3.19	3.52			CrossFit
47	182	Ortiz	Ron	M	Q2	1.45	2.06	2.80				CrossFit
48	187	Dix	Jordan	M	Q2	1.75	1.97	2.51				Wrestling
49	179	McCormack	Kiaran	M	Q1	1.33	1.75		1.33			OCR
50	180	Barikor	Born	M	Q1	1.59	1.74					OCR
51	192	Aguiar	Mitch	M	Q3	1.82	2.56					MMA

## OCR vs. CrossFit

Many people saw the Tough Mudder X Championship as a battle between CrossFit and OCR. Even though the atmosphere was relaxed between races, there were a lot of conversations in the athlete's tent about representing "your" sport. Especially in the later rounds, OCR athletes cheered for their fellow OCR athletes, while CrossFit athletes hoped "their guys" did better than their OCR competitors.

### All Racers

Let's see who had the upper hand in the qualifying rounds after averaging results for all CrossFit-focused athletes vs. OCR athletes. It's worth noting that some of these stats are skewed by abnormally fast or slow split times, but they are consistent with the overall trend in each zone:

- CrossFit athletes completed Zone 1 just 5.1 seconds faster, on average, than OCR athletes.
- Unsurprisingly, OCR athletes were, on average, 11-30% faster than CrossFit athletes in Zones 2-4, which covered the most obstacle and run-heavy sections of the course.
- OCR athletes completed the sandbag section 15% slower than CrossFit athletes on average, which significantly shook up the final qualifying round rankings.
- Total DNFs – 5 from CrossFit, 3 from OCR

AVG SPLIT						
Sport	400m (After BTTW)	800m (Before Kong)	1100m (Last Bale Bonds)	1200m (After Leap of Faith)	1400m (Before Rope Climb)	1600m (Finish Line)
Qualifiers						
OCR	03:39.7	03:17.36	03:12.8	01:21.58	03:51.59	01:34.59
CrossFit	03:34.57	03:39.36	03:45.26	01:46.21	03:20.54	01:26.33
COMPLETION TIME vs. FASTEST SPLIT PER ZONE						
Sport	400m (After BTTW)	800m (Before Kong)	1100m (Last Bale Bonds)	1200m (After Leap of Faith)	1400m (Before Rope Climb)	1600m (Finish Line)
Qualifiers						
OCR	1.02	1.00	1.00	1.00	1.15	1.10
CrossFit	1.00	1.11	1.17	1.30	1.00	1.00

## Checkpoints

Here's another visual of the data and where people ranked throughout the race. The further to the right that a cell is blue, the more likely that they would advance to the semi-finals. Similarly, the further to the right that a cell is red, the less likely that they would finish in the top-20.

CHECKPOINTS											
Rank	Bib	Last	First	Cat.	Wave	400m (After BTTW)	800m (Before Kong)	1100m (Last Bale Bonds)	1200m (After Leap of Faith)	1400m (Before Rope Climb)	1600m (Finish Line)
1	131	McIntyre	Hunter	M	Q4	03:05.4	05:38.1	07:54.7	09:00.7	11:23.7	12:43.0
2	134	Miraglia	Michael	M	Q6	03:05.3	05:52.5	08:36.3	09:43.3	12:26.8	13:47.5
3	141	Rager	Dakota	M	Q4	03:27.6	06:28.4	09:05.8	10:17.2	12:29.3	13:47.7
4	198	Vellner	Patrick	M	Q5	03:21.7	06:09.0	08:40.5	09:59.4	12:29.6	13:53.9
5	147	Vidal	Isaiah	M	Q3	03:23.4	06:14.0	08:53.5	10:15.4	12:31.9	13:58.8
6	145	Troyan	Jordan	M	Q3	03:09.2	06:11.7	08:50.9	10:16.7	12:36.0	14:00.5
7	125	Kempson	Matthew	M	Q4	03:16.8	06:04.9	08:49.1	09:59.8	12:41.5	14:03.6
8	123	Heppner	Jacob	M	Q2	03:01.6	06:05.9	09:14.4	10:30.4	12:58.2	14:20.2
9	196	Hoerner	Streat	M	Q5	03:07.8	06:21.7	09:18.5	10:43.8	13:09.7	14:27.8
10	133	Miraglia	Dylan	M	Q5	02:59.8	06:02.8	09:03.9	10:25.0	13:10.6	14:47.1
11	136	Noyce	Bobby	M	Q5	03:13.9	06:15.9	09:20.4	10:46.7	13:39.1	15:00.9
12	191	Roesch	Mack	M	Q3	03:02.8	-	-	-	-	15:34.0
13	181	Atkins	Ryan	M	Q1	04:02.6	06:54.2	09:40.5	10:49.4	14:28.6	15:56.9
14	120	Gifford	Beni	M	Q3	03:45.1	07:02.6	09:57.5	11:17.1	14:41.5	16:09.0
15	132	Middendorf	Nolan	M	Q3	03:16.6	06:48.3	10:15.1	11:39.1	14:59.1	16:09.3
16	151	Williams	Carter	M	Q6	03:12.7	06:26.9	09:33.8	10:51.4	14:40.3	16:01.0
17	188	Ramirez	Shawn	M	Q2	03:24.9	06:51.3	10:14.4	11:42.0	14:42.0	16:14.3
18	201	Ranks	Skully	M	Q6	03:55.2	07:11.4	10:12.0	11:37.7	15:04.0	16:34.7
19	150	Wentzel	Daniel	M	Q5	03:42.7	07:08.3	10:30.7	11:57.8	15:12.7	16:35.1
20	203	Walrath	Matthew	M	Q6	03:47.2	07:14.9	10:31.1	12:06.9	15:29.9	16:58.1
21	107	Bauer	Jack	M	Q6	03:56.4	06:58.4	09:44.5	10:56.5	15:39.5	17:08.0
22	194	McCartney	Grant	M	Q4	03:27.4	06:46.6	09:50.8	11:07.7	15:36.7	17:08.6
23	200	Russell	Hunter	M	Q6	03:26.3	06:46.9	10:13.8	11:51.1	15:57.0	17:20.3
24	106	Azar	Austin	M	Q5	03:55.1	07:15.9	10:22.2	11:37.6	16:14.5	17:26.7
25	185	Alarie	Joey	M	Q2	03:50.4	07:35.4	10:55.6	12:25.2	16:03.3	17:39.2
26	114	Dancer	Sam	M	Q1	03:41.4	08:07.9	11:52.8	13:46.1	16:35.1	17:56.3
27	174	Confer	Mike	M	Q1	03:09.5	07:13.9	11:09.9	12:30.5	16:48.6	17:59.7
28	130	Martirano	Christopher	M	Q5	03:39.6	07:36.6	11:02.1	12:46.7	16:35.0	18:02.8
29	189	Smith	Alec	M	Q3	-	-	-	12:55.0	16:05.0	18:08.0
30	177	Killian	Robert	M	Q1	04:19.6	06:59.6	09:56.9	11:16.1	16:46.9	18:09.5
31	126	Kinback	Matt	M	Q2	03:48.1	-	11:26.6	12:59.2	16:58.9	18:20.8
32	197	Brown	Austin	M	Q5	04:05.5	07:36.9	10:59.1	12:26.6	16:57.1	18:26.0
33	105	Ashcroft	Greg	M	Q1	03:55.2	08:05.8	12:09.2	14:16.5	17:12.2	18:38.8
34	128	Magida	David	M	Q4	03:53.3	06:54.1	10:13.6	11:45.0	15:03.7	18:52.3
35	195	Schwartz	Cole	M	Q4	04:05.6	07:18.6	10:45.5	12:13.4	17:32.2	18:58.3
36	112	Craig	Joe	M	Q3	03:27.5	06:53.7	11:16.2	13:07.6	17:22.2	18:58.8
37	176	Jones	Brandon	M	Q1	03:15.3	06:42.2	10:15.3	11:59.3	17:10.7	18:58.9
38	175	Cuneo	Luke	M	Q1	03:46.9	07:34.2	11:13.6	12:05.0	17:39.6	19:17.0
39	124	Johnston	Ryan	M	Q4	03:50.5	07:41.4	11:46.7	13:56.2	18:29.2	-
40	202	Morales	Mike	M	Q6	04:17.4	08:56.7	13:24.9	15:50.6	18:53.2	-
41	199	Hawk	Lincoln	M	Q6	04:37.1	08:48.2	12:40.6	15:27.6	19:17.3	-
42	193	Hale	Nathan	M	Q4	03:52.6	07:30.1	12:58.8	14:36.9	19:47.8	-
43	183	Trout	Slater	M	Q2	03:36.1	07:28.7	11:46.8	16:23.2	19:48.7	-
44	204	Porter	Ham	M	Q6	04:49.1	08:59.1	13:26.9	16:06.7	19:53.5	-
45	186	Craver	Neil	M	Q2	05:01.7	09:16.1	13:04.1	14:26.2	-	-
46	102	Aikin	Matthew	M	Q4	03:20.2	07:39.6	14:53.8	17:56.1	-	-
47	182	Ortiz	Ron	M	Q2	04:19.1	09:34.2	15:55.3	-	-	-
48	187	Dix	Jordan	M	Q2	05:13.4	10:14.2	15:56.3	-	-	-
49	179	McCormack	Kiaran	M	Q1	03:59.1	08:26.5	-	-	-	-
50	180	Barikor	Born	M	Q1	04:45.0	09:11.6	-	-	-	-
51	192	Aguiar	Mitch	M	Q3	05:26.9	11:58.5	-	-	-	-

### Splits Between Timing Mats

This is essentially the same thing as the table in the "Checkpoints" section above, except that it lists split times (rather than finishing time) in order of overall finishing place in the qualifying rounds.

SPLITS BETWEEN TIMING MATS												
Rank	Bib	Last	First	Cat.	Wave	400m (After BTTW)	800m (Before Kong)	1100m (Last Bale Bonds)	1200m (After Leap of Faith)	1400m (Before Rope Climb)	1600m (Finish Line)	
1	131	McIntyre	Hunter	M	Q4	03:05.4	02:32.57	02:16.6	01:06.0	02:23.0	01:19.53	OCR
2	134	Miraglia	Michael	M	Q6	03:05.3	02:47.2	02:43.58	01:07.0	02:43.5	01:20.57	OCR
3	141	Rager	Dakota	M	Q4	03:27.6	03:00.58	02:37.4	01:11.54	02:12.1	01:18.4	CrossFit
4	198	Vellner	Patrick	M	Q5	03:21.7	02:47.53	02:31.5	01:18.59	02:30.2	01:24.3	CrossFit
5	147	Vidal	Isaiah	M	Q3	03:23.4	02:50.56	02:39.5	01:21.59	02:16.5	01:26.59	OCR
6	145	Troyan	Jordan	M	Q3	03:09.2	03:02.5	02:39.2	01:25.58	02:19.53	01:24.5	CrossFit
7	125	Kempson	Matthew	M	Q4	03:16.8	02:48.1	02:44.52	01:10.7	02:41.57	01:22.1	OCR
8	123	Heppner	Jacob	M	Q2	03:01.6	03:04.3	03:08.55	01:16.0	02:27.58	01:22.0	CrossFit
9	196	Hoerner	Streat	M	Q5	03:07.8	03:13.59	02:56.58	01:25.3	02:25.59	01:18.1	CrossFit
10	133	Miraglia	Dylan	M	Q5	02:59.8	03:03.0	03:01.1	01:21.51	02:45.6	01:36.55	OCR
11	136	Noyce	Bobby	M	Q5	03:13.9	03:02.0	03:04.55	01:26.3	02:52.54	01:21.8	CrossFit
12	191	Roesch	Mack	M	Q3	03:02.8	---	---	---	---	---	OCR
13	181	Atkins	Ryan	M	Q1	04:02.6	02:51.56	02:46.3	01:08.59	03:39.2	01:28.3	OCR
14	120	Gifford	Beni	M	Q3	03:45.1	03:17.5	02:54.59	01:19.56	03:24.4	01:27.55	OCR
15	132	Middendorf	Nolan	M	Q3	03:16.6	03:31.57	03:26.58	01:24.0	03:20.0	01:10.2	CrossFit
16	151	Williams	Carter	M	Q6	03:12.7	03:14.2	03:06.59	01:17.56	03:48.59	01:20.57	CrossFit
17	188	Ramirez	Shawn	M	Q2	03:24.9	03:26.54	03:23.1	01:27.56	03:00.0	01:32.3	CrossFit
18	201	Ranks	Skully	M	Q6	03:55.2	03:16.2	03:00.56	01:25.7	03:26.53	01:30.7	Navy Seal
19	150	Wentzel	Daniel	M	Q5	03:42.7	03:25.56	03:22.4	01:27.1	03:14.59	01:22.54	CrossFit
20	203	Walrath	Matthew	M	Q6	03:47.2	03:27.7	03:16.52	01:35.8	03:23.0	01:28.52	CrossFit
21	107	Bauer	Jack	M	Q6	03:56.4	03:02.0	02:46.1	01:12.0	04:43.0	01:28.55	OCR
22	194	McCartney	Grant	M	Q4	03:27.4	03:19.2	03:04.2	01:16.59	04:29.0	01:31.59	Ninja
23	200	Russell	Hunter	M	Q6	03:26.3	03:20.6	03:26.59	01:37.53	04:05.59	01:23.3	OCR
24	106	Azar	Austin	M	Q5	03:55.1	03:20.8	03:06.53	01:15.4	04:36.59	01:12.2	OCR
25	185	Alarie	Joey	M	Q2	03:50.4	03:45.0	03:20.2	01:29.56	03:38.1	01:35.59	OCR
26	114	Dancer	Sam	M	Q1	03:41.4	04:26.5	03:44.59	01:53.53	02:49.0	01:21.2	CrossFit
27	174	Confer	Mike	M	Q1	03:09.5	04:04.4	03:56.0	01:20.56	04:18.1	01:11.1	OCR
28	130	Martirano	Christopher	M	Q5	03:39.6	03:57.0	03:25.55	01:44.6	03:48.53	01:27.8	CrossFit
29	189	Smith	Alec	M	Q3	-	---	---	---	03:10.0	02:03.0	CrossFit
30	177	Killian	Robert	M	Q1	04:19.6	02:40.0	02:57.3	01:19.52	05:30.8	01:22.56	OCR
31	126	Kinback	Matt	M	Q2	03:48.1	---	---	01:32.56	03:59.7	01:21.59	CrossFit
32	197	Brown	Austin	M	Q5	04:05.5	03:31.4	03:22.52	01:27.5	04:30.55	01:28.59	CrossFit
33	105	Ashcroft	Greg	M	Q1	03:55.2	04:10.6	04:03.54	02:07.3	02:55.57	01:26.6	CrossFit
34	128	Magida	David	M	Q4	03:53.3	03:00.58	03:19.5	01:31.54	03:18.7	03:48.56	OCR
35	195	Schwartz	Cole	M	Q4	04:05.6	03:13.0	03:26.59	01:27.59	05:18.58	01:26.1	OCR
36	112	Craig	Joe	M	Q3	03:27.5	03:26.2	04:22.55	01:51.4	04:14.56	01:36.6	CrossFit
37	176	Jones	Brandon	M	Q1	03:15.3	03:26.59	03:33.1	01:44.0	05:11.4	01:48.2	OCR
38	175	Cuneo	Luke	M	Q1	03:46.9	03:47.53	03:39.4	00:51.54	05:34.6	01:37.54	CrossFit
39	124	Johnston	Ryan	M	Q4	03:50.5	03:50.59	04:05.3	02:09.55	04:33.0		CrossFit
40	202	Morales	Mike	M	Q6	04:17.4	04:39.3	04:28.2	02:25.57	03:02.56		CrossFit
41	199	Hawk	Lincoln	M	Q6	04:37.1	04:11.1	03:52.4	02:47.0	03:49.57		Navy Seal
42	193	Hale	Nathan	M	Q4	03:52.6	03:37.55	05:28.7	01:38.1	05:10.59		OCR
43	183	Trout	Slater	M	Q2	03:36.1	03:52.6	04:18.1	04:36.54	03:25.5		CrossFit
44	204	Porter	Ham	M	Q6	04:49.1	04:10.0	04:27.8	02:39.58	03:46.58		Navy Seal
45	186	Craver	Neil	M	Q2	05:01.7	04:14.54	03:48.0	01:22.1			Ninja
46	102	Aikin	Matthew	M	Q4	03:20.2	04:19.4	07:14.2	03:02.53			CrossFit
47	182	Ortiz	Ron	M	Q2	04:19.1	05:15.1	06:21.1				CrossFit
48	187	Dix	Jordan	M	Q2	05:13.4	05:00.58	05:42.1				Wrestling
49	179	McCormack	Kiaran	M	Q1	03:59.1	04:27.4					OCR
50	180	Barikor	Born	M	Q1	04:45.0	04:26.6					OCR
51	192	Aguiar	Mitch	M	Q3	05:26.9	06:31.56					MMA

## CONCLUSION

Hopefully this data gives you a better perspective on how racers performed in each of the various zones throughout the qualifying rounds since it would have been impossible to realize all of this info watching on TV or even as a spectator at the event. After looking through the data, here are some of Jack's takeaways:

- The sandbag zone was by far the biggest difference-maker in round 1.
- The fact that several CrossFit athletes posted faster running splits on the pure running sections than OCR guys like Ryan Atkins and Matthew Kempson shows that the stereotype that top-level CrossFit are bad runners is wrong.
- Hunter McIntyre was dominant, as expected. There was only one zone in which he posted a split outside the top-5, and that was on the final stretch when he jogged to an easy win in his heat (6th fastest split).
- Falling back more than 30 seconds during the first workout zone was a bad idea, as only 5 people were able to recover from that lost time and advance to the semi-finals.

*Note: As we mentioned before, we'll wait to release the statistical analysis of the semi-finals and finals a couple days after those rounds air on CBS to avoid spoilers. Thank you Tough Mudder HQ for providing the split data so Jack could nerd-out on race results.*