

WOMEN'S GOLD NUGGET TRIATHLON

May 20, 2007

FINAL RESULTS MOST IMPROVED

BIB #	LAST NAME	FIRST NAME	TOTAL TIME	LAST YEAR	IMPROVEMENT
114	Mullis	Cynthia	1:54:47	02:49:26	0:54:39
1082	May	Lisa	1:56:22	02:39:02	0:42:40
487	Hoff	Heather	1:47:10	02:27:30	0:40:20
1081	Funk	Annette	1:53:59	02:33:46	0:39:47
1080	Funk	Lena	1:56:41	02:33:30	0:36:49
1083	May	Melissa	1:58:04	02:27:35	0:29:31
906	Kopecky	Brooke	1:30:58	01:57:43	0:26:45
115	Rakos	Karen	2:08:53	02:31:39	0:22:46
1325	Johnson	Janice	1:48:55	02:10:51	0:21:56
1330	Brown	Morgan	1:42:43	2:03:23	0:20:40
155	Spell	Penny	1:26:36	1:45:11	0:18:36
320	Grotha	Elana	1:45:01	02:02:14	0:17:13
1383	Murray	Raeann	1:42:40	1:58:27	0:15:47
538	Olson	Lois	2:02:48	2:18:08	0:15:20
226	Pendergraft	Dayna	1:53:12	02:07:52	0:14:40
1344	Cheyette	Rachel	1:30:30	01:44:22	0:13:52
450	Wanat	Bonnie	1:35:06	01:48:45	0:13:39
849	Robichaux	Taryn	1:38:23	01:51:30	0:13:07
835	Abitz	Cheryl	1:57:39	02:10:30	0:12:51
465	West	Kristy	1:42:07	1:54:43	0:12:36
902	Parker	Patrice	1:40:18	1:51:57	0:11:39
536	Brown	Barbara	1:53:51	2:05:13	0:11:22
323	Longacre	Samantha	1:35:53	01:46:54	0:11:01
710	Fennell	Katherine	1:28:13	01:38:38	0:10:25
996	Perkins	Tricia	1:33:28	01:43:48	0:10:20
1227	Brown	Kim	1:36:30	1:45:44	0:09:14
1327	Neubauer	Cynthia	1:47:02	1:55:46	0:08:44
1011	White	Brandi	2:18:03	02:26:35	0:08:32
908	Carle	Megan	1:27:19	01:35:41	0:08:22
1146	Waltz	Mary	2:30:31	02:38:44	0:08:13
1050	Howell	Kelly	2:09:05	02:17:06	0:08:01
110	Steen	Catherine	1:59:49	02:07:08	0:07:19
321	Klemke	Lauren	1:40:20	1:47:08	0:06:48
1349	Sivitz	Lori	1:29:13	01:36	0:06:47
159	Williams	Barb	1:47:18	1:53:44	0:06:26
535	Fierro	Kathryn	2:10:00	02:16:18	0:06:18
997	Lindberg	Ingrid	1:48:28	1:54:44	0:06:16
649	Smith	Joleen	1:13:24	01:19:28	0:06:04
217	Schoening	Glenna	2:05:25	02:11:09	0:05:44
338	Comellas	Thomissa	1:19:54	1:25:35	0:05:41
142	Davis	Lana	1:26:13	01:31:50	0:05:37
665	Brewer	Lori	1:33:35	01:39:07	0:05:32
158	Summers	Morgan	1:47:31	01:52:54	0:05:23
112	Cernich	Deborah	1:43:41	01:48:51	0:05:10
1181	Lear	Marian	1:53:12	01:58:08	0:04:56
969	Mikols	Guinevere	1:32:58	01:37:12	0:04:14

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MOST IMPROVED

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1203	Stanley	Melissa	1:31:20	01:35:26	0:04:06
1237	Nudson	Oralee	1:24:54	01:28:52	0:03:58
1152	Ward	Kim	1:30:56	01:34:52	0:03:56
80	Thon	Alesia	1:17:18	1:21:09	0:03:51
1260	Bodry	Catherine	1:24:13	01:27:52	0:03:39
1194	Skibo	Bobbie Jo	1:42:33	1:45:55	0:03:22
26	Dalton	Danielle	1:12:00	01:14:10	0:02:10
1175	Karge	Cory	1:46:37	01:48:46	0:02:09
1224	Watts	April	1:30:00	1:31:49	0:01:49
663	Harris	Hayley	2:03:47	02:05:25	0:01:38
1023	Koehn	Amy	1:22:31	01:23:54	0:01:23
1216	Pramuka	Michaela "mika"	1:36:51	01:37:59	0:01:08
65	Oakley	Susan	1:34:03	01:34:57	0:00:54
1319	Richard	Janelle	1:30:41	01:31:28	0:00:47
406	Powell	Meghan	1:38:06	01:38:37	0:00:31
577	Locke	Jaime	1:24:12	01:24:19	0:00:07