

GOLD NUGGET TRIATHLON
18-May-08
ANCHORAGE, ALASKA

As of 8PM Tuesday, May 20, 2008

Bib	Name	2007 Final	2008 Final	Time Improvement	Percent Improvement
1367	Stacey Ledgerwood	2:25:51	1:35:22	0:50:29	35%
888	Renae Sather	2:51:12	2:08:28	0:42:44	25%
1353	Amy Simpson	1:55:48	1:27:35	0:28:13	24%
735	Holly Rinehart	2:18:00	1:49:49	0:28:11	20%
170	Karen Hobart	1:51:00	1:26:32	0:24:28	22%
1347	Carla Milburn	2:53:12	2:29:48	0:23:24	14%
920	Sarah Blaney	2:02:00	1:40:50	0:21:10	17%
279	Brook Evingson	1:44:40	1:25:15	0:19:25	19%
1471	Michele Hendrickson	2:19:06	2:00:44	0:18:22	13%
1201	Margaret Dimeglio	2:23:00	2:05:37	0:17:23	12%
117	Stacey Orlov	1:45:19	1:28:44	0:16:35	16%
169	Sarah Hill	1:59:38	1:43:55	0:15:43	13%
873	Natasha Graham	2:13:48	1:58:14	0:15:34	12%
233	Debbie Boots	1:34:00	1:18:43	0:15:17	16%
756	Cindy Tuckwood	1:30:00	1:15:43	0:14:17	16%
1227	Jennifer Hardy	1:56:00	1:42:36	0:13:24	12%
112	Patty Ginsburg	1:52:12	1:38:58	0:13:14	12%
1155	Ivy Spohnholz	1:35:46	1:22:47	0:12:59	14%
482	Katherine Bowers	1:48:48	1:35:54	0:12:54	12%
1147	Debbie Pratt	1:43:18	1:30:53	0:12:25	12%
858	Melissa May	1:58:04	1:46:43	0:11:21	10%
1092	Kiersten Jedlicka	2:30:59	2:19:38	0:11:21	8%
1377	Rose Theisen	1:34:26	1:23:10	0:11:16	12%
1225	Chris Lundgren	1:44:13	1:33:25	0:10:48	10%
641	Mona Saunders	2:19:41	2:09:01	0:10:40	8%
1327	Janice Bush	2:03:05	1:52:42	0:10:23	8%
596	Mandi Lusk	1:38:26	1:28:40	0:09:46	10%
1070	Marion Hablett	1:57:15	1:47:50	0:09:25	8%
1434	Mary Hammes	2:08:00	1:58:59	0:09:01	7%
1361	Sally Staley	1:41:19	1:32:28	0:08:51	9%
489	Ana Jager	1:48:00	1:39:16	0:08:44	8%
143	Lana Davis	1:26:13	1:17:43	0:08:30	10%
1237	Sue Sears	1:24:00	1:15:37	0:08:23	10%
1400	Gabrielle Clark	1:42:39	1:34:51	0:07:48	8%
918	Holly Spoth-Torres	1:32:00	1:24:21	0:07:39	8%
477	Janice Habermann	1:48:00	1:40:21	0:07:39	7%
1202	Regina Smith	1:50:00	1:42:25	0:07:35	7%
223	Nuri Johnsen	1:53:35	1:46:12	0:07:23	7%
379	Kate Backstrum	1:21:32	1:14:12	0:07:20	9%
856	Laurie Lacy	1:55:00	1:47:51	0:07:09	6%
547	Carey Idle	1:36:46	1:29:53	0:06:53	7%
1077	Jill Frankford	1:58:31	1:51:40	0:06:51	6%
1318	Michelle Hecker	1:45:54	1:39:07	0:06:47	6%
1385	Lindsey Callender	1:41:30	1:34:46	0:06:44	7%
375	Becky Butler	1:26:22	1:19:40	0:06:42	8%

875	Kate Hallford	2:03:00	1:56:20	0:06:40	5%
1033	Julie Perry	1:29:42	1:23:21	0:06:21	7%
183	Sandra Woods	1:37:05	1:30:49	0:06:16	6%
923	Kimberly Kelly	1:40:38	1:34:25	0:06:13	6%
947	Melissa Toffolon-Weiss	1:27:33	1:22:08	0:05:25	6%
740	Lisa Smith	1:30:00	1:24:39	0:05:21	6%
1344	Ashley Lanier	1:41:00	1:35:41	0:05:19	5%
1418	Kristine Nelson	1:45:29	1:40:11	0:05:18	5%
1105	Gretchen Chamberlain	1:22:24	1:17:11	0:05:13	6%
484	Shgen George	1:49:31	1:44:36	0:04:55	4%
1393	Deborah Mole	1:21:13	1:16:27	0:04:46	6%
235	Molly McCammon	1:47:17	1:42:36	0:04:41	4%
1356	Harriet Paule	1:36:00	1:31:21	0:04:39	5%
550	Malai Smith	1:30:00	1:25:33	0:04:27	5%
1466	Nancy Murphy	1:33:03	1:28:57	0:04:06	4%
1186	Margaret Beck	2:07:30	2:03:27	0:04:03	3%
959	Pam Tittle	1:29:55	1:25:53	0:04:02	4%
503	Wendy Palozzi	1:31:49	1:27:47	0:04:02	4%
1093	Tiffany Thomas	1:44:15	1:40:14	0:04:01	4%
1447	Helen Hamner	2:04:00	1:59:59	0:04:01	3%
639	Jessica Gasparini-Steng	1:30:00	1:26:35	0:03:25	4%
102	Jo Murray	1:30:29	1:27:28	0:03:01	3%
146	Heather Hoff	1:47:10	1:44:27	0:02:43	3%
345	Amanda Rasmussen	1:51:56	1:49:37	0:02:19	2%
1233	Becky Wanamaker	1:28:47	1:27:10	0:01:37	2%
254	Carolynn Greene	1:59:32	1:58:01	0:01:31	1%
68	Crystal Rogers	1:22:00	1:20:29	0:01:31	2%
405	Briana Witteveen	1:24:29	1:23:43	0:00:46	1%
34	Katie Dalton	1:15:23	1:14:40	0:00:43	1%
1250	Gloria Hunter	1:25:00	1:24:28	0:00:32	1%
730	Megan Carle	1:27:00	1:26:32	0:00:28	1%
110	Durelle Smith	1:28:45	1:28:35	0:00:10	
1404	Gail Heineman	2:03:00	2:02:52	0:00:08	
1005	Bonnie Callahan	2:05:15	2:20:26	0:00:00	
1323	Amy Sweeney	1:49:00	2:02:47	0:00:00	
144	Kari Wiederkehr	1:33:19	1:44:58	0:00:00	
82	Angela Piccard	1:42:30	1:53:51	0:00:00	
593	Jennifer Morris	1:43:00	1:53:50	0:00:00	
81	Luann Piccard	1:41:50	1:50:56	0:00:00	
441	Amber Mobley	2:34:00	2:43:01	0:00:00	
1240	Kristin Corbin	1:36:50	1:45:07	0:00:00	
1334	Suzanne Little	1:44:47	1:52:21	0:00:00	
192	Hannah Davis	1:50:00	1:57:06	0:00:00	
28	Ellyn Brown	1:16:00	1:21:58	0:00:00	
672	Catherine Steen	1:59:45	2:03:21	0:00:00	
762	Tina Sellers	1:36:40	1:39:52	0:00:00	
288	Celia Rozen	1:22:24	1:25:10	0:00:00	
644	Gina Pollard	1:30:00	1:32:04	0:00:00	
502	Kim Ward	1:31:16	1:33:09	0:00:00	
80	Idamarie Piccard	2:09:30	2:11:12	0:00:00	
421	Beverly Peterson	2:27:35	2:29:12	0:00:00	

991	Kaiya Kaltenborn	1:37:10	1:38:43	0:00:00	
282	Tricia Perkins	1:33:28	1:35:01	0:00:00	
1182	Janet Platt	1:33:56	1:35:08	0:00:00	
259	Kristy West	1:42:07	1:43:06	0:00:00	
620	Emily Becker	1:48:47	1:49:40	0:00:00	
1358	Audrey Paule	1:30:00	1:30:45	0:00:00	
1106	Sonia Berrios	1:33:24	1:33:58	0:00:00	