

2009 Gold Nugget Triathlon
 May 17, 2009
 Timing and Results by Up and Running Event Management

Bib	Name	2008 Time	2009 Time	Improvement - time	Improvement_ percent
868	Gretchen Wehmhof	3:26:24	2:28:00	0:58:24	28%
703	Teena Calkin	2:23:54	1:33:37	0:50:17	35%
1384	Jonalyn Lavarias	2:11:40	1:22:26	0:49:14	37%
655	Elizabeth Matthe	2:15:14	1:27:18	0:47:56	35%
1408	Heather Huff	2:15:02	1:29:09	0:45:53	34%
806	Jennifer King	2:18:01	1:37:56	0:40:05	29%
1213	Leslie Runyon	2:10:24	1:30:36	0:39:48	31%
850	Stephanie Denman	2:20:19	1:40:48	0:39:31	28%
865	Joyce Sexton	2:10:41	1:33:05	0:37:36	29%
752	Eileen Toso	2:18:13	1:41:08	0:37:05	27%
832	Jamie Saleh	1:53:33	1:18:24	0:35:09	31%
485	Amanda Amodemo	2:08:36	1:34:38	0:33:58	26%
556	Sherri Amodemo	2:15:39	1:42:58	0:32:41	24%
809	Elena Padilla	2:08:01	1:35:36	0:32:25	25%
77	Robin Inman	2:30:54	1:58:39	0:32:15	21%
549	Deborah Knox	2:39:27	2:07:42	0:31:45	20%
690	Desiree Simeon	1:59:15	1:27:55	0:31:20	26%
86	Michelle Radin	2:35:10	2:04:10	0:31:00	20%
1172	Kathryn Wilson	1:48:00	1:17:24	0:30:36	28%
745	Karen Blaney	2:29:56	1:59:20	0:30:36	20%
830	Tamara Deschaine	1:45:20	1:14:50	0:30:30	29%
1051	Laurie Orell	1:45:24	1:16:00	0:29:24	28%
538	Patti Brassard	1:50:51	1:21:32	0:29:19	26%
1044	Lenora Blouin	2:18:45	1:49:50	0:28:55	21%
978	Lena Lawhead	1:54:10	1:25:23	0:28:47	25%
1187	Marika Sears	1:45:27	1:16:56	0:28:31	27%
1025	Dona Endsley	1:47:03	1:18:46	0:28:17	26%
977	Stephanie Clappe	1:50:54	1:23:03	0:27:51	25%
970	Claire Torbensen	1:52:37	1:25:45	0:26:52	24%
602	Renae Sather	2:08:28	1:41:47	0:26:41	21%
1329	Kethra Ramert	1:54:21	1:27:56	0:26:25	23%
1130	Lilly Harris	1:50:21	1:23:59	0:26:22	24%
1250	Melisa Wharton	1:40:51	1:14:50	0:26:01	26%
1374	Rikki Keen	1:40:44	1:14:48	0:25:56	26%
1370	Tracy Morrison	1:34:50	1:08:56	0:25:54	27%
1231	Dianna Clemetson	1:41:39	1:16:01	0:25:38	25%
1339	Sarah Wiles	1:40:20	1:14:53	0:25:27	25%
603	Christine Bond	2:26:57	2:01:31	0:25:26	17%
1037	Regina Smith	1:42:25	1:17:05	0:25:20	25%
166	Heather Hoff	1:44:27	1:19:32	0:24:55	24%
1149	Emily Becker	1:49:40	1:25:10	0:24:30	22%
981	Holly Beaty	1:58:58	1:34:55	0:24:03	20%
423	Kari Wiederkehr	1:44:58	1:21:08	0:23:50	23%
1290	Robyn Sullens	1:52:29	1:28:39	0:23:50	21%
1157	Maura Wharton	1:49:58	1:26:10	0:23:48	22%
827	Jennifer Schwart	1:46:58	1:23:27	0:23:31	22%
1223	Christina Logan	1:54:58	1:31:50	0:23:08	20%
451	Amy Brassard	1:50:33	1:27:35	0:22:58	21%
685	Cindi Pannone	1:37:39	1:14:47	0:22:52	23%
1164	Alexa Filanowicz	1:48:33	1:25:54	0:22:39	21%

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183	Samantha Roscovi	1:39:05	1:16:28	0:22:37	23%
1381	Shannon Korpi	1:28:17	1:05:47	0:22:30	25%
731	Amber Finley	1:53:40	1:31:15	0:22:25	20%
673	Cara Bethe	2:21:49	1:59:43	0:22:06	16%
680	Kacy Hillman	1:44:33	1:22:31	0:22:02	21%
833	Marce Simeon	1:56:32	1:34:31	0:22:01	19%
1131	Amy Adams	1:32:43	1:10:50	0:21:53	24%
1039	Tricia Perkins	1:35:01	1:13:52	0:21:09	22%
849	Julie Stachowiak	1:41:12	1:20:05	0:21:07	21%
924	Beverly Harrison	1:48:55	1:27:57	0:20:58	19%
1392	Amy White	1:39:45	1:18:56	0:20:49	21%
375	Kimberly Kawaguc	1:49:43	1:29:18	0:20:25	19%
633	Lauren Bradley	1:31:03	1:11:10	0:19:53	22%
1004	Bronwyn Haynes	1:29:26	1:10:07	0:19:19	22%
233	Eileen Floyd	1:34:30	1:15:20	0:19:10	20%
171	Katie Cartee	1:41:49	1:22:41	0:19:08	19%
1002	Kathleen Redmond	1:41:13	1:22:17	0:18:56	19%
997	Denise Demetree	1:59:39	1:40:44	0:18:55	16%
881	Kim Cochran	1:41:23	1:22:42	0:18:41	18%
1137	Lori Olson	1:55:00	1:36:44	0:18:16	16%
145	Allison Ross	1:25:44	1:07:46	0:17:58	21%
991	Deann Denter	1:31:10	1:13:15	0:17:55	20%
185	Senya Roscovius	1:30:12	1:12:28	0:17:44	20%
96	Marcia Davis	1:37:11	1:19:36	0:17:35	18%
1136	Elizabeth Calabr	1:27:47	1:10:14	0:17:33	20%
597	Sarah Stevens	1:29:00	1:12:16	0:16:44	19%
947	Dana Hunter	1:49:23	1:33:06	0:16:17	15%
258	Annalisa Delozie	2:30:35	2:14:20	0:16:15	11%
159	Katherine Bowers	1:35:54	1:20:11	0:15:43	16%
940	April McClain	1:45:28	1:29:52	0:15:36	15%
188	Aurora Hablett	1:47:50	1:32:26	0:15:24	14%
932	Jennifer Lancast	1:29:23	1:14:02	0:15:21	17%
261	Jennifer Sees	1:19:50	1:04:30	0:15:20	19%
733	Lynnetta Marcell	1:16:49	1:01:55	0:14:54	19%
141	Sara Falcone	1:23:04	1:08:11	0:14:53	18%
88	Lee Madison-Grav	1:19:50	1:05:11	0:14:39	18%
165	Rebecca Mamrol	1:17:46	1:03:20	0:14:26	19%
1158	Melissa May	1:46:43	1:33:17	0:13:26	13%
1208	Jill Simek	1:20:08	1:08:36	0:11:32	14%
1120	Jennifer Slaughter	1:39:21	1:38:46	0:00:35	1%