

Gold Nugget Triathlon
May 16, 2010
Most Improved Category

Timing and Results by Up and Running Event Management						
	Course Distance		12.17 miles		16.38 miles	
Bib	Name	2009 Time	2009 Pace (miles/hr)	2010 time	2010 Pace (miles/hr)	Percent Pace improved
594	Kristine Burton	2:37:38	4.63	1:56:26	8.44	82%
505	Keryl Hoffman	2:38:09	4.62	2:09:26	7.59	64%
512	Gina Pollard	1:52:25	6.50	1:43:31	9.50	46%
638	Tiffiney French	1:48:00	6.76	1:44:14	9.43	39%
1262	Mariah Knox	2:15:48	5.38	2:11:08	7.50	39%
880	Cara Bethe	1:59:43	6.10	1:55:37	8.50	39%
1230	Rachel Faria	1:50:41	6.60	1:48:25	9.07	37%
1445	Jana Smith	1:48:00	6.76	1:46:49	9.20	36%
1079	Olivia Peterson	1:37:30	7.49	1:36:48	10.16	36%
703	Holly Mitchell	1:59:40	6.10	1:58:51	8.27	36%
1235	Kacy Hillman	1:45:03	6.95	1:44:32	9.40	35%
487	Carrie Howard	1:50:35	6.60	1:52:33	8.73	32%
1375	Margaret King	2:30:20	4.86	2:33:35	6.40	32%
1061	Deborah Knox	2:07:15	5.74	2:12:16	7.43	30%
1482	Dawn Gardner	1:47:16	6.81	1:51:49	8.79	29%
1123	Lynn Hallford	1:52:31	6.49	1:58:21	8.31	28%
372	Jennifer Carpenter	1:42:09	7.15	1:48:45	9.04	26%
1111	Stephanie Galbraith	1:50:00	6.64	1:57:19	8.38	26%
1035	Heidi Conway	1:20:00	9.13	1:26:29	11.37	25%
799	Madeleine Oakley	1:50:00	6.64	1:58:55	8.27	25%
683	Heather Hogge	1:20:27	9.08	1:26:59	11.30	25%
211	Laura Crews	1:23:08	8.78	1:29:59	10.92	24%
687	Virginia McGill	1:24:28	8.65	1:31:32	10.74	24%
738	Tiffany Thomas	1:43:00	7.09	1:51:47	8.79	24%
504	Tracy Berry	1:31:35	7.97	1:39:51	9.85	23%
1172	Lana Davis	1:17:23	9.44	1:24:57	11.57	23%
997	Tara Fleming-Chatwel	1:32:09	7.92	1:41:13	9.71	23%
1072	Julie Overbaugh	2:00:00	6.09	2:13:23	7.37	21%
367	Veronica Pope	1:41:42	7.18	1:53:08	8.69	21%
1399	Alice Anderson	1:28:16	8.27	1:38:12	10.01	21%
1197	Jeri Stenberg	1:25:00	8.59	1:35:08	10.33	20%
1295	Brandi White	1:43:48	7.03	1:56:30	8.44	20%
1267	Maura Wharton	1:26:10	8.47	1:37:10	10.12	19%
758	Kathleen Adams	1:57:42	6.20	2:13:03	7.39	19%
326	Janet Petersen	1:57:49	6.20	2:13:31	7.36	19%
1531	Alaina Prince	1:23:29	8.75	1:34:56	10.36	18%
650	Jacquelyn Rother	1:31:27	7.98	1:44:23	9.42	18%
1519	Kathryn Desimine	1:58:41	6.15	2:15:38	7.25	18%
637	Angela Powell	1:37:47	7.47	1:51:45	8.80	18%
520	Marisa Vandyke	1:37:49	7.47	1:51:56	8.78	18%
1106	Mary Hensel	1:52:22	6.50	2:08:41	7.64	18%
722	Stacey Rother	1:31:25	7.99	1:44:43	9.39	18%
379	Nina Menghini	1:38:20	7.43	1:53:18	8.68	17%
1064	Jessie Donahue	1:12:30	10.07	1:23:35	11.76	17%
440	Annalisa Delozier	2:14:20	5.44	2:35:31	6.32	16%
892	Tarrin Reed	1:10:00	10.43	1:21:33	12.05	16%
936	Susan Oakley	1:50:00	6.64	2:08:57	7.62	15%
847	Maddy Moore	1:45:00	6.95	2:03:12	7.98	15%

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705	Marisa Glieco	1:54:11	6.40	2:14:08	7.33	15%
252	Gretchen Clark-Ross	1:30:35	8.06	1:46:25	9.24	15%
1045	Jenny Sheasley	1:25:50	8.51	1:40:59	9.73	14%
941	Susan Whiton	1:46:03	6.89	2:04:47	7.88	14%
1188	Alexa Filanowicz	1:25:54	8.50	1:41:07	9.72	14%
538	Rachel Delaney	1:57:49	6.20	2:18:43	7.09	14%
824	Peggie Huff	1:47:05	6.82	2:06:05	7.80	14%
1443	Melissa Peterson	1:24:30	8.64	1:39:39	9.86	14%
783	Suzanne Lafrance	1:24:04	8.69	1:39:51	9.85	13%
1169	Maureen Haggblom	1:19:10	9.22	1:34:09	10.44	13%
564	Kimberly Halstead	1:33:54	7.78	1:51:45	8.80	13%
101	Sarah Hardin	1:19:56	9.14	1:35:09	10.33	13%
681	Patti Brassard	1:21:36	8.95	1:37:16	10.11	13%
1521	Anne Kessler	1:51:34	6.55	2:13:02	7.39	13%
1497	Sarah Wiles	1:15:12	9.71	1:29:44	10.96	13%
531	Sherri Roberds	1:42:50	7.10	2:04:00	7.93	12%
1097	Donna Keese	1:23:59	8.69	1:41:26	9.69	11%
1284	Allyssa Davis	2:06:12	5.79	2:33:09	6.42	11%
1432	Valerie Rettmann	1:33:37	7.80	1:53:45	8.64	11%
1541	Sierra Motsinger	1:18:39	9.28	1:35:39	10.28	11%
621	Helena Wierzbicki	1:26:48	8.41	1:45:37	9.31	11%
1273	Jennifer Dobson	1:30:00	8.11	1:49:40	8.96	10%
209	Hailey Hosken	1:22:46	8.82	1:41:07	9.72	10%
1220	Sharon Bohjanen	1:27:34	8.34	1:47:07	9.18	10%
1350	Jennifer Jackson	1:14:02	9.86	1:30:38	10.85	10%
1055	Terise N'Ha Caitriona	1:51:52	6.53	2:17:14	7.16	10%
362	Patti Judd	1:47:14	6.81	2:12:21	7.43	9%
1272	Elizabeth Matthews	1:27:18	8.36	1:47:46	9.12	9%
1263	Erin Schumacher	1:22:00	8.91	1:41:24	9.69	9%
254	Vonice Larsen	3:08:39	3.87	3:53:40	4.21	9%
933	Charla Lee	1:33:05	7.84	1:55:29	8.51	9%
1446	Glenda Denny	1:45:19	6.93	2:10:46	7.52	8%
954	Beverly Harrison	1:27:00	8.39	1:48:09	9.09	8%
575	Anne Olson	1:25:25	8.55	1:46:15	9.25	8%
859	Rebecca Cuniberti	1:24:20	8.66	1:44:57	9.37	8%
554	Pattie Welch	1:35:00	7.69	1:58:18	8.31	8%
1152	Lacey Centeno	1:39:21	7.35	2:03:44	7.94	8%
218	Sara Falcone	1:08:11	10.71	1:24:57	11.57	8%
1012	Cindi Pannone	1:14:47	9.76	1:33:20	10.53	8%
1496	Kate Johnson	1:27:40	8.33	1:49:29	8.98	8%
107	Barbara Wong	1:26:20	8.46	1:47:56	9.11	8%
1278	Jill Simek	1:08:36	10.64	1:25:52	11.45	8%
54	Trudy Keller	1:28:00	8.30	1:50:37	8.89	7%
483	Elizabeth Calabro	1:10:14	10.40	1:28:18	11.13	7%
429	Ann Lovejoy	1:19:55	9.14	1:40:48	9.75	7%
943	Gretchen Wehmhoff	2:28:00	4.93	3:06:47	5.26	7%
853	Diane Thomas	1:43:07	7.08	2:10:12	7.55	7%
1086	Summer Ashcraft	1:29:34	8.15	1:53:06	8.69	7%

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1317	Michelle Croswhite	1:44:28	6.99	2:12:00	7.45	7%
1148	Jolene McDowell	1:45:39	6.91	2:14:13	7.32	6%
401	Renae Sather	1:42:00	7.16	2:09:41	7.58	6%
1183	Jodi Kay	1:41:54	7.17	2:09:37	7.58	6%
606	Regina Smith	1:17:05	9.47	1:38:04	10.02	6%
826	Amy Scharpf	1:17:00	9.48	1:38:12	10.01	6%
83	Marcia Davis	1:19:36	9.17	1:42:00	9.64	5%
1300	Bonnie Wanat	1:13:21	9.96	1:34:01	10.46	5%
815	Stacy Holohan	1:24:47	8.61	1:48:45	9.04	5%
1168	Amanda Amodemo	1:34:30	7.73	2:01:24	8.10	5%
1360	Tricia Perkins	1:13:52	9.89	1:35:00	10.35	5%
1288	Susanna Kelly	1:25:59	8.49	1:50:35	8.89	5%
788	Harriet Paule	1:10:00	10.43	1:30:19	10.88	4%
1520	Melisa Wharton	1:14:50	9.76	1:36:50	10.15	4%
715	Bronwyn Haynes	1:10:07	10.41	1:30:55	10.81	4%
1440	Kristin Wilkinson	1:08:00	10.74	1:28:18	11.13	4%
894	Margaret Blabey	1:15:37	9.66	1:38:33	9.98	3%
40	Lynnetta Marcellus	1:01:55	11.79	1:20:49	12.16	3%
278	Jan Barron	1:15:00	9.74	1:37:58	10.03	3%
223	Thomissa Comellas	1:03:00	11.59	1:22:28	11.92	3%
1060	Cindy Freistone	1:09:30	10.51	1:31:30	10.74	2%
521	Mary Aschoff	1:08:37	10.64	1:30:54	10.81	2%
537	Carmen Devore	1:14:00	9.87	1:38:15	10.01	1%
1485	Helen Strothers	1:11:05	10.27	1:34:43	10.38	1%
400	Emily Reast	1:48:33	6.73	2:24:47	6.79	1%
1084	Celia Rozen	1:10:10	10.41	1:34:15	10.43	0%
210	Kaitlyn Hosken	1:31:25	7.99	2:03:35	7.95	0%
1402	Joyce Sexton	1:33:05	7.84	2:06:23	7.78	-1%
408	Amber O'Brien	1:10:19	10.38	1:35:57	10.25	-1%
1164	Linda Leary	1:30:00	8.11	2:03:33	7.96	-2%
496	Angela Santiago	1:05:04	11.22	1:29:21	11.00	-2%
643	Angeline Jensen	1:35:00	7.69	2:10:29	7.53	-2%
220	Mackenzie Wonders	1:15:39	9.65	1:44:12	9.43	-2%
909	Cynthia Franzen	1:17:42	9.40	1:47:08	9.18	-2%
93	Luann Piccard	1:22:22	8.87	1:56:05	8.47	-4%
92	Angela Piccard	1:17:09	9.47	1:55:45	8.49	-10%
1066	Sarah Freistone	1:15:01	9.73	2:04:55	7.87	-19%
217	Katie Cartee	1:22:41	8.83	2:40:19	6.13	-31%