

2011 Gold Nugget Triathlon - May 15,2011**Most Improved Category**

Timing Results by Up and Running Event Management

FINAL RESULTS

Place	Bib	Name	2010		2011		percent pace
			time	miles/ hr	time	miles/ hr	improved
1	797	Tracy Morrison	2:26:45	6.70	1:29:54	10.93	63%
2	793	Karla Ebert	2:38:39	6.19	1:42:44	9.57	54%
3	1192	Anna Straka	2:18:59	7.07	1:34:40	10.38	47%
4	1068	Shelley Biss	2:27:06	6.68	1:48:12	9.08	36%
5	1063	Cara Housh	2:38:35	6.20	1:57:19	8.38	35%
6	590	Joy Atrops-Kimura	2:07:47	7.69	1:36:17	10.21	33%
7	1285	Karen Lawton	2:32:43	6.44	1:57:09	8.39	30%
8	1188	Rebecca Van Wyck	2:12:25	7.42	1:43:35	9.49	28%
9	1121	September Martin	2:44:21	5.98	2:09:48	7.57	27%
10	775	Angela Stewart	2:10:52	7.51	1:44:18	9.42	25%
11	982	Ronda Aspengren	1:50:02	8.93	1:29:29	10.98	23%
12	1491	Janet Petersen	2:13:31	7.36	1:49:34	8.97	22%
13	971	Charlene Hampton	2:42:31	6.05	2:13:25	7.37	22%
14	1137	Averie Wells	2:30:00	6.55	2:03:10	7.98	22%
15	1443	Catherine Goolsby	1:54:50	8.56	1:35:06	10.33	21%
16	90	Janet Morrone	1:51:22	8.82	1:32:16	10.65	21%
17	509	Renae Sather	2:09:41	7.58	1:47:56	9.11	20%
18	1189	Sara McCormick	1:58:01	8.33	1:39:00	9.93	19%
19	1298	Makenn Okeson	2:03:48	7.94	1:43:55	9.46	19%
20	152	Tasha Bolt	2:32:59	6.42	2:09:52	7.57	18%
21	176	Anna Cha	1:51:35	8.81	1:35:13	10.32	17%
22	886	Justine Sanders	2:01:10	8.11	1:44:37	9.39	16%
23	1202	Amy Stone	2:24:24	6.81	2:04:59	7.86	16%
24	1323	Amy Haley	1:59:44	8.21	1:43:54	9.46	15%
25	978	Claire Trujillo	1:44:12	9.43	1:31:02	10.80	14%
26	910	Deanna Blazejewski	2:00:57	8.13	1:45:49	9.29	14%
27	1204	Lynnette Warren	2:15:12	7.27	1:58:38	8.28	14%
28	1276	Kathleen Adams	2:13:03	7.39	1:56:46	8.42	14%
29	929	Heather Wilson	1:41:54	9.64	1:29:35	10.97	14%
30	926	Julie Denny	1:53:47	8.64	1:40:29	9.78	13%
31	1050	Laura Hartz	1:57:08	8.39	1:43:40	9.48	13%
32	1469	Christine Petersen	2:12:08	7.44	1:56:58	8.40	13%
33	744	Brooke Kopecky	1:45:00	9.36	1:33:05	10.56	13%
34	1161	Julie Schultz	2:01:06	8.12	1:47:42	9.13	12%
35	852	Sara Turner	1:49:51	8.95	1:37:43	10.06	12%
36	1252	Andrea Ritter	1:50:57	8.86	1:39:23	9.89	12%
37	636	Lauri Lingafelt	2:06:34	7.77	1:53:32	8.66	11%
38	1100	Alicia Marvin	2:02:10	8.04	1:49:52	8.95	11%
39	1435	Sara Jokela	2:09:16	7.60	1:56:27	8.44	11%
40	1036	Lynette Nish	2:00:00	8.19	1:48:11	9.08	11%
41	920	Amy Brumbaugh	1:38:16	10.00	1:28:38	11.09	11%
42	619	Erika Bennett	1:37:36	10.07	1:28:09	11.15	11%
43	48	Lori Manion	1:22:07	11.97	1:14:10	13.25	11%
44	998	Tiffany Flowers	2:02:03	8.05	1:50:19	8.91	11%

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FINAL RESULTS

Place	Bib	Name	2010		2011		percent pace improved
			time	miles/ hr	time	miles/ hr	
45	1345	Beth Graupmann	2:31:19	6.49	2:17:00	7.17	10%
46	1016	Ann Ashley	1:58:53	8.27	1:47:42	9.13	10%
47	118	Lia Keller	1:45:22	9.33	1:35:38	10.28	10%
48	725	Ginger Cooley	1:44:39	9.39	1:35:15	10.32	10%
49	1155	Carol Sheldon	1:42:42	9.57	1:33:35	10.50	10%
50	1427	Sarah Callaway	1:45:01	9.36	1:35:49	10.26	10%
51	514	Sophie Wenzel	2:01:33	8.09	1:51:06	8.85	9%
52	915	Angela Powell	1:51:45	8.79	1:42:22	9.60	9%
53	127	Angela Piccard	1:55:45	8.49	1:46:05	9.26	9%
54	151	Disa Congdon	2:29:02	6.59	2:16:53	7.18	9%
55	855	Sondra Winters	1:37:57	10.03	1:30:00	10.92	9%
56	877	Kate Johnson	1:49:29	8.98	1:40:44	9.76	9%
57	119	Charmaine Holt	1:38:16	10.00	1:30:30	10.86	9%
58	919	Michelle Pitner	2:00:36	8.15	1:51:12	8.84	8%
59	883	Leah Zumwalt	1:38:53	9.94	1:31:19	10.76	8%
60	1264	Jan Darch	1:59:49	8.20	1:50:45	8.87	8%
61	697	Tamara Von Gemminge	2:40:00	6.14	2:28:18	6.63	8%
62	1456	Tisha Sutton	1:48:34	9.05	1:40:42	9.76	8%
63	1165	Ivy Eakes	1:48:33	9.05	1:41:29	9.68	7%
64	1436	Kendra Remsen	2:03:18	7.97	1:55:17	8.53	7%
65	901	Heather Jensen	2:03:09	7.98	1:55:09	8.53	7%
66	328	Betti Walters	2:15:52	7.23	2:07:04	7.73	7%
67	763	J. Paige Gingrich	1:35:05	10.34	1:28:57	11.05	7%
68	1353	Rebecca Cuniberti	1:44:57	9.36	1:38:12	10.01	7%
69	863	Jessica Spuhler	1:55:21	8.52	1:48:02	9.10	7%
70	1039	Sheryl Warmbold	2:17:12	7.16	2:08:37	7.64	7%
71	866	Riley Bennett	1:39:19	9.90	1:33:25	10.52	6%
72	482	Valerie Maeker	2:17:57	7.12	2:10:29	7.53	6%
73	1230	Jennifer Comeau	1:55:31	8.51	1:49:30	8.98	5%
74	1139	Emma Westwick	1:38:54	9.94	1:33:56	10.46	5%
75	894	Lu Gallego	1:57:56	8.33	1:52:02	8.77	5%
76	186	Lara Lockard	2:07:09	7.73	2:00:49	8.13	5%
77	159	Debbi Heinen	1:54:30	8.58	1:48:48	9.03	5%
78	1369	Jessica Rauchenstein	2:00:32	8.15	1:54:42	8.57	5%
79	304	Monica McTeague	1:33:44	10.49	1:29:20	11.00	5%
80	142	Gretchen Clark-Ross	1:46:25	9.24	1:41:32	9.68	5%
81	726	Kimi Elliott	1:34:52	10.36	1:30:31	10.86	5%
82	841	Jill Simek	1:25:52	11.45	1:21:58	11.99	5%
83	1367	Heather Donner	1:37:21	10.10	1:32:57	10.57	5%
84	1113	Keryl Hoffman	2:09:06	7.61	2:03:24	7.96	5%
85	1351	Kimberley Kaplun	1:44:35	9.40	1:39:58	9.83	5%
86	958	Alice Anderson	1:38:12	10.01	1:34:00	10.46	4%
87	1275	Kathleen Redmond	1:40:42	9.76	1:36:27	10.19	4%
88	1354	Jennifer Hillman	1:26:44	11.33	1:23:12	11.81	4%

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Place	Bib	Name	2010		2011		percent pace
			time	miles/ hr	time	miles/ hr	improved
89	313	Hayley Harris	2:05:34	7.83	2:00:30	8.16	4%
90	993	Hanna Daum	2:31:38	6.48	2:25:32	6.75	4%
91	952	Anita Wright	1:55:33	8.51	1:51:02	8.85	4%
92	1196	Rena Kornstad	1:37:00	10.13	1:33:13	10.54	4%
93	511	Sandra Lowther	2:17:00	7.17	2:11:45	7.46	4%
94	817	Tammy Gongliewski	2:12:42	7.41	2:07:54	7.68	4%
95	947	Angie Jensen	2:10:29	7.53	2:05:47	7.81	4%
96	673	Val Jokela	1:59:10	8.25	1:54:55	8.55	4%
97	178	Katie Anderson	1:45:26	9.32	1:41:44	9.66	4%
98	1474	Jennifer Gilhuly	2:08:10	7.67	2:03:45	7.94	4%
99	1136	Clair Degeorge	1:50:04	8.93	1:46:17	9.25	4%
100	1391	Lisa Venner-Gill	1:54:50	8.56	1:50:56	8.86	4%
101	714	Lindsay Pinkelman	1:36:00	10.24	1:32:51	10.58	3%
102	8	Danelle Winn	1:11:39	13.72	1:09:19	14.18	3%
103	940	Sonja Daum	2:32:09	6.46	2:27:26	6.67	3%
104	1332	Nicole Votaw	1:46:58	9.19	1:43:45	9.47	3%
105	999	Jennifer Stenberg	1:37:13	10.11	1:34:24	10.41	3%
106	1294	Erin Schumacher	1:41:24	9.69	1:38:30	9.98	3%
107	1363	Beverly Harrison	1:48:09	9.09	1:45:19	9.33	3%
108	819	Lona Sims	1:40:10	9.81	1:37:39	10.06	3%
109	1452	Jennifer Dobson	1:49:40	8.96	1:46:58	9.19	3%
110	1206	Anne Olson	1:46:15	9.25	1:43:42	9.48	2%
111	730	Joanne Ballagh	1:52:28	8.74	1:49:53	8.94	2%
112	1205	Jennifer Bostick	1:43:20	9.51	1:40:59	9.73	2%
113	239	Lora Reinbold	1:33:44	10.49	1:31:37	10.73	2%
114	1032	Lora Jorgensen	1:41:16	9.71	1:39:05	9.92	2%
115	1131	Ripple Sato	1:59:58	8.19	1:57:32	8.36	2%
116	1138	Maya Carle	2:04:00	7.93	2:01:34	8.08	2%
117	184	Samantha Roscovius	1:32:20	10.64	1:30:34	10.85	2%
118	1097	Karen Blaney	2:22:56	6.88	2:20:14	7.01	2%
119	822	Jane Tuomi	1:38:24	9.99	1:36:36	10.17	2%
120	21	Karina Packer	1:15:54	12.95	1:14:38	13.17	2%
121	1355	Selena Moore	1:47:59	9.10	1:46:13	9.25	2%
122	1182	Hannah Papa	1:41:21	9.70	1:39:56	9.83	1%
123	9	Erin Beam	1:12:34	13.54	1:11:34	13.73	1%
124	1461	Paula York	1:40:02	9.82	1:38:44	9.95	1%
125	1299	Alyssa Bash	1:46:18	9.25	1:45:02	9.36	1%
126	754	Angela Santiago	1:29:21	11.00	1:28:20	11.13	1%
127	130	Sissy Adams	1:27:39	11.21	1:26:44	11.33	1%
128	335	Gianna Thornton	1:36:29	10.19	1:35:37	10.28	1%
129	1467	Amber Morey	2:09:59	7.56	2:08:50	7.63	1%
130	1130	Tara Degeorge	1:40:13	9.81	1:39:21	9.89	1%
131	997	Bronwyn De Schweinitz	1:41:47	9.66	1:40:55	9.74	1%
132	1482	Renee Parsley	1:27:45	11.20	1:27:04	11.29	1%

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Place	Bib	Name	2010		2011		percent pace
			time	miles/ hr	time	miles/ hr	improved
133	58	Sarah Martin	1:33:45	10.48	1:33:04	10.56	1%
134	798	Ginny McGill	1:31:32	10.74	1:31:09	10.78	0%
135	1476	Tayvia Wright	1:58:01	8.33	1:57:32	8.36	0%
136	943	Susan Halvor	1:49:23	8.98	1:48:57	9.02	0%
137	173	Maria Harmse	1:56:00	8.47	1:55:36	8.50	0%
138	1118	Maureen Haggblom	1:34:09	10.44	1:33:50	10.47	0%
139	751	Amanda Clayton	1:39:10	9.91	1:38:52	9.94	0%
140	472	Laura Richardson	1:58:39	8.28	1:58:19	8.31	0%
141	438	Joann Mitchell	2:17:03	7.17	2:16:47	7.19	0%
142	1304	Allison Thomas	1:48:21	9.07	1:48:10	9.09	0%
143	656	Cindi Pannone	1:33:20	10.53	1:33:14	10.54	0%
144	835	Valerie Rettmann	1:53:45	8.64	1:53:39	8.65	0%
145	644	Sue Parry	1:40:07	9.82	1:40:05	9.82	0%
146	1282	Bonnie Wanat	1:34:01	10.45	1:34:03	10.45	0%
147	1312	Susanna Kelly	1:50:35	8.89	1:50:40	8.88	0%
148	788	Nina Menghini	1:53:18	8.67	1:53:26	8.66	0%
149	1259	Heather Hogge	1:26:59	11.30	1:27:25	11.24	0%
150	762	Tapia Hansen	1:34:05	10.45	1:34:41	10.38	-1%
151	746	Kenya Pace	1:56:34	8.43	1:58:10	8.32	-1%
152	1040	Maureen McGlone	1:56:37	8.43	1:58:17	8.31	-1%
153	126	Luann Piccard	1:56:05	8.47	1:58:15	8.31	-2%
154	402	Amber Winkel	1:42:45	9.56	1:44:57	9.36	-2%
155	1454	Danielle Mason	1:43:23	9.51	1:45:39	9.30	-2%
156	1403	Nicole Knox	1:49:18	8.99	1:52:13	8.76	-3%
157	972	Tricia Perkins	1:35:00	10.35	1:37:39	10.06	-3%
158	1478	Haylee Donovan	1:38:25	9.99	1:41:14	9.71	-3%
159	956	Cinda Devine	1:40:35	9.77	1:43:37	9.48	-3%
160	1375	Kimberly Halstead	1:51:49	8.79	1:55:13	8.53	-3%
161	1065	Diane Thomas	2:10:12	7.55	2:14:18	7.32	-3%
162	1366	Faith Hewlett	1:42:31	9.59	1:45:46	9.29	-3%
163	385	Jennifer Witt	2:26:03	6.73	2:30:44	6.52	-3%
164	1112	Grace Harris	2:07:50	7.69	2:12:09	7.44	-3%
165	716	Crystal Miller	1:51:53	8.78	1:55:42	8.49	-3%
166	764	Leah Mullenbach	1:38:15	10.00	1:41:39	9.67	-3%
167	1379	Lisa Anderson	1:58:36	8.29	2:02:44	8.01	-3%
168	308	Rachel Faria	1:48:25	9.07	1:52:12	8.76	-3%
169	136	Cara Bethe	1:55:37	8.50	1:59:56	8.19	-4%
170	1362	Katie Sechrist	1:47:08	9.17	1:51:19	8.83	-4%
171	645	Mary Ellen Summer	1:55:33	8.51	2:00:16	8.17	-4%
172	1305	Alex Okeson	1:31:29	10.74	1:35:16	10.32	-4%
173	803	Bronwyn Haynes	1:30:55	10.81	1:35:00	10.35	-4%
174	1357	Sarah Smith	1:55:29	8.51	2:00:50	8.13	-4%
175	1166	Laura Eakes	1:23:20	11.79	1:27:38	11.21	-5%
176	1239	Jennifer Avery	2:01:01	8.12	2:07:17	7.72	-5%

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177	1012	Bethany Ray	1:22:41	11.89	1:26:58	11.30	-5%
178	1198	Jolene McDowell	2:14:13	7.32	2:21:22	6.95	-5%
179	459	Anna King	1:55:51	8.48	2:02:06	8.05	-5%
180	510	Dawn Hansen	2:13:00	7.39	2:20:44	6.98	-5%
181	1178	Sadie Huffer	1:56:13	8.46	2:03:55	7.93	-6%
182	1236	Jeanette Tapley	1:39:58	9.83	1:46:56	9.19	-7%
183	352	Karen Simmons	2:15:03	7.28	2:24:35	6.80	-7%
184	1325	Tawnya Roberts	1:37:44	10.06	1:44:38	9.39	-7%
185	80	Cindy Cooper	1:20:00	12.29	1:25:46	11.46	-7%
186	135	Diane Barnett	1:42:45	9.56	1:50:16	8.91	-7%
187	1368	Kristine Burton	1:56:26	8.44	2:05:16	7.85	-7%
188	187	Ciana Dragano	2:43:25	6.01	2:56:38	5.56	-7%
219	187	Ciana Dragano	2:43:25	6.01	2:56:38	5.56	-7%
189	734	Cassandra Barsalou	1:45:41	9.30	1:54:33	8.58	-8%
190	1215	Elizabeth Matthews	1:47:46	9.12	1:56:49	8.41	-8%
191	1092	Sherri Roberds	2:04:00	7.93	2:14:29	7.31	-8%
192	125	Idamarie Piccard	2:10:50	7.51	2:21:58	6.92	-8%
193	875	Tobi Ashby Dunham	1:50:15	8.91	1:59:39	8.21	-8%
194	512	Paxson Lowther	2:22:00	6.92	2:35:06	6.34	-8%
195	332	Madeleine Oakley	1:50:00	8.93	2:00:21	8.17	-9%
196	878	Krista Linegar	2:04:07	7.92	2:15:54	7.23	-9%
197	234	Jonel Schenk	1:39:19	9.90	1:49:20	8.99	-9%
198	795	Elaina Hveding	1:46:43	9.21	1:57:35	8.36	-9%
199	1487	Anne Blount	1:36:18	10.21	1:46:31	9.23	-10%
200	163	Heather Brooks	1:43:32	9.49	1:54:49	8.56	-10%
201	1445	Amanda Amodemo	2:01:24	8.10	2:15:03	7.28	-10%
202	806	Jean Sato	2:01:16	8.10	2:16:08	7.22	-11%
203	769	Cynthia Franzen	1:47:08	9.17	2:00:43	8.14	-11%
204	128	Carrie Bjorn-Roli	1:29:31	10.98	1:41:15	9.71	-12%
205	448	Amanda Hays	2:01:40	8.08	2:17:57	7.12	-12%
206	1073	Emily Reast	2:24:47	6.79	2:44:16	5.98	-12%
207	1413	Amber Finley	1:47:41	9.13	2:03:44	7.94	-13%
208	1295	Brandi White	1:56:30	8.44	2:14:30	7.31	-13%
209	977	Anna Trujillo	1:45:23	9.33	2:01:49	8.07	-13%
210	307	Veronica Pope	1:53:08	8.69	2:13:04	7.39	-15%
211	71	Sarah Hardin	1:19:39	12.34	1:36:21	10.20	-17%
212	1464	Stephanie Galbraith	1:32:12	10.66	1:51:40	8.80	-17%
213	898	Robyn Elkins	1:50:41	8.88	2:14:22	7.31	-18%
214	1044	Ariel Olson	1:30:30	10.86	1:52:04	8.77	-19%
215	960	Lois Olson	1:25:30	11.49	1:48:43	9.04	-21%
216	339	Maddy Moore	1:26:47	11.32	1:58:26	8.30	-27%
217	1222	Kandis Price	1:25:33	11.49	1:59:35	8.22	-28%
218	631	Terise N'Ha Caitriona	1:51:52	8.79	2:49:25	5.80	-34%