

WOMEN'S GOLD NUGGET TRIATHLON

21-May-06

**FINAL RESULTS
MOST IMPROVED**

(Note: This lists participants who chose this category when they registered and supplied their time from last year.
It is not an attempt to list everyone who improved.)

BIB #	LAST NAME	FIRST NAME	SWIM TIME	TRANS	BIKE TIME	RUN TIME	TOTAL TIME	LAST YEAR TIME	IMPROVEMENT
155	Tillman	Caryn	0:11:05	0:04:49	0:51:46	1:07:43	2:15:23	02:55:38	0:40:15
1104	Brown	Morgan	0:12:26	0:02:50	0:59:54	0:48:13	2:03:23	02:39:40	0:36:17
1124	Chrisien	Connie	0:15:11	0:06:53	0:45:29	0:55:51	2:03:24	02:32:47	0:29:23
632	Hollen	Debbie	0:12:44	0:03:28	0:42:12	0:45:19	1:43:42	02:12:41	0:28:59
426	Hillborn	Brittany	0:09:59	0:04:22	0:36:58	0:34:11	1:25:31	1:48:52	0:23:21
619	Willett	Amy	0:07:34	0:07:02	0:49:00	0:46:19	1:49:55	02:12:33	0:22:38
162	Knutson	Kathy	0:08:18	0:01:57	0:38:15	0:36:32	1:25:03	01:44:15	0:19:12
220	Spinelli	Lauren	0:09:20	0:01:23	0:35:12	0:31:40	1:17:35	1:36:47	0:19:12
160	Schilling	Lori	0:10:28	0:04:18	0:36:20	0:45:53	1:36:59	01:55:35	0:18:36
425	Watts	April	0:07:18	0:04:44	0:40:27	0:39:20	1:31:49	01:49:07	0:17:18
299	Benson	Poppy	0:11:28	0:03:48	0:41:04	0:43:23	1:39:43	01:54:46	0:15:03
951	Beltran	Ida	0:08:57	0:03:05	0:41:18	0:43:47	1:37:07	01:51:38	0:14:31
148	Summers	Hannah	0:10:23	0:02:44	0:32:58	0:32:54	1:18:59	01:32:24	0:13:25
517	Harris	Angela	0:12:19	0:02:55	0:40:35	0:40:00	1:35:50	1:49:11	0:13:21
560	Helgeson	Amy	0:09:05	0:05:03	0:39:18	0:53:23	1:46:49	1:59:48	0:12:59
881	Konicke	Marissa	0:06:21	0:03:02	0:42:22	0:40:34	1:32:19	01:45:17	0:12:58
1055	Oakley	Susan	0:08:27	0:03:36	0:39:26	0:43:28	1:34:57	01:47:49	0:12:52
252	Flanagan	Jennifer	0:11:15	0:03:09	0:38:53	0:29:57	1:23:14	01:35:56	0:12:42
880	Konicke	Kelsey	0:06:24	0:02:45	0:40:24	0:41:13	1:30:46	01:42:44	0:11:58
452	O'grady	Mary	0:09:03	0:03:04	0:36:31	0:30:22	1:19:00	01:30:44	0:11:44
704	Buck	Julie	0:10:31	0:02:56	0:40:47	0:36:34	1:30:48	1:42:21	0:11:33
1028	Berube	Nancy	0:07:21	0:03:04	0:37:50	0:41:21	1:29:36	1:40:49	0:11:13
52	Pelozza	Amy	0:11:17	0:02:14	0:39:49	0:43:45	1:37:05	1:48:10	0:11:05
73	Reilly	Sheila	0:08:54	0:02:38	0:36:03	0:38:42	1:26:18	01:37:10	0:10:52
567	Carle	Megan	0:08:01	0:04:55	0:41:54	0:40:50	1:35:41	01:45:19	0:09:38
863	Mckinnon	Jennifer	0:09:10	0:02:11	0:34:55	0:47:17	1:33:32	01:43:07	0:09:35
792	Prater	Naomi	0:10:00	0:02:00	0:36:16	0:32:36	1:20:53	1:30:24	0:09:31
111	Cabana	Kami	0:11:31	0:03:23	0:40:58	0:37:05	1:32:58	1:42:16	0:09:18
445	Wilson	Lauren	0:08:34	0:01:47	0:33:14	0:30:30	1:14:05	01:22:57	0:08:52
907	Franks	Carol	0:11:36	0:02:56	0:56:08	0:46:52	1:57:32	2:06:11	0:08:39
887	Oldfield	Colleen	0:10:13	0:03:25	0:40:38	0:40:01	1:34:18	1:42:45	0:08:27
60	Fraser	Carol	0:10:51	0:02:11	0:36:53	0:36:35	1:26:30	01:34:51	0:08:21
171	Marbarger	Frances	0:14:36	0:04:09	0:47:20	0:45:51	1:51:56	02:00:12	0:08:16
237	Yamauchi	Lesley	0:12:40	0:01:35	0:33:09	0:32:48	1:20:12	1:28:28	0:08:16
695	Overbaugh	Julie	0:08:57	0:04:58	0:45:15	0:50:09	1:49:20	01:57:13	0:07:53
312	Burr	Ena	0:06:50	0:03:19	0:48:12	0:47:17	1:45:37	1:53:30	0:07:53
330	Sheppard	Linda	0:13:18	0:02:58	0:43:33	0:43:17	1:43:06	01:50:48	0:07:42
828	Davis	Renae	0:15:06	0:12:48	0:56:26	0:58:52	2:23:12	2:30:53	0:07:41
329	Green	Jennifer	0:15:35	0:05:07	0:59:56	0:59:33	2:20:12	02:27:50	0:07:38
933	Edwards	Brooke	0:08:25	0:01:37	0:35:44	0:34:00	1:19:46	01:26:55	0:07:09
212	Schoening	Glenna	0:14:26	0:03:58	0:54:30	0:58:12	2:11:06	2:18:14	0:07:08
387	O'donnell	Janelle	0:11:34	0:10:58	0:56:30	0:52:07	2:11:09	02:17:57	0:06:48
639	Noah	Lindsay	0:08:18	0:02:00	0:35:38	0:35:50	1:21:46	01:28:05	0:06:19
366	Strang	Trina	0:13:20	0:02:37	0:39:01	0:28:21	1:23:18	01:29:11	0:05:53
451	Patterson	Caitlin	0:09:01	0:03:14	0:37:01	0:31:08	1:20:24	1:26:01	0:05:37
847	Collins	Nancy	0:12:00	0:02:20	0:40:21	0:35:39	1:30:20	01:35:37	0:05:17
883	Demer	Lisa	0:11:06	0:03:46	0:41:00	0:44:00	1:39:52	1:44:58	0:05:06
993	Provost	Ellen	0:09:25	0:04:27	0:42:53	0:44:43	1:41:28	1:46:25	0:04:57
1041	Tidwell	Lisa	0:15:25	0:04:27	0:41:30	0:40:08	1:41:29	01:45:42	0:04:13
77	Hughes	Alane	0:10:46	0:03:13	0:42:55	0:36:07	1:33:01	1:37:06	0:04:05
63	Bundy-cob	Jennifer	0:07:42	0:02:00	0:37:50	0:43:34	1:31:06	01:34:52	0:03:46
69	Stone	Tana	0:07:23	0:03:07	0:41:51	0:47:00	1:39:22	01:43:05	0:03:43
816	Davis	Alex	0:08:29	0:02:04	0:36:04	0:35:07	1:21:44	01:25:12	0:03:28
152	Davis	Lana	0:09:06	0:03:01	0:40:23	0:39:19	1:31:50	01:35:18	0:03:28
255	Simpson	Amy	0:11:53	0:05:28	0:49:11	0:49:16	1:55:48	01:59:16	0:03:28
334	Chard	Jan	0:08:56	0:02:34	0:39:14	0:41:44	1:32:28	1:35:55	0:03:27

BIB #	LAST NAME	FIRST NAME	SWIM TIME	TRANS	BIKE TIME	RUN TIME	TOTAL TIME	LAST YEAR TIME	IMPROVEMENT
723	Walch	Amanda	0:12:33	0:02:29	0:43:15	0:41:22	1:39:39	01:43:05	0:03:26
999	Faber	Judith	0:13:36	0:04:01	0:40:29	0:32:56	1:31:01	1:34:07	0:03:06
817	Davis	Nancy	0:10:23	0:02:29	0:36:18	0:35:49	1:24:59	01:27:45	0:02:46
967	Wiepking-t	Sophie	0:11:20	0:04:20	0:43:12	0:33:35	1:32:27	1:35:12	0:02:45
80	Burnes	Andrea	0:09:14	0:01:35	0:36:34	0:34:01	1:21:24	1:24:09	0:02:45
905	Stockert	Clare	0:09:13	0:01:46	0:36:22	0:34:49	1:22:10	01:24:43	0:02:33
453	O'grady	Katherine	0:10:57	0:04:10	0:47:48	0:45:21	1:48:16	01:50:14	0:01:58
165	Summers	Morgan	0:12:55	0:03:13	0:44:32	0:52:14	1:52:54	01:54:51	0:01:57
163	Gustafson	Kathleen	0:07:48	0:02:12	0:39:58	0:40:19	1:30:17	01:32:03	0:01:46
862	Rudd	Renee'	0:07:58	0:02:38	0:37:10	0:33:34	1:21:20	01:22:37	0:01:17
156	Gonne'-Ha	Karen	0:16:19	0:05:47	0:45:51	0:40:32	1:48:29	01:48:58	0:00:29
843	Vandehey	Melanie	0:14:27	0:03:44	0:38:09	0:47:15	1:43:35	01:43:49	0:00:14