

GOLD NUGGET TRIATHLON - Official Results**Sunday, May 16, 2010****Anchorage, Alaska****Timing and Results by Up and Running Event Management**

Ovl	Bib	Swim	T1	Bike	T2	Run	Total	Final Time	Penalty						
Place	Name	Place	Time	Place	Time	Place	Time	Place	Time						
1	1 Shannon Donley	12	0:06:35	3	0:01:47	1	0:35:55	17	0:00:35	4	0:20:29	1	1:05:19	1	1:05:19
2	3 Amber Stull	24	0:06:53	4	0:01:47	2	0:36:43	18	0:00:35	5	0:20:41	2	1:06:38	2	1:06:38
3	5 Larrell Lockard	1	0:05:50	10	0:01:59	6	0:38:22	14	0:00:33	7	0:21:05	3	1:07:48	3	1:07:48
4	2 Kikkan Randall	69	0:07:38	24	0:02:10	9	0:38:50	21	0:00:37	1	0:19:01	4	1:08:15	4	1:08:15
5	7 Jenny Kimball	3	0:06:05	29	0:02:12	5	0:38:01	44	0:00:45	45	0:23:10	5	1:10:12	5	1:10:12
6	800 Carolyn Barry	53	0:07:30	1	0:01:35	7	0:38:49	194	0:01:08	13	0:21:26	6	1:10:26	6	1:10:26
7	8 Suzanne Wheatall	213	0:09:02	16	0:02:05	3	0:36:45	13	0:00:33	23	0:22:25	7	1:10:48	7	1:10:48
8	4 Kristi Waythomas	77	0:07:45	70	0:02:30	19	0:40:41	52	0:00:48	3	0:19:17	8	1:10:59	8	1:10:59
9	6 Danelle Winn	96	0:07:55	13	0:02:03	8	0:38:50	492	0:01:31	11	0:21:21	9	1:11:39	9	1:11:39
10	14 Katie Ronsse	123	0:08:19	21	0:02:09	12	0:39:22	84	0:00:53	10	0:21:17	10	1:11:59	10	1:11:59
11	21 Erin Beam	14	0:06:39	81	0:02:32	26	0:41:09	61	0:00:50	12	0:21:26	11	1:12:34	11	1:12:34
12	42 Kinsey Loan	19	0:06:46	36	0:02:17	4	0:37:42	79	0:00:53	107	0:25:00	12	1:12:37	12	1:12:37
13	9 Natasha Bergt	136	0:08:29	14	0:02:04	10	0:39:03	3	0:00:24	28	0:22:39	13	1:12:38	13	1:12:38
14	10 Najeeby Quinn	110	0:08:09	17	0:02:05	59	0:43:13	6	0:00:27	2	0:19:09	14	1:13:02	14	1:13:02
15	75 Kim Kersten	178	0:08:47	53	0:02:23	14	0:39:37	10	0:00:31	24	0:22:27	15	1:13:44	15	1:13:44
16	23 Deana Watson	93	0:07:54	12	0:02:02	11	0:39:10	80	0:00:53	73	0:24:15	16	1:14:13	16	1:14:13
17	30 Lauren Spinelli	85	0:07:48	107	0:02:41	18	0:40:38	58	0:00:49	34	0:22:46	17	1:14:41	17	1:14:41
18	19 Laurel Brady	94	0:07:54	39	0:02:19	13	0:39:25	30	0:00:39	83	0:24:33	18	1:14:49	18	1:14:49
19	33 Janet Mamikunian	121	0:08:18	45	0:02:21	21	0:40:44	53	0:00:49	36	0:22:47	19	1:14:57	19	1:14:57
20	20 Lise Falskow	48	0:07:23	74	0:02:31	16	0:40:09	56	0:00:49	89	0:24:40	20	1:15:30	20	1:15:30
21	13 Shannon Titzel	6	0:06:12	78	0:02:32	28	0:41:28	15	0:00:33	111	0:25:07	21	1:15:51	21	1:15:51
22	500 Eeva Latosuo	50	0:07:25	273	0:03:30	30	0:41:57	109	0:00:57	18	0:22:04	22	1:15:51	22	1:15:51
23	44 Karina Packer	42	0:07:10	66	0:02:29	40	0:42:41	2	0:00:21	48	0:23:14	23	1:15:54	23	1:15:54
24	15 Carrie Setian	97	0:07:57	40	0:02:19	45	0:42:46	5	0:00:26	26	0:22:36	24	1:16:03	24	1:16:03
25	38 Allison Melocik	182	0:08:50	34	0:02:16	50	0:42:58	128	0:01:00	9	0:21:13	25	1:16:16	25	1:16:16
26	32 Katy Rosane	104	0:08:03	94	0:02:36	17	0:40:22	134	0:01:01	80	0:24:21	26	1:16:21	26	1:16:21
27	34 Nancy Meade-Miller	70	0:07:38	86	0:02:33	23	0:40:53	7	0:00:28	97	0:24:55	27	1:16:26	27	1:16:26
28	39 Joleen Smith	21	0:06:48	88	0:02:34	27	0:41:20	45	0:00:46	122	0:25:18	28	1:16:44	28	1:16:44
29	28 Corrie Smith	51	0:07:25	20	0:02:08	39	0:42:40	25	0:00:38	64	0:24:00	29	1:16:50	29	1:16:50
30	26 Christina Lindh	20	0:06:46	37	0:02:18	33	0:42:10	40	0:00:44	102	0:24:56	30	1:16:52	30	1:16:52
31	406 Jamie Bursell	303	0:09:38	61	0:02:26	15	0:39:38	360	0:01:21	71	0:24:09	31	1:17:10	31	1:17:10
32	46 Annie Liotta	68	0:07:37	165	0:02:57	68	0:43:37	11	0:00:32	27	0:22:38	32	1:17:19	32	1:17:19
33	18 Danelle Vanholstyn	118	0:08:16	47	0:02:22	24	0:40:59	110	0:00:57	94	0:24:53	33	1:17:25	33	1:17:25
34	25 Sara Miller	25	0:06:53	71	0:02:30	64	0:43:34	29	0:00:39	63	0:23:58	34	1:17:33	34	1:17:33
35	24 Jennifer Henderson	197	0:08:55	169	0:02:58	67	0:43:35	161	0:01:05	14	0:21:35	35	1:18:07	35	1:18:07
36	47 Emily Rogers	158	0:08:38	54	0:02:23	36	0:42:26	311	0:01:18	61	0:23:51	36	1:18:34	36	1:18:34
37	43 Chloe Miller	7	0:06:15	27	0:02:12	119	0:45:27	1	0:00:20	86	0:24:36	37	1:18:48	37	1:18:48
38	31 Nichole Rehm	374	0:10:01	75	0:02:31	74	0:43:46	73	0:00:52	16	0:21:43	38	1:18:51	38	1:18:51
39	1170 Mary O'Grady	327	0:09:47	318	0:03:40	69	0:43:42	133	0:01:00	6	0:20:51	39	1:18:58	39	1:18:58
40	846 Carleen Ulbrich	238	0:09:14	110	0:02:41	29	0:41:43	553	0:01:35	67	0:24:03	40	1:19:15	40	1:19:15
41	27 Claire Norton-Cruz	15	0:06:39	72	0:02:30	139	0:45:56	215	0:01:10	47	0:23:12	41	1:19:25	41	1:19:25
42	1108 Rachel McCartan	75	0:07:43	59	0:02:25	102	0:44:56	562	0:01:36	39	0:23:01	42	1:19:39	42	1:19:39
43	50 Jamie Evans	22	0:06:50	76	0:02:31	94	0:44:44	138	0:01:01	88	0:24:39	43	1:19:44	43	1:19:44
44	1178 Amy Erickson	109	0:08:08	26	0:02:11	37	0:42:35	487	0:01:31	124	0:25:25	44	1:19:48	44	1:19:48
45	35 Kelly Van Hoek	174	0:08:45	115	0:02:42	44	0:42:46	39	0:00:44	98	0:24:55	45	1:19:50	45	1:19:50

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Anchorage, Alaska

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Ovl Place	Bib Name	Swim Place	Time	T1 Place	Time	Bike Place	Time	T2 Place	Time	Run Place	Time	Total Place	Time	Final Time Place	Penalty Time
46	77 Elizabeth Hooper	309	0:09:40	97	0:02:38	66	0:43:35	158	0:01:05	42	0:23:04	46	1:20:01	46	1:20:01
47	22 Cindy Tuckwood	86	0:07:48	62	0:02:26	101	0:44:52	9	0:00:31	85	0:24:34	47	1:20:09	47	1:20:09
48	106 Mireya De La Pena	105	0:08:03	125	0:02:46	63	0:43:31	232	0:01:11	91	0:24:47	48	1:20:16	48	1:20:16
49	597 Kelsey Young	215	0:09:03	112	0:02:41	31	0:42:04	373	0:01:22	121	0:25:17	49	1:20:27	49	1:20:27
50	85 Kim Rivera	239	0:09:14	183	0:03:03	70	0:43:43	238	0:01:12	50	0:23:22	50	1:20:32	50	1:20:32
51	69 Colleen Franks	335	0:09:50	46	0:02:21	20	0:40:43	46	0:00:46	195	0:26:55	51	1:20:34	51	1:20:34
52	71 Jill McLeod	162	0:08:40	105	0:02:39	47	0:42:54	48	0:00:46	146	0:25:49	52	1:20:47	52	1:20:47
53	40 Lynnetta Marcellus	143	0:08:32	80	0:02:32	76	0:43:57	36	0:00:42	113	0:25:07	53	1:20:49	53	1:20:49
54	172 Lindsey Viltrakis	354	0:09:56	134	0:02:49	151	0:46:20	49	0:00:47	8	0:21:08	54	1:20:58	54	1:20:58
55	361 Ashley Van Hemert	208	0:09:00	52	0:02:23	153	0:46:23	16	0:00:35	31	0:22:42	55	1:21:01	55	1:21:01
56	1004 Bethanne Clary	232	0:09:12	51	0:02:23	46	0:42:49	394	0:01:24	123	0:25:20	56	1:21:06	56	1:21:06
57	41 Kristi Shea	314	0:09:41	166	0:02:57	92	0:44:42	37	0:00:42	43	0:23:06	57	1:21:07	57	1:21:07
58	36 Angela Conroy	163	0:08:40	56	0:02:24	130	0:45:46	75	0:00:52	57	0:23:35	58	1:21:15	58	1:21:15
59	629 Elizabeth Anderson	130	0:08:25	278	0:03:31	123	0:45:32	237	0:01:12	29	0:22:39	59	1:21:17	59	1:21:17
60	48 Susie Holway	296	0:09:36	227	0:03:16	58	0:43:13	122	0:00:59	79	0:24:20	60	1:21:23	60	1:21:23
61	1255 Cory Lehl	102	0:08:02	18	0:02:07	51	0:43:03	474	0:01:30	189	0:26:47	61	1:21:28	61	1:21:28
62	993 Anne Barnett	115	0:08:13	25	0:02:11	80	0:44:12	268	0:01:14	137	0:25:41	62	1:21:29	62	1:21:29
63	892 Tarrin Reed	27	0:06:54	67	0:02:30	86	0:44:23	190	0:01:08	184	0:26:40	63	1:21:33	63	1:21:33
64	698 Brook Evingson	119	0:08:16	19	0:02:08	65	0:43:35	724	0:01:47	148	0:25:51	64	1:21:35	64	1:21:35
65	1159 Debbie Boots	299	0:09:37	193	0:03:06	48	0:42:55	722	0:01:47	72	0:24:14	65	1:21:37	65	1:21:37
66	29 Sarah Hunter	252	0:09:17	102	0:02:39	134	0:45:50	174	0:01:06	40	0:23:01	66	1:21:51	66	1:21:51
67	72 Georgina Scorer	202	0:08:57	124	0:02:45	84	0:44:20	34	0:00:41	116	0:25:10	67	1:21:51	67	1:21:51
68	45 Kate Backstrum	113	0:08:12	114	0:02:42	54	0:43:09	54	0:00:49	227	0:27:15	68	1:22:05	68	1:22:05
69	771 Lori Manion	549	0:11:00	57	0:02:24	34	0:42:11	419	0:01:26	112	0:25:07	69	1:22:07	69	1:22:07
70	144 Jennifer Armentrout	204	0:08:59	122	0:02:45	77	0:44:07	428	0:01:27	99	0:24:55	70	1:22:11	70	1:22:11
71	407 Mykaela McMullen	49	0:07:23	128	0:02:46	227	0:48:09	121	0:00:59	38	0:22:57	71	1:22:13	71	1:22:13
72	1305 Jill Blackstone	13	0:06:35	95	0:02:37	156	0:46:35	524	0:01:34	108	0:25:01	72	1:22:20	72	1:22:20
73	761 Jodi McLaughlin	39	0:07:07	158	0:02:55	127	0:45:37	321	0:01:18	127	0:25:30	73	1:22:26	73	1:22:26
74	37 Elizabeth Walker	254	0:09:18	140	0:02:51	149	0:46:14	31	0:00:40	51	0:23:26	74	1:22:27	74	1:22:27
75	944 Heidi Beer	380	0:10:03	33	0:02:16	91	0:44:39	378	0:01:22	70	0:24:08	75	1:22:27	75	1:22:27
76	223 Thomissa Comellas	32	0:07:03	161	0:02:56	82	0:44:18	153	0:01:04	214	0:27:08	76	1:22:28	76	1:22:28
77	86 Melissa Worden	746	0:11:59	143	0:02:52	38	0:42:40	113	0:00:58	68	0:24:05	77	1:22:31	77	1:22:31
78	1320 Julie Vogler	233	0:09:12	23	0:02:10	32	0:42:05	634	0:01:41	247	0:27:29	78	1:22:35	78	1:22:35
79	1460 Bethany Ray	103	0:08:02	199	0:03:07	121	0:45:29	173	0:01:06	105	0:24:58	79	1:22:41	79	1:22:41
80	560 Erica White	622	0:11:22	90	0:02:34	52	0:43:05	380	0:01:22	78	0:24:19	80	1:22:41	80	1:22:41
81	82 Stacy Dayley	209	0:09:00	144	0:02:52	73	0:43:45	33	0:00:41	179	0:26:30	82	1:22:46	81	1:22:46
82	212 Petra Davis	344	0:09:54	160	0:02:56	25	0:41:09	245	0:01:12	268	0:27:49	83	1:22:58	82	1:22:58
83	828 Jordan Pruszenski	73	0:07:41	341	0:03:45	172	0:47:00	130	0:01:00	59	0:23:39	84	1:23:04	83	1:23:04
84	1031 Amy MacKenzie	660	0:11:32	7	0:01:56	71	0:43:44	116	0:00:58	103	0:24:56	85	1:23:05	84	1:23:05
85	49 Rachelle Kanady	176	0:08:46	186	0:03:04	117	0:45:25	4	0:00:24	126	0:25:28	86	1:23:05	85	1:23:05
86	206 Tsaina Mahlen	326	0:09:46	277	0:03:30	180	0:47:08	51	0:00:48	17	0:21:58	87	1:23:08	86	1:23:08
87	84 Tyra Smith-Mackinnon	595	0:11:14	139	0:02:50	53	0:43:08	155	0:01:04	101	0:24:56	88	1:23:11	87	1:23:11
88	1426 Holly McCune	188	0:08:53	15	0:02:04	75	0:43:56	703	0:01:46	180	0:26:33	89	1:23:11	88	1:23:11
89	104 Laura Eakes	225	0:09:09	101	0:02:39	122	0:45:32	63	0:00:50	117	0:25:12	90	1:23:20	89	1:23:20
90	460 Heather Williams	216	0:09:03	136	0:02:50	88	0:44:32	118	0:00:58	153	0:26:06	91	1:23:27	90	1:23:27

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Ovl Place	Bib Name	Swim Place	Time	T1 Place	Time	Bike Place	Time	T2 Place	Time	Run Place	Time	Total Place	Time	Final Time Place	Time	Penalty
91	95 Lisa Johnston	98	0:07:57	157	0:02:55	184	0:47:12	216	0:01:10	75	0:24:17	92	1:23:29	91	1:23:29	
92	1433 Renee Millard	137	0:08:30	547	0:04:25	72	0:43:45	611	0:01:39	118	0:25:13	93	1:23:30	92	1:23:30	
93	539 Karma Roth	491	0:10:40	55	0:02:23	97	0:44:45	447	0:01:28	77	0:24:17	94	1:23:33	93	1:23:33	
94	1064 Jessie Donahue	321	0:09:45	22	0:02:10	55	0:43:12	329	0:01:18	217	0:27:11	95	1:23:35	94	1:23:35	
95	1236 Marion Woods	320	0:09:44	195	0:03:07	41	0:42:44	370	0:01:22	185	0:26:41	96	1:23:36	95	1:23:36	
96	617 Suanne Unger	453	0:10:31	118	0:02:43	57	0:43:13	71	0:00:52	166	0:26:22	97	1:23:39	96	1:23:39	
97	219 Lauren Hess	129	0:08:23	148	0:02:53	89	0:44:33	348	0:01:20	181	0:26:37	98	1:23:44	97	1:23:44	
98	222 Tristan Ramey	138	0:08:30	149	0:02:53	126	0:45:37	445	0:01:28	129	0:25:34	99	1:24:00	98	1:24:00	
99	1444 Jordan Iverson	2	0:05:51	31	0:02:13	238	0:48:29	207	0:01:09	173	0:26:27	100	1:24:08	99	1:24:08	
100	1286 Emily Rhodes	423	0:10:21	337	0:03:44	78	0:44:08	1044	0:02:19	60	0:23:49	101	1:24:19	100	1:24:19	
101	588 Karen Bronga	613	0:11:19	208	0:03:09	90	0:44:36	123	0:00:59	76	0:24:17	102	1:24:19	101	1:24:19	
102	493 Mary Krynsinski	345	0:09:54	205	0:03:09	107	0:45:16	254	0:01:13	93	0:24:51	103	1:24:21	102	1:24:21	
103	1453 Victoria Clark	375	0:10:01	180	0:03:02	205	0:47:41	920	0:02:06	15	0:21:40	104	1:24:28	103	1:24:28	
104	1006 Angela Sorrentino	234	0:09:13	69	0:02:30	115	0:45:21	140	0:01:02	176	0:26:27	105	1:24:32	104	1:24:32	
105	1048 Julie McCormick	360	0:09:57	48	0:02:22	145	0:46:10	152	0:01:04	109	0:25:04	106	1:24:35	105	1:24:35	
106	1362 Cindy Cooper	198	0:08:55	120	0:02:44	83	0:44:19	224	0:01:10	133	0:25:38	81	1:22:45	106	1:24:45	2:00
107	706 Cyndie Fox	139	0:08:30	400	0:03:57	43	0:42:45	573	0:01:37	279	0:27:59	107	1:24:46	107	1:24:46	
108	501 Elisabeth Angeles	185	0:08:52	270	0:03:30	241	0:48:35	164	0:01:05	37	0:22:48	108	1:24:48	108	1:24:48	
109	712 Trude Rylandsholm	777	0:12:06	155	0:02:55	81	0:44:16	97	0:00:55	90	0:24:42	109	1:24:52	109	1:24:52	
110	1172 Lana Davis	145	0:08:33	9	0:01:59	56	0:43:12	527	0:01:34	405	0:29:41	110	1:24:57	110	1:24:57	
111	218 Sara Falcone	205	0:08:59	111	0:02:41	96	0:44:45	160	0:01:05	248	0:27:29	111	1:24:57	111	1:24:57	
112	1049 Dianne Prince	189	0:08:53	164	0:02:57	108	0:45:16	1029	0:02:17	136	0:25:40	112	1:25:01	112	1:25:01	
113	598 Jennifer Mahlen	393	0:10:09	298	0:03:35	221	0:47:57	77	0:00:52	25	0:22:32	113	1:25:04	113	1:25:04	
114	887 Kristin Krom	836	0:12:26	232	0:03:19	93	0:44:42	653	0:01:42	54	0:23:28	114	1:25:36	114	1:25:36	
115	16 Katie Povolo	87	0:07:49	30	0:02:13	463	0:52:22	114	0:00:58	20	0:22:17	115	1:25:37	115	1:25:37	
116	127 Betsy Haines	150	0:08:35	191	0:03:05	62	0:43:22	231	0:01:11	380	0:29:28	116	1:25:40	116	1:25:40	
117	1278 Jill Simek	483	0:10:37	8	0:01:58	170	0:46:54	430	0:01:27	104	0:24:58	117	1:25:52	117	1:25:52	
118	540 Judy Woodland	348	0:09:55	151	0:02:53	42	0:42:45	584	0:01:37	329	0:28:47	118	1:25:56	118	1:25:56	
119	1165 Lisa Smith	672	0:11:36	236	0:03:20	146	0:46:12	252	0:01:13	58	0:23:38	119	1:25:58	119	1:25:58	
120	1040 Tricia Kenney	468	0:10:34	178	0:03:01	110	0:45:17	739	0:01:49	132	0:25:38	120	1:26:17	120	1:26:17	
121	1381 Emily Crittenden	256	0:09:19	269	0:03:29	135	0:45:50	395	0:01:24	161	0:26:18	121	1:26:19	121	1:26:19	
122	1450 Erika Ammann	54	0:07:31	468	0:04:09	321	0:50:18	347	0:01:20	41	0:23:04	122	1:26:20	122	1:26:20	
123	1492 Mary Johannes	417	0:10:19	234	0:03:19	103	0:44:57	687	0:01:45	154	0:26:07	123	1:26:26	123	1:26:26	
124	1326 Julie Osgood	193	0:08:54	129	0:02:47	168	0:46:50	483	0:01:31	175	0:26:27	124	1:26:27	124	1:26:27	
125	1035 Heidi Conway	365	0:09:59	363	0:03:49	113	0:45:18	250	0:01:13	158	0:26:12	125	1:26:29	125	1:26:29	
126	67 Jamey Hooper	18	0:06:45	876	0:05:44	297	0:49:55	28	0:00:39	56	0:23:34	126	1:26:35	126	1:26:35	
127	732 Jennifer Flanagan	410	0:10:17	420	0:04:00	210	0:47:47	767	0:01:51	35	0:22:46	127	1:26:40	127	1:26:40	
128	589 Annie Ronsse	573	0:11:05	145	0:02:52	49	0:42:58	707	0:01:46	281	0:28:01	128	1:26:40	128	1:26:40	
129	839 Jennifer Hillman	316	0:09:43	93	0:02:36	141	0:46:02	381	0:01:23	203	0:27:02	129	1:26:44	129	1:26:44	
130	102 Dawn Dinwoodie	673	0:11:36	181	0:03:02	142	0:46:03	104	0:00:56	115	0:25:10	130	1:26:45	130	1:26:45	
131	405 Carey Ballard	111	0:08:10	171	0:02:59	60	0:43:16	668	0:01:43	507	0:30:47	131	1:26:53	131	1:26:53	
132	683 Heather Hogge	596	0:11:14	509	0:04:17	124	0:45:34	471	0:01:30	81	0:24:26	132	1:26:59	132	1:26:59	
133	596 Tanya Iden	654	0:11:31	283	0:03:32	99	0:44:48	208	0:01:09	152	0:26:04	133	1:27:02	133	1:27:02	
134	1115 Tina Moronell	154	0:08:36	315	0:03:39	279	0:49:31	566	0:01:36	62	0:23:54	134	1:27:15	134	1:27:15	
135	780 Sadie Smith	114	0:08:12	308	0:03:38	333	0:50:30	86	0:00:53	69	0:24:07	135	1:27:19	135	1:27:19	

GOLD NUGGET TRIATHLON - Official Results

Sunday, May 16, 2010

Anchorage, Alaska

Timing and Results by Up and Running Event Management

Ovl Place	Bib Name	Swim		T1		Bike		T2		Run		Total		Final Time		Penalty
		Place	Time	Place	Time	Place	Time	Place	Time	Place	Time	Place	Time	Place	Time	
136	88 Stephanie Walden	35	0:07:05	221	0:03:14	204	0:47:39	117	0:00:58	306	0:28:25	136	1:27:19	136	1:27:19	
137	817 Cathy Janigo	304	0:09:38	38	0:02:19	22	0:40:47	695	0:01:45	654	0:32:53	137	1:27:21	137	1:27:21	
138	474 Lauren Bradley	346	0:09:54	176	0:03:01	104	0:45:00	184	0:01:07	312	0:28:31	138	1:27:31	138	1:27:31	
139	519 Kathleen Buss	217	0:09:03	580	0:04:31	193	0:47:21	642	0:01:41	106	0:24:58	139	1:27:32	139	1:27:32	
140	444 Joey Eski	406	0:10:15	850	0:05:36	120	0:45:27	376	0:01:22	96	0:24:54	140	1:27:33	140	1:27:33	
141	658 Wendy Pallozzi	117	0:08:15	146	0:02:52	247	0:48:40	59	0:00:49	200	0:26:59	141	1:27:34	141	1:27:34	
142	221 Teagan Yutzenka	275	0:09:25	247	0:03:23	150	0:46:17	364	0:01:21	216	0:27:09	143	1:27:34	142	1:27:34	
143	836 Tana Stone	10	0:06:34	210	0:03:11	163	0:46:44	192	0:01:08	441	0:30:01	144	1:27:36	143	1:27:36	
144	885 Sissy Adams	190	0:08:53	44	0:02:21	118	0:45:25	317	0:01:18	412	0:29:44	145	1:27:39	144	1:27:39	
145	699 Erin Widener	155	0:08:36	381	0:03:53	157	0:46:35	180	0:01:06	253	0:27:32	146	1:27:41	145	1:27:41	
146	216 Allison Ross	244	0:09:15	147	0:02:52	208	0:47:43	233	0:01:11	186	0:26:41	147	1:27:42	146	1:27:42	
147	1336 Ronda Lund	366	0:09:59	83	0:02:32	148	0:46:13	705	0:01:46	218	0:27:13	148	1:27:42	147	1:27:42	
148	605 Sue Gordon	245	0:09:15	475	0:04:10	203	0:47:38	163	0:01:05	131	0:25:37	149	1:27:44	148	1:27:44	
149	457 Renee Parsley	627	0:11:23	172	0:02:59	111	0:45:17	701	0:01:46	167	0:26:22	150	1:27:45	149	1:27:45	
150	1193 Staci Kruger	26	0:06:53	294	0:03:34	257	0:48:52	416	0:01:26	204	0:27:03	151	1:27:46	150	1:27:46	
151	1403 Angela Harris	310	0:09:40	137	0:02:50	144	0:46:08	1031	0:02:17	201	0:27:00	152	1:27:53	151	1:27:53	
152	850 Leah Besh	921	0:13:00	489	0:04:13	155	0:46:32	542	0:01:34	30	0:22:41	153	1:27:59	152	1:27:59	
153	704 Carol Cyr	297	0:09:36	255	0:03:26	35	0:42:25	679	0:01:44	516	0:30:54	154	1:28:03	153	1:28:03	
154	548 Stephanie Lentfer	336	0:09:50	466	0:04:08	198	0:47:29	92	0:00:54	141	0:25:44	155	1:28:04	154	1:28:04	
155	720 Susan Casey	264	0:09:23	807	0:05:26	202	0:47:38	212	0:01:09	84	0:24:34	156	1:28:09	155	1:28:09	
156	439 Audrey Paule	615	0:11:20	73	0:02:31	179	0:47:07	57	0:00:49	170	0:26:25	157	1:28:10	156	1:28:10	
157	205 Gabrielle Markel	428	0:10:22	254	0:03:25	222	0:47:59	85	0:00:53	134	0:25:38	158	1:28:16	157	1:28:16	
158	483 Elizabeth Calabro	222	0:09:07	163	0:02:57	173	0:47:01	333	0:01:19	276	0:27:55	159	1:28:18	158	1:28:18	
159	1440 Kristin Wilkinson	99	0:07:57	49	0:02:22	158	0:46:37	571	0:01:37	415	0:29:47	160	1:28:18	159	1:28:18	
160	1487 Michelle Richards	881	0:12:43	476	0:04:10	187	0:47:14	490	0:01:31	32	0:22:42	161	1:28:19	160	1:28:19	
161	455 Stephanie Schroeder	169	0:08:44	880	0:05:45	100	0:44:49	621	0:01:40	245	0:27:29	162	1:28:25	161	1:28:25	
162	863 Kelly Smith	229	0:09:11	192	0:03:06	209	0:47:46	301	0:01:17	231	0:27:17	163	1:28:35	162	1:28:35	
163	410 Magan Wiggs	100	0:08:00	508	0:04:17	159	0:46:38	926	0:02:06	259	0:27:38	164	1:28:37	163	1:28:37	
164	124 Susan Dietz	116	0:08:13	525	0:04:20	259	0:48:58	218	0:01:10	150	0:25:59	165	1:28:38	164	1:28:38	
165	1034 Kristen Newcomer	642	0:11:28	303	0:03:36	188	0:47:16	1177	0:02:49	55	0:23:33	166	1:28:41	165	1:28:41	
166	852 Anna Widman	714	0:11:50	216	0:03:13	143	0:46:07	832	0:01:58	135	0:25:39	167	1:28:45	166	1:28:45	
167	1224 Durelle Smith	144	0:08:32	103	0:02:39	164	0:46:45	596	0:01:38	353	0:29:15	168	1:28:48	167	1:28:48	
168	1116 Celeste Hamre	219	0:09:05	189	0:03:05	355	0:50:51	320	0:01:18	87	0:24:39	169	1:28:56	168	1:28:56	
169	1208 Mira Hopkins	210	0:09:00	259	0:03:27	246	0:48:39	300	0:01:17	182	0:26:37	170	1:28:58	169	1:28:58	
170	446 Amy Larsen	500	0:10:42	1011	0:06:29	183	0:47:10	1132	0:02:36	19	0:22:08	171	1:29:04	170	1:29:04	
171	523 Amy Sebby	347	0:09:54	511	0:04:17	242	0:48:37	204	0:01:09	114	0:25:09	172	1:29:04	171	1:29:04	
172	100 Jennifer Ticknor	83	0:07:47	330	0:03:42	79	0:44:11	338	0:01:19	611	0:32:08	173	1:29:05	172	1:29:05	
173	449 Kari Konrath- Bera	732	0:11:56	196	0:03:07	235	0:48:20	26	0:00:38	120	0:25:14	174	1:29:14	173	1:29:14	
174	57 Cindy Hendel	566	0:11:04	244	0:03:23	128	0:45:46	554	0:01:35	254	0:27:33	175	1:29:19	174	1:29:19	
175	526 Julie Austerman	1097	0:14:30	117	0:02:42	95	0:44:44	776	0:01:52	128	0:25:33	176	1:29:20	175	1:29:20	
176	496 Angela Santiago	367	0:09:59	686	0:04:56	112	0:45:18	990	0:02:12	199	0:26:58	177	1:29:21	176	1:29:21	
177	1244 Jaime Locke	550	0:11:00	174	0:02:59	379	0:51:09	200	0:01:08	44	0:23:07	178	1:29:22	177	1:29:22	
178	772 Melissa Kemberling	223	0:09:08	228	0:03:17	296	0:49:55	66	0:00:51	163	0:26:18	179	1:29:28	178	1:29:28	
179	137 Carrie Bjorn-Roli	283	0:09:29	217	0:03:13	233	0:48:16	330	0:01:18	229	0:27:16	180	1:29:31	179	1:29:31	
180	99 Janine Johnson	124	0:08:19	170	0:02:59	137	0:45:52	211	0:01:09	355	0:29:17	142	1:27:34	180	1:29:34	2:00

GOLD NUGGET TRIATHLON - Official Results**Sunday, May 16, 2010****Anchorage, Alaska****Timing and Results by Up and Running Event Management**

Ovl Place	Bib Name	Swim		T1		Bike		T2		Run		Total		Final Time		Penalty
		Place	Time	Place	Time	Place	Time	Place	Time	Place	Time	Place	Time	Place	Time	
181	1113 Hannah Xavier	704	0:11:47	175	0:03:00	131	0:45:46	738	0:01:49	224	0:27:15	181	1:29:36	181	1:29:36	
182	1508 Jamie Shearer	355	0:09:56	108	0:02:41	201	0:47:37	291	0:01:15	292	0:28:14	182	1:29:42	182	1:29:42	
183	910 Amie Wu	755	0:12:01	353	0:03:47	258	0:48:57	1133	0:02:36	22	0:22:23	183	1:29:42	183	1:29:42	
184	1497 Sarah Wiles	361	0:09:57	354	0:03:47	87	0:44:26	1104	0:02:30	343	0:29:06	184	1:29:44	184	1:29:44	
185	735 Kristan Kelly	284	0:09:29	89	0:02:34	372	0:51:05	223	0:01:10	125	0:25:27	185	1:29:44	185	1:29:44	
186	819 Tia Froehle	619	0:11:21	624	0:04:43	211	0:47:48	199	0:01:08	92	0:24:48	186	1:29:47	186	1:29:47	
187	1051 Kristi Senden	454	0:10:31	5	0:01:49	132	0:45:47	149	0:01:03	494	0:30:39	187	1:29:48	187	1:29:48	
188	469 Marietta Hall	408	0:10:16	177	0:03:01	106	0:45:14	463	0:01:29	422	0:29:50	188	1:29:49	188	1:29:49	
189	1014 Katee Chard	829	0:12:23	197	0:03:07	194	0:47:22	303	0:01:17	145	0:25:47	189	1:29:54	189	1:29:54	
190	458 Missy Anderson	305	0:09:38	84	0:02:33	174	0:47:03	480	0:01:30	352	0:29:13	190	1:29:55	190	1:29:55	
191	211 Laura Crews	842	0:12:30	135	0:02:49	189	0:47:17	260	0:01:13	157	0:26:11	191	1:29:59	191	1:29:59	
192	991 Kristin Dulik	317	0:09:43	498	0:04:16	207	0:47:43	235	0:01:11	223	0:27:14	192	1:30:06	192	1:30:06	
193	485 Julie Larweth	259	0:09:21	425	0:04:01	98	0:44:47	297	0:01:16	503	0:30:44	193	1:30:08	193	1:30:08	
194	610 Amy Klein	333	0:09:49	230	0:03:18	125	0:45:35	414	0:01:26	449	0:30:07	194	1:30:13	194	1:30:13	
195	927 Jana Linfield	330	0:09:48	238	0:03:22	138	0:45:54	1059	0:02:20	334	0:28:51	195	1:30:13	195	1:30:13	
196	788 Harriet Paule	412	0:10:18	213	0:03:12	236	0:48:24	243	0:01:12	225	0:27:15	196	1:30:19	196	1:30:19	
197	129 Rose Van Hemert	677	0:11:37	198	0:03:07	214	0:47:50	42	0:00:45	202	0:27:02	197	1:30:20	197	1:30:20	
198	684 Tina McMaster-Goerin	643	0:11:28	32	0:02:16	136	0:45:51	454	0:01:29	360	0:29:18	198	1:30:20	198	1:30:20	
199	118 Alane Hughes	519	0:10:49	344	0:03:46	190	0:47:19	193	0:01:08	239	0:27:22	199	1:30:23	199	1:30:23	
200	905 Stacey Smith	140	0:08:30	450	0:04:05	165	0:46:46	437	0:01:28	402	0:29:40	200	1:30:27	200	1:30:27	
201	682 Meg Cronin	545	0:10:59	449	0:04:05	85	0:44:20	248	0:01:12	425	0:29:52	201	1:30:27	201	1:30:27	
202	612 Mary Jackson	632	0:11:25	433	0:04:03	152	0:46:22	283	0:01:15	246	0:27:29	202	1:30:32	202	1:30:32	
203	1436 Megan Jamieson	168	0:08:43	279	0:03:31	248	0:48:41	825	0:01:57	261	0:27:41	203	1:30:32	203	1:30:32	
204	1350 Jennifer Jackson	604	0:11:17	218	0:03:13	260	0:48:58	449	0:01:28	139	0:25:43	204	1:30:38	204	1:30:38	
205	1545 Diana Byerly	318	0:09:43	119	0:02:43	263	0:49:06	770	0:01:52	235	0:27:20	205	1:30:42	205	1:30:42	
206	928 Rebecca Hoshaw	141	0:08:30	640	0:04:46	268	0:49:17	921	0:02:06	156	0:26:10	206	1:30:48	206	1:30:48	
207	1013 Elaine Flagg	433	0:10:24	188	0:03:05	229	0:48:10	148	0:01:03	293	0:28:14	207	1:30:54	207	1:30:54	
208	521 Mary Aschoff	339	0:09:51	200	0:03:07	182	0:47:10	649	0:01:42	342	0:29:05	208	1:30:54	208	1:30:54	
209	715 Bronwyn Haynes	1079	0:14:22	243	0:03:23	109	0:45:17	126	0:00:59	197	0:26:56	209	1:30:55	209	1:30:55	
210	1258 Pamyé Winders	311	0:09:40	286	0:03:33	395	0:51:26	175	0:01:06	119	0:25:13	210	1:30:56	210	1:30:56	
211	1281 Bonnie Dearthmoun	127	0:08:22	159	0:02:56	434	0:52:03	319	0:01:18	172	0:26:26	211	1:31:03	211	1:31:03	
212	1118 Robin Iverson	349	0:09:55	392	0:03:54	231	0:48:12	273	0:01:14	277	0:27:56	212	1:31:10	212	1:31:10	
213	1027 Karin Evans	212	0:09:01	222	0:03:14	252	0:48:49	531	0:01:34	322	0:28:41	213	1:31:19	213	1:31:19	
214	1145 Casey Randall	179	0:08:47	281	0:03:31	357	0:50:53	1150	0:02:40	130	0:25:34	214	1:31:25	214	1:31:25	
215	550 Alex Okeson	400	0:10:11	179	0:03:01	553	0:53:51	125	0:00:59	53	0:23:27	215	1:31:29	215	1:31:29	
216	1060 Cindy Freistone	831	0:12:24	1020	0:06:32	167	0:46:47	305	0:01:17	82	0:24:31	216	1:31:30	216	1:31:30	
217	687 Virginia McGill	43	0:07:12	359	0:03:48	312	0:50:10	1137	0:02:37	267	0:27:47	217	1:31:32	217	1:31:32	
218	1313 Michelle Turinsky	28	0:06:57	126	0:02:46	230	0:48:11	947	0:02:08	568	0:31:32	218	1:31:33	218	1:31:33	
219	915 Dianna Clemetson	199	0:08:55	616	0:04:42	270	0:49:20	365	0:01:21	240	0:27:22	219	1:31:39	219	1:31:39	
220	413 Melinda Wilhelm	78	0:07:45	588	0:04:33	185	0:47:14	914	0:02:05	446	0:30:04	220	1:31:40	220	1:31:40	
221	363 Joy Backstrum	370	0:10:00	407	0:03:57	311	0:50:08	258	0:01:13	169	0:26:23	221	1:31:40	221	1:31:40	
222	1015 Jan Chard	211	0:09:00	104	0:02:39	225	0:48:08	662	0:01:43	475	0:30:22	222	1:31:50	222	1:31:50	
223	1490 Marian Frost	257	0:09:19	127	0:02:46	162	0:46:41	498	0:01:32	576	0:31:36	223	1:31:52	223	1:31:52	
224	431 Sandra Winter Winters	56	0:07:32	769	0:05:16	200	0:47:35	1326	0:04:32	205	0:27:03	224	1:31:57	224	1:31:57	
225	202 Hannah Chandler	44	0:07:13	406	0:03:57	283	0:49:41	167	0:01:05	443	0:30:02	225	1:31:57	225	1:31:57	

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Anchorage, Alaska

Timing and Results by Up and Running Event Management

Ovl Place	Bib Name	Swim		T1		Bike		T2		Run		Total		Final Time		Penalty
		Place	Time	Place	Time	Place	Time	Place	Time	Place	Time	Place	Time	Place	Time	
226	923 Andrea Tesch	963	0:13:19	168	0:02:58	166	0:46:47	485	0:01:31	244	0:27:28	226	1:32:01	226	1:32:01	
227	409 Kendra Paskvan	23	0:06:50	304	0:03:37	280	0:49:35	961	0:02:09	426	0:29:53	227	1:32:02	227	1:32:02	
228	988 Susan Lewis	248	0:09:16	516	0:04:18	264	0:49:07	523	0:01:33	272	0:27:51	228	1:32:04	228	1:32:04	
229	365 Kari Baurick	915	0:12:58	6	0:01:52	176	0:47:03	146	0:01:02	369	0:29:22	229	1:32:16	229	1:32:16	
230	279 Samantha Roscovius	949	0:13:13	741	0:05:10	276	0:49:26	168	0:01:06	52	0:23:26	230	1:32:20	230	1:32:20	
231	1128 Carla Beam	682	0:11:39	58	0:02:24	367	0:51:01	556	0:01:35	140	0:25:43	231	1:32:22	231	1:32:22	
232	971 Katrina Cain	526	0:10:52	131	0:02:47	175	0:47:03	717	0:01:47	434	0:29:56	232	1:32:23	232	1:32:23	
233	546 Kelin Colberg	843	0:12:30	690	0:04:56	262	0:48:59	306	0:01:17	95	0:24:53	233	1:32:34	233	1:32:34	
234	213 Rachel Irons	807	0:12:17	365	0:03:50	213	0:47:50	8	0:00:29	286	0:28:10	234	1:32:34	234	1:32:34	
235	422 Krysten Ginocchio	142	0:08:31	563	0:04:28	360	0:50:55	840	0:01:59	193	0:26:52	235	1:32:44	235	1:32:44	
236	1321 Karen Divelbiss	524	0:10:51	106	0:02:39	285	0:49:45	478	0:01:30	298	0:28:18	236	1:33:02	236	1:33:02	
237	370 Shannon King Hamlett	57	0:07:32	699	0:04:59	286	0:49:50	64	0:00:50	427	0:29:54	237	1:33:03	237	1:33:03	
238	380 Dana Debernardi	616	0:11:20	416	0:03:59	265	0:49:09	136	0:01:01	260	0:27:41	238	1:33:09	238	1:33:09	
239	911 Megan Ritter	747	0:11:59	256	0:03:26	249	0:48:41	358	0:01:20	265	0:27:45	239	1:33:11	239	1:33:11	
240	1330 Katie Swenson	492	0:10:40	297	0:03:35	412	0:51:47	284	0:01:15	149	0:25:57	240	1:33:12	240	1:33:12	
241	1114 Mary Ann Chisholm	226	0:09:09	250	0:03:24	340	0:50:36	366	0:01:21	333	0:28:50	241	1:33:20	241	1:33:20	
242	1012 Cindi Pannone	717	0:11:51	444	0:04:04	114	0:45:20	1107	0:02:30	397	0:29:36	242	1:33:20	242	1:33:20	
243	1093 Hannah Iverson	5	0:06:11	231	0:03:19	515	0:53:13	185	0:01:07	389	0:29:32	243	1:33:20	243	1:33:20	
244	558 Margaret Griffin	261	0:09:22	82	0:02:32	336	0:50:34	418	0:01:26	395	0:29:35	244	1:33:27	244	1:33:27	
245	98 Keri Clark	527	0:10:52	342	0:03:45	181	0:47:08	239	0:01:12	488	0:30:35	245	1:33:30	245	1:33:30	
246	634 Janet Smalley	429	0:10:22	138	0:02:50	239	0:48:29	101	0:00:55	523	0:30:58	246	1:33:33	246	1:33:33	
247	281 Mary Carol Miller	89	0:07:51	756	0:05:13	293	0:49:54	186	0:01:07	387	0:29:31	247	1:33:35	247	1:33:35	
248	388 Julie Wrigley	167	0:08:41	245	0:03:23	291	0:49:53	129	0:01:00	500	0:30:41	248	1:33:36	248	1:33:36	
249	1335 Julie Perry	300	0:09:37	414	0:03:59	237	0:48:24	812	0:01:56	410	0:29:43	249	1:33:37	249	1:33:37	
250	58 Paola Banchemo	1152	0:14:58	515	0:04:18	370	0:51:05	135	0:01:01	21	0:22:20	250	1:33:40	250	1:33:40	
251	860 Monica McTeague	397	0:10:10	251	0:03:24	455	0:52:18	202	0:01:09	188	0:26:45	251	1:33:44	251	1:33:44	
252	1467 Lora Reinbold	685	0:11:40	309	0:03:38	274	0:49:24	981	0:02:12	192	0:26:52	252	1:33:44	252	1:33:44	
253	747 Sarah Martin	58	0:07:32	609	0:04:40	206	0:47:41	884	0:02:03	594	0:31:50	253	1:33:45	253	1:33:45	
254	434 Robby Bear	285	0:09:29	258	0:03:26	212	0:47:49	951	0:02:08	517	0:30:55	254	1:33:46	254	1:33:46	
255	688 Patrice Vermillion	269	0:09:24	707	0:05:01	105	0:45:02	1142	0:02:39	589	0:31:46	255	1:33:52	255	1:33:52	
256	693 Anna Harrison	442	0:10:27	85	0:02:33	171	0:46:54	652	0:01:42	621	0:32:18	256	1:33:53	256	1:33:53	
257	450 Maggie Stang	33	0:07:03	718	0:05:03	435	0:52:03	417	0:01:26	301	0:28:20	257	1:33:54	257	1:33:54	
258	979 Patti Liotta	567	0:11:04	113	0:02:42	215	0:47:52	234	0:01:11	539	0:31:07	258	1:33:54	258	1:33:54	
259	51 Sheila Reilly	371	0:10:00	440	0:04:03	240	0:48:31	27	0:00:39	510	0:30:49	259	1:34:00	259	1:34:00	
260	1300 Bonnie Wanat	413	0:10:18	11	0:02:01	133	0:45:48	436	0:01:28	762	0:34:27	260	1:34:01	260	1:34:01	
261	992 Temperance Tinker	532	0:10:55	441	0:04:03	338	0:50:34	513	0:01:33	198	0:26:57	261	1:34:01	261	1:34:01	
262	898 Tapia Hansen	1030	0:13:57	327	0:03:42	116	0:45:24	848	0:01:59	347	0:29:06	262	1:34:06	262	1:34:06	
263	1169 Maureen Haggblom	870	0:12:40	79	0:02:32	309	0:50:08	461	0:01:29	238	0:27:22	263	1:34:09	263	1:34:09	
264	1150 Deann Denter	696	0:11:43	469	0:04:09	284	0:49:45	450	0:01:28	211	0:27:05	264	1:34:10	264	1:34:10	
265	1084 Celia Rozen	430	0:10:23	603	0:04:38	306	0:50:07	1148	0:02:40	178	0:26:29	265	1:34:15	265	1:34:15	
266	1397 Amanda Morell	156	0:08:37	612	0:04:41	308	0:50:08	532	0:01:34	357	0:29:17	266	1:34:16	266	1:34:16	
267	679 Karen Doster	160	0:08:39	724	0:05:05	320	0:50:17	905	0:02:05	290	0:28:12	267	1:34:16	267	1:34:16	
268	1299 Paula Davies	134	0:08:28	64	0:02:27	417	0:51:52	558	0:01:35	432	0:29:55	268	1:34:16	268	1:34:16	
269	426 Fiona Peichel	1014	0:13:45	676	0:04:54	160	0:46:38	691	0:01:45	234	0:27:19	269	1:34:20	269	1:34:20	
270	428 Kathy Seybert	563	0:11:03	239	0:03:22	219	0:47:54	887	0:02:03	444	0:30:03	270	1:34:24	270	1:34:24	

GOLD NUGGET TRIATHLON - Official Results**Sunday, May 16, 2010****Anchorage, Alaska****Timing and Results by Up and Running Event Management**

Ovl Place	Bib Name	Swim		T1		Bike		T2		Run		Total		Final Time		Penalty
		Place	Time	Place	Time	Place	Time	Place	Time	Place	Time	Place	Time	Place	Time	
271	775 Katherine Lindstrom	461	0:10:33	322	0:03:41	314	0:50:10	641	0:01:41	302	0:28:23	271	1:34:27	271	1:34:27	
272	1311 Kirsten Olson	270	0:09:24	35	0:02:17	232	0:48:16	619	0:01:40	653	0:32:53	272	1:34:28	272	1:34:28	
273	1439 Amber Hahn	72	0:07:40	431	0:04:07	510	0:53:07	270	0:01:14	311	0:28:27	273	1:34:29	273	1:34:29	
274	454 Mary Fischer	177	0:08:46	784	0:05:20	416	0:51:50	379	0:01:22	222	0:27:14	274	1:34:31	274	1:34:31	
275	1274 Mona Bremont	849	0:12:33	374	0:03:51	129	0:45:46	716	0:01:47	498	0:30:40	275	1:34:35	275	1:34:35	
276	696 Volanni Munro	497	0:10:41	664	0:04:50	348	0:50:44	111	0:00:57	243	0:27:26	276	1:34:37	276	1:34:37	
277	1398 Adrienne McVey	473	0:10:35	560	0:04:27	331	0:50:27	734	0:01:48	241	0:27:24	277	1:34:40	277	1:34:40	
278	1485 Helen Strothers	291	0:09:33	173	0:02:59	362	0:50:56	787	0:01:53	372	0:29:24	278	1:34:43	278	1:34:43	
279	1474 Shannon Foster	484	0:10:37	749	0:05:11	403	0:51:34	630	0:01:41	142	0:25:45	279	1:34:46	279	1:34:46	
280	66 Andria Hayes	363	0:09:58	211	0:03:11	512	0:53:07	166	0:01:05	252	0:27:31	280	1:34:52	280	1:34:52	
281	879 Kimberly Elliott	498	0:10:41	182	0:03:02	250	0:48:47	371	0:01:22	527	0:31:02	281	1:34:52	281	1:34:52	
282	902 Jessica Ham	578	0:11:07	617	0:04:42	356	0:50:53	755	0:01:50	168	0:26:23	282	1:34:53	282	1:34:53	
283	472 Kari Wiederkehr	276	0:09:25	306	0:03:37	217	0:47:53	986	0:02:12	595	0:31:50	283	1:34:55	283	1:34:55	
284	1204 April Watts	52	0:07:28	776	0:05:19	266	0:49:11	795	0:01:54	533	0:31:05	284	1:34:55	284	1:34:55	
285	1531 Alaina Prince	620	0:11:21	207	0:03:09	234	0:48:17	1024	0:02:16	430	0:29:55	285	1:34:56	285	1:34:56	
286	1360 Tricia Perkins	799	0:12:14	152	0:02:53	302	0:50:04	470	0:01:30	300	0:28:20	286	1:35:00	286	1:35:00	
287	453 Jennifer Gingrich	405	0:10:13	694	0:04:58	243	0:48:37	1167	0:02:47	313	0:28:31	287	1:35:05	287	1:35:05	
288	1132 Melanie Keddington	319	0:09:43	241	0:03:22	385	0:51:14	313	0:01:18	388	0:29:32	288	1:35:07	288	1:35:07	
289	1197 Jeri Stenberg	515	0:10:46	28	0:02:12	374	0:51:07	350	0:01:20	414	0:29:45	289	1:35:08	289	1:35:08	
290	101 Sarah Hardin	45	0:07:14	332	0:03:43	614	0:54:39	137	0:01:01	316	0:28:33	290	1:35:09	290	1:35:09	
291	1207 Kelly Turnage	265	0:09:23	434	0:04:03	226	0:48:09	1108	0:02:31	554	0:31:20	291	1:35:24	291	1:35:24	
292	110 Jayne Wilson	249	0:09:16	522	0:04:20	470	0:52:30	866	0:02:01	237	0:27:21	292	1:35:26	292	1:35:26	
293	580 Kristin Morrow	280	0:09:28	524	0:04:20	531	0:53:31	107	0:00:57	220	0:27:14	293	1:35:28	293	1:35:28	
294	854 Nancy Bishop	705	0:11:47	435	0:04:03	420	0:51:54	241	0:01:12	187	0:26:42	294	1:35:36	294	1:35:36	
295	870 Kristen Keifer	480	0:10:36	601	0:04:37	220	0:47:55	391	0:01:24	541	0:31:08	295	1:35:39	295	1:35:39	
296	1541 Sierra Motsinger	112	0:08:10	345	0:03:46	452	0:52:17	963	0:02:09	361	0:29:19	296	1:35:39	296	1:35:39	
297	1461 Kristy Clay	542	0:10:58	442	0:04:04	373	0:51:06	545	0:01:34	283	0:28:06	297	1:35:47	297	1:35:47	
298	1265 Ana Jager	186	0:08:52	383	0:03:53	427	0:51:59	141	0:01:02	448	0:30:06	298	1:35:50	298	1:35:50	
299	578 Anne Sheehy	591	0:11:12	713	0:05:02	366	0:50:59	169	0:01:06	256	0:27:33	299	1:35:51	299	1:35:51	
300	1125 Chris Lundgren	322	0:09:45	396	0:03:55	543	0:53:43	255	0:01:13	230	0:27:16	300	1:35:51	300	1:35:51	
301	53 Barbara Norton	667	0:11:35	548	0:04:25	319	0:50:15	278	0:01:15	303	0:28:24	301	1:35:52	301	1:35:52	
302	1292 Maggi Arend	674	0:11:36	142	0:02:51	195	0:47:23	965	0:02:09	604	0:31:57	302	1:35:55	302	1:35:55	
303	1094 Emily Fette	107	0:08:05	841	0:05:35	281	0:49:37	663	0:01:43	522	0:30:57	303	1:35:56	303	1:35:56	
304	1464 Kelsey Johnson	493	0:10:40	203	0:03:08	457	0:52:19	345	0:01:19	314	0:28:32	304	1:35:57	304	1:35:57	
305	408 Amber O'Brien	294	0:09:35	242	0:03:23	154	0:46:23	293	0:01:16	793	0:35:22	305	1:35:57	305	1:35:57	
306	672 Nancy Kragt	502	0:10:43	287	0:03:33	245	0:48:37	535	0:01:34	570	0:31:32	306	1:35:58	306	1:35:58	
307	576 Dana Grubb	655	0:11:31	453	0:04:06	334	0:50:31	131	0:01:00	340	0:29:04	307	1:36:10	307	1:36:10	
308	840 Jodi Hanson	286	0:09:29	324	0:03:41	476	0:52:34	221	0:01:10	359	0:29:18	308	1:36:11	308	1:36:11	
309	462 Chloe Cook	634	0:11:26	246	0:03:23	697	0:56:14	98	0:00:55	74	0:24:16	309	1:36:12	309	1:36:12	
310	1547 Kimberly Bush	558	0:11:02	100	0:02:39	224	0:48:03	934	0:02:07	624	0:32:23	310	1:36:12	310	1:36:12	
311	1430 Anne Blount	546	0:10:59	424	0:04:01	216	0:47:52	1213	0:03:04	476	0:30:23	311	1:36:18	311	1:36:18	
312	383 Patricia Ruth Atchinson	271	0:09:24	1043	0:06:40	423	0:51:57	473	0:01:30	191	0:26:51	312	1:36:20	312	1:36:20	
313	1202 Traci Bradford	648	0:11:30	141	0:02:51	140	0:45:58	1255	0:03:20	647	0:32:48	313	1:36:25	313	1:36:25	
314	506 Erika Stoye	1130	0:14:46	1135	0:07:38	290	0:49:53	67	0:00:51	49	0:23:20	314	1:36:26	314	1:36:26	
315	690 Gianna Thornton	287	0:09:29	334	0:03:43	307	0:50:07	1187	0:02:53	469	0:30:18	315	1:36:29	315	1:36:29	

GOLD NUGGET TRIATHLON - Official Results

Sunday, May 16, 2010

Anchorage, Alaska

Timing and Results by Up and Running Event Management

Ovl Place	Bib Name	Swim		T1		Bike		T2		Run		Total		Final Time		Penalty
		Place	Time	Place	Time	Place	Time	Place	Time	Place	Time	Place	Time	Place	Time	
316	533 Katherine Henk	803	0:12:15	404	0:03:57	351	0:50:46	894	0:02:04	249	0:27:29	316	1:36:29	316	1:36:29	
317	768 Ena Burr	4	0:06:06	121	0:02:44	602	0:54:32	119	0:00:58	617	0:32:13	317	1:36:32	317	1:36:32	
318	725 Merry Chadwick	488	0:10:39	897	0:05:50	147	0:46:13	846	0:01:59	605	0:31:57	318	1:36:36	318	1:36:36	
319	1385 Michelle Nesbett	447	0:10:30	333	0:03:43	382	0:51:10	457	0:01:29	421	0:29:50	319	1:36:41	319	1:36:41	
320	1147 Katherine Dingman	409	0:10:16	541	0:04:24	364	0:50:57	889	0:02:03	339	0:29:03	320	1:36:41	320	1:36:41	
321	175 Kathy McCue	356	0:09:56	895	0:05:49	347	0:50:44	747	0:01:50	310	0:28:27	321	1:36:44	321	1:36:44	
322	1329 Christine Carsten	504	0:10:44	731	0:05:06	191	0:47:20	736	0:01:49	590	0:31:47	322	1:36:44	322	1:36:44	
323	912 Heather Hoff	434	0:10:24	204	0:03:08	192	0:47:20	870	0:02:02	715	0:33:52	323	1:36:45	323	1:36:45	
324	886 Ellen Holt	34	0:07:03	638	0:04:45	397	0:51:28	627	0:01:40	599	0:31:52	324	1:36:47	324	1:36:47	
325	1079 Olivia Peterson	579	0:11:07	352	0:03:47	530	0:53:30	362	0:01:21	209	0:27:05	325	1:36:48	325	1:36:48	
326	1520 Melisa Wharton	340	0:09:52	484	0:04:12	272	0:49:22	1071	0:02:23	529	0:31:02	326	1:36:50	326	1:36:50	
327	524 Patti Phillips	897	0:12:50	98	0:02:38	318	0:50:15	144	0:01:02	453	0:30:08	327	1:36:52	327	1:36:52	
328	1032 Lori Laing	448	0:10:30	821	0:05:29	474	0:52:32	994	0:02:13	159	0:26:14	328	1:36:57	328	1:36:57	
329	900 Desiree Dietz	788	0:12:10	456	0:04:06	599	0:54:32	1201	0:02:59	46	0:23:11	329	1:36:57	329	1:36:57	
330	689 Karen Thomas	582	0:11:10	386	0:03:53	305	0:50:05	408	0:01:25	479	0:30:27	330	1:36:59	330	1:36:59	
331	1447 Jennifer Schultz	778	0:12:06	264	0:03:29	325	0:50:21	515	0:01:33	390	0:29:32	331	1:37:00	331	1:37:00	
332	1033 Ashley Lanier	227	0:09:10	394	0:03:55	433	0:52:02	285	0:01:15	497	0:30:40	332	1:37:00	332	1:37:00	
333	742 Rena Kornstad	458	0:10:32	457	0:04:07	622	0:54:47	188	0:01:07	177	0:26:29	333	1:37:00	333	1:37:00	
334	1364 Sarah Dauth	568	0:11:04	41	0:02:19	468	0:52:29	314	0:01:18	428	0:29:54	334	1:37:03	334	1:37:03	
335	1081 Katrina Chambon	686	0:11:40	946	0:06:05	398	0:51:28	557	0:01:35	165	0:26:20	335	1:37:07	335	1:37:07	
336	721 Sandra Woods	240	0:09:14	187	0:03:04	346	0:50:42	434	0:01:27	639	0:32:43	336	1:37:09	336	1:37:09	
337	1267 Maura Wharton	401	0:10:11	325	0:03:41	408	0:51:44	374	0:01:22	459	0:30:13	337	1:37:10	337	1:37:10	
338	1139 Jennifer Stenberg	678	0:11:37	123	0:02:45	396	0:51:26	824	0:01:57	377	0:29:27	338	1:37:10	338	1:37:10	
339	1351 Paige Tribou	16	0:06:41	739	0:05:09	590	0:54:24	147	0:01:02	429	0:29:54	339	1:37:10	339	1:37:10	
340	919 Laura Brainard	91	0:07:53	339	0:03:45	292	0:49:53	860	0:02:00	705	0:33:44	340	1:37:13	340	1:37:13	
341	1548 Kristine Keddington	402	0:10:11	99	0:02:39	328	0:50:26	1077	0:02:24	575	0:31:35	341	1:37:14	341	1:37:14	
342	681 Patti Brassard	656	0:11:31	621	0:04:42	267	0:49:16	508	0:01:33	467	0:30:16	342	1:37:16	342	1:37:16	
343	1181 Hannah Marx	262	0:09:22	249	0:03:24	495	0:52:54	607	0:01:39	438	0:29:59	343	1:37:16	343	1:37:16	
344	773 Sandra Estenson	904	0:12:53	194	0:03:06	295	0:49:55	686	0:01:45	408	0:29:42	344	1:37:19	344	1:37:19	
345	1415 Ashley Rousson	733	0:11:56	549	0:04:26	315	0:50:10	1139	0:02:38	289	0:28:12	345	1:37:20	345	1:37:20	
346	1449 Heather Donner	781	0:12:07	167	0:02:57	228	0:48:10	677	0:01:44	625	0:32:25	346	1:37:21	346	1:37:21	
347	441 Therese Lewandowski	564	0:11:03	492	0:04:14	447	0:52:12	342	0:01:19	320	0:28:40	347	1:37:27	347	1:37:27	
348	751 Brooke Degnan	455	0:10:31	326	0:03:41	178	0:47:06	1042	0:02:18	717	0:33:54	348	1:37:29	348	1:37:29	
349	1110 Rachel Johnson	36	0:07:05	225	0:03:16	807	0:58:16	459	0:01:29	250	0:27:30	349	1:37:35	349	1:37:35	
350	360 Rikki Keen	403	0:10:12	674	0:04:53	387	0:51:15	805	0:01:55	368	0:29:22	350	1:37:35	350	1:37:35	
351	913 Erika Bennett	1055	0:14:11	377	0:03:52	186	0:47:14	332	0:01:19	528	0:31:02	351	1:37:36	351	1:37:36	
352	1057 Erin Edin	277	0:09:25	300	0:03:35	674	0:55:53	499	0:01:32	221	0:27:14	352	1:37:38	352	1:37:38	
353	250 Kathryn Roberts	580	0:11:08	307	0:03:37	564	0:54:04	143	0:01:02	269	0:27:49	353	1:37:39	353	1:37:39	
354	394 Christine Cadogan	258	0:09:20	317	0:03:39	376	0:51:08	759	0:01:50	585	0:31:44	354	1:37:40	354	1:37:40	
355	427 Katie Seybert	388	0:10:07	260	0:03:27	496	0:52:55	308	0:01:17	435	0:29:57	355	1:37:42	355	1:37:42	
356	478 Betsy Paskvan	855	0:12:35	368	0:03:50	386	0:51:14	1205	0:03:00	206	0:27:04	356	1:37:42	356	1:37:42	
357	1518 Megan Carle	250	0:09:16	349	0:03:46	430	0:52:00	788	0:01:53	509	0:30:49	357	1:37:43	357	1:37:43	
358	1540 Tawnya Ax	679	0:11:37	305	0:03:37	425	0:51:57	351	0:01:20	354	0:29:15	358	1:37:44	358	1:37:44	
359	618 Kendal Williams	11	0:06:34	693	0:04:57	613	0:54:39	538	0:01:34	455	0:30:11	359	1:37:54	359	1:37:54	
360	1259 Brittany McCormick	37	0:07:06	613	0:04:41	593	0:54:29	657	0:01:42	436	0:29:58	360	1:37:55	360	1:37:55	

GOLD NUGGET TRIATHLON - Official Results

Sunday, May 16, 2010

Anchorage, Alaska

Timing and Results by Up and Running Event Management

Ovl Place	Bib Name	Swim		T1		Bike		T2		Run		Total		Final Time		Penalty
		Place	Time	Place	Time	Place	Time	Place	Time	Place	Time	Place	Time	Place	Time	
361	542 Janet Platt	822	0:12:21	801	0:05:24	380	0:51:09	367	0:01:21	262	0:27:41	361	1:37:56	361	1:37:56	
362	278 Jan Barron	588	0:11:11	301	0:03:36	482	0:52:40	935	0:02:07	305	0:28:25	362	1:37:58	362	1:37:58	
363	122 Pam Cassidy	1135	0:14:48	257	0:03:26	177	0:47:03	699	0:01:46	520	0:30:57	363	1:37:58	363	1:37:58	
364	606 Regina Smith	706	0:11:47	417	0:03:59	303	0:50:05	277	0:01:15	524	0:31:00	364	1:38:04	364	1:38:04	
365	530 Kaiya Kaltenborn	398	0:10:10	328	0:03:42	383	0:51:12	145	0:01:02	606	0:32:00	365	1:38:04	365	1:38:04	
366	581 Charmaine Holt	1122	0:14:42	405	0:03:57	273	0:49:23	665	0:01:43	304	0:28:24	366	1:38:07	366	1:38:07	
367	1386 Shannon Casey	533	0:10:55	445	0:04:04	544	0:53:43	205	0:01:09	299	0:28:19	367	1:38:09	367	1:38:09	
368	995 Shaina Seidner	164	0:08:40	432	0:04:03	804	0:58:13	481	0:01:30	144	0:25:46	368	1:38:11	368	1:38:11	
369	1399 Alice Anderson	859	0:12:36	150	0:02:53	384	0:51:13	969	0:02:10	364	0:29:21	369	1:38:12	369	1:38:12	
370	826 Amy Scharpf	230	0:09:11	375	0:03:51	327	0:50:24	466	0:01:29	679	0:33:17	370	1:38:12	370	1:38:12	
371	1102 Leah Doster	424	0:10:21	705	0:05:01	501	0:53:00	958	0:02:09	263	0:27:44	371	1:38:13	371	1:38:13	
372	537 Carmen Devore	725	0:11:53	389	0:03:54	278	0:49:28	491	0:01:31	566	0:31:30	372	1:38:15	372	1:38:15	
373	396 Leah Mullenbach	661	0:11:32	800	0:05:24	343	0:50:39	229	0:01:11	386	0:29:31	373	1:38:15	373	1:38:15	
374	1451 Jennifer Correnti	785	0:12:08	446	0:04:05	199	0:47:31	743	0:01:49	644	0:32:44	374	1:38:15	374	1:38:15	
375	649 Amy Brumbaugh	534	0:10:55	491	0:04:14	672	0:55:53	177	0:01:06	155	0:26:10	375	1:38:16	375	1:38:16	
376	1141 Theresa Westerlund	715	0:11:50	703	0:05:00	323	0:50:18	406	0:01:25	416	0:29:47	376	1:38:18	376	1:38:18	
377	1276 Nancy Collins	761	0:12:02	206	0:03:09	491	0:52:49	799	0:01:54	307	0:28:25	377	1:38:18	377	1:38:18	
378	1410 Jane Tuomi	601	0:11:15	162	0:02:57	536	0:53:36	520	0:01:33	341	0:29:05	378	1:38:24	378	1:38:24	
379	1544 Haylee Donovan	194	0:08:54	371	0:03:51	509	0:53:06	388	0:01:24	545	0:31:12	379	1:38:25	379	1:38:25	
380	1008 Emily Carpenter	281	0:09:28	933	0:06:01	271	0:49:22	525	0:01:34	608	0:32:04	380	1:38:28	380	1:38:28	
381	397 Jessica Pennington	605	0:11:17	683	0:04:55	369	0:51:03	1105	0:02:30	330	0:28:48	381	1:38:32	381	1:38:32	
382	1184 Alea Kappel	1017	0:13:46	779	0:05:19	358	0:50:53	476	0:01:30	210	0:27:05	382	1:38:32	382	1:38:32	
383	657 Susan Kubitz	592	0:11:12	864	0:05:40	390	0:51:17	1078	0:02:25	280	0:28:01	383	1:38:33	383	1:38:33	
384	894 Margaret Blabey	404	0:10:12	687	0:04:56	419	0:51:54	392	0:01:24	454	0:30:09	384	1:38:33	384	1:38:33	
385	119 Stephanie Trombley	929	0:13:04	907	0:05:53	460	0:52:20	96	0:00:55	171	0:26:25	385	1:38:35	385	1:38:35	
386	984 Megan Young	92	0:07:53	499	0:04:16	638	0:55:11	778	0:01:52	382	0:29:29	386	1:38:39	386	1:38:39	
387	806 Nancy Murphy	1173	0:15:21	708	0:05:01	299	0:50:00	162	0:01:05	228	0:27:16	387	1:38:42	387	1:38:42	
388	803 Maria McLaughlin	368	0:09:59	783	0:05:20	632	0:55:03	477	0:01:30	194	0:26:53	388	1:38:43	388	1:38:43	
389	251 Senya Roscovius	950	0:13:13	918	0:05:56	344	0:50:40	786	0:01:53	215	0:27:09	389	1:38:49	389	1:38:49	
390	392 Diane Loopstra	381	0:10:04	185	0:03:03	768	0:57:29	41	0:00:45	251	0:27:31	390	1:38:50	390	1:38:50	
391	489 Leah Zumwalt	79	0:07:45	458	0:04:07	862	0:59:18	23	0:00:38	213	0:27:07	391	1:38:53	391	1:38:53	
392	750 Chelsie Morrison-Heath	206	0:08:59	581	0:04:31	440	0:52:06	219	0:01:10	612	0:32:09	392	1:38:53	392	1:38:53	
393	518 Emma Westwick	411	0:10:17	153	0:02:54	642	0:55:14	1019	0:02:16	294	0:28:15	393	1:38:54	393	1:38:54	
394	551 Rebecca Gerik	743	0:11:58	591	0:04:34	471	0:52:30	890	0:02:03	270	0:27:50	394	1:38:54	394	1:38:54	
395	1151 Automme Circosta	945	0:13:11	840	0:05:35	196	0:47:27	1259	0:03:22	365	0:29:21	395	1:38:54	395	1:38:54	
396	691 Carolyn Knueppel	282	0:09:28	828	0:05:31	700	0:56:15	402	0:01:25	162	0:26:18	396	1:38:56	396	1:38:56	
397	1016 Danielle Grubb	789	0:12:10	520	0:04:19	443	0:52:08	1036	0:02:17	282	0:28:03	397	1:38:57	397	1:38:57	
398	1056 Gretchen Hopkins	731	0:11:55	619	0:04:42	345	0:50:41	570	0:01:37	447	0:30:04	398	1:38:58	398	1:38:58	
399	60 Taylor Way	522	0:10:50	91	0:02:35	663	0:55:39	19	0:00:35	366	0:29:22	399	1:39:00	399	1:39:00	
400	849 Jane Nelson	597	0:11:14	704	0:05:00	580	0:54:19	960	0:02:09	164	0:26:19	400	1:39:01	400	1:39:01	
401	1215 Kelly Kelley	133	0:08:27	87	0:02:34	486	0:52:44	423	0:01:27	714	0:33:51	401	1:39:01	401	1:39:01	
402	1211 Carla Vizzerra	1032	0:13:58	132	0:02:47	586	0:54:21	672	0:01:44	160	0:26:15	402	1:39:04	402	1:39:04	
403	1528 Jackie Oney	443	0:10:27	1037	0:06:37	436	0:52:03	945	0:02:08	274	0:27:54	403	1:39:09	403	1:39:09	
404	1107 Amanda Clayton	756	0:12:01	517	0:04:19	458	0:52:20	356	0:01:20	350	0:29:12	404	1:39:10	404	1:39:10	
405	1037 Hannah Briggs	200	0:08:55	271	0:03:30	689	0:56:08	792	0:01:54	327	0:28:46	405	1:39:11	405	1:39:11	

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Ovl Place	Bib Name	Swim		T1		Bike		T2		Run		Total		Final Time		Penalty
		Place	Time	Place	Time	Place	Time	Place	Time	Place	Time	Place	Time	Place	Time	
406	389 Donna Van Flein	266	0:09:23	429	0:04:02	300	0:50:03	484	0:01:31	748	0:34:15	406	1:39:12	406	1:39:12	
407	238 Lynn Gray	55	0:07:31	637	0:04:45	552	0:53:50	108	0:00:57	619	0:32:17	407	1:39:19	407	1:39:19	
408	514 Jonel Schenk	350	0:09:55	625	0:04:43	494	0:52:53	127	0:00:59	512	0:30:49	408	1:39:19	408	1:39:19	
409	1157 Riley Bennett	1018	0:13:46	975	0:06:12	255	0:48:51	412	0:01:25	344	0:29:06	409	1:39:19	409	1:39:19	
410	700 Janice Habermann	459	0:10:32	388	0:03:54	456	0:52:18	574	0:01:37	536	0:31:07	410	1:39:26	410	1:39:26	
411	1089 Cynthia Sykes	220	0:09:06	369	0:03:50	402	0:51:34	489	0:01:31	698	0:33:39	411	1:39:38	411	1:39:38	
412	1443 Melissa Peterson	895	0:12:48	477	0:04:10	316	0:50:13	1179	0:02:50	403	0:29:40	412	1:39:39	412	1:39:39	
413	1424 Kelly Ford	1133	0:14:47	42	0:02:19	377	0:51:08	214	0:01:09	472	0:30:20	413	1:39:43	413	1:39:43	
414	1119 Kimberly Buskirk	390	0:10:08	663	0:04:50	400	0:51:33	667	0:01:43	572	0:31:33	414	1:39:45	414	1:39:45	
415	1378 Haley Tatom	850	0:12:33	224	0:03:16	277	0:49:28	827	0:01:57	629	0:32:33	415	1:39:45	415	1:39:45	
416	504 Tracy Berry	668	0:11:35	587	0:04:33	392	0:51:20	282	0:01:15	543	0:31:09	416	1:39:51	416	1:39:51	
417	783 Suzanne Lafrance	323	0:09:45	335	0:03:44	764	0:57:21	197	0:01:08	275	0:27:55	417	1:39:51	417	1:39:51	
418	1371 Alexandra Jernstrom	64	0:07:35	574	0:04:29	594	0:54:29	295	0:01:16	610	0:32:07	418	1:39:55	418	1:39:55	
419	646 Jeanette Tapley	767	0:12:04	534	0:04:23	538	0:53:38	74	0:00:52	338	0:29:02	419	1:39:58	419	1:39:58	
420	547 Katrina Mejia	583	0:11:10	869	0:05:43	169	0:46:51	891	0:02:03	744	0:34:11	420	1:39:58	420	1:39:58	
421	1463 Grace Schmidt	823	0:12:21	623	0:04:42	557	0:53:57	586	0:01:37	242	0:27:24	421	1:40:01	421	1:40:01	
422	1301 Paula York	649	0:11:30	655	0:04:49	581	0:54:20	528	0:01:34	271	0:27:51	422	1:40:02	422	1:40:02	
423	795 Sue Parry	378	0:10:02	209	0:03:10	641	0:55:14	424	0:01:27	464	0:30:16	423	1:40:07	423	1:40:07	
424	1510 Colleen Shendow	157	0:08:37	295	0:03:34	921	1:00:41	552	0:01:35	138	0:25:42	424	1:40:07	424	1:40:07	
425	1420 Jennifer Slaughter	125	0:08:19	360	0:03:48	301	0:50:03	928	0:02:07	825	0:35:53	425	1:40:08	425	1:40:08	
426	1043 Mara Lamb	505	0:10:44	685	0:04:55	507	0:53:04	844	0:01:59	376	0:29:27	426	1:40:08	426	1:40:08	
427	1504 Lona Sims	1109	0:14:35	296	0:03:34	371	0:51:05	560	0:01:36	367	0:29:22	427	1:40:10	427	1:40:10	
428	1163 Colleen Wilt	135	0:08:28	573	0:04:29	469	0:52:29	609	0:01:39	669	0:33:07	428	1:40:11	428	1:40:11	
429	770 Tara DeGeorge	9	0:06:31	607	0:04:39	784	0:57:50	244	0:01:12	442	0:30:02	429	1:40:13	429	1:40:13	
430	858 Jessie Westin	824	0:12:21	583	0:04:32	598	0:54:32	410	0:01:25	255	0:27:33	430	1:40:21	430	1:40:21	
431	1550 Lilly Harris	59	0:07:32	77	0:02:31	540	0:53:41	760	0:01:51	772	0:34:52	431	1:40:25	431	1:40:25	
432	1498 Cinda Devine	485	0:10:37	730	0:05:06	527	0:53:29	519	0:01:33	424	0:29:51	432	1:40:35	432	1:40:35	
433	604 Kathleen Redmond	565	0:11:03	347	0:03:46	583	0:54:20	420	0:01:26	451	0:30:08	433	1:40:42	433	1:40:42	
434	1225 Irene Jordet	569	0:11:04	240	0:03:22	619	0:54:42	352	0:01:20	468	0:30:16	434	1:40:43	434	1:40:43	
435	123 Christina Waters	106	0:08:04	133	0:02:48	411	0:51:47	170	0:01:06	888	0:37:02	435	1:40:45	435	1:40:45	
436	866 Beth Balen	916	0:12:58	378	0:03:52	570	0:54:12	1084	0:02:26	232	0:27:18	436	1:40:45	436	1:40:45	
437	125 Diane Mohwinkel	633	0:11:25	661	0:04:50	218	0:47:53	497	0:01:32	784	0:35:08	437	1:40:46	437	1:40:46	
438	429 Ann Lovejoy	181	0:08:49	652	0:04:48	604	0:54:34	834	0:01:58	501	0:30:41	438	1:40:48	438	1:40:48	
439	193 Kathryn Cuddy	650	0:11:30	1114	0:07:23	342	0:50:39	874	0:02:02	356	0:29:17	439	1:40:49	439	1:40:49	
440	867 Kate McGrain	71	0:07:39	782	0:05:20	732	0:56:48	310	0:01:18	417	0:29:47	440	1:40:50	440	1:40:50	
441	1025 Marielle Volper	691	0:11:41	418	0:03:59	337	0:50:34	534	0:01:34	667	0:33:04	441	1:40:51	441	1:40:51	
442	1407 Alana Davis	692	0:11:42	292	0:03:33	361	0:50:55	425	0:01:27	675	0:33:15	442	1:40:51	442	1:40:51	
443	796 Kristina Swenor	267	0:09:23	423	0:04:01	660	0:55:33	640	0:01:41	474	0:30:21	443	1:40:57	443	1:40:57	
444	1045 Jenny Sheasley	510	0:10:45	384	0:03:53	542	0:53:43	206	0:01:09	567	0:31:31	444	1:40:59	444	1:40:59	
445	1536 Rebecca Keddington	95	0:07:54	272	0:03:30	655	0:55:29	838	0:01:58	615	0:32:13	445	1:41:02	445	1:41:02	
446	1087 Cherie Jernstrom	1059	0:14:12	460	0:04:07	197	0:47:28	851	0:02:00	680	0:33:20	446	1:41:05	446	1:41:05	
447	214 Erica Conway	308	0:09:39	646	0:04:47	438	0:52:05	12	0:00:33	733	0:34:05	447	1:41:06	447	1:41:06	
448	1188 Alexa Filanowicz	191	0:08:53	786	0:05:20	289	0:49:52	1240	0:03:13	712	0:33:49	448	1:41:07	448	1:41:07	
449	209 Hailey Hosken	469	0:10:34	554	0:04:26	673	0:55:53	70	0:00:52	371	0:29:24	449	1:41:07	449	1:41:07	
450	105 Katrina Cooper	946	0:13:11	329	0:03:42	388	0:51:16	399	0:01:24	578	0:31:36	450	1:41:07	450	1:41:07	

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Ovl Place	Bib Name	Swim		T1		Bike		T2		Run		Total		Final Time		Penalty
		Place	Time	Place	Time	Place	Time	Place	Time	Place	Time	Place	Time	Place	Time	
451	990 Heather Leba	337	0:09:50	761	0:05:14	499	0:52:59	612	0:01:39	565	0:31:30	451	1:41:10	451	1:41:10	
452	1134 Liz Briggs	449	0:10:30	43	0:02:19	341	0:50:37	568	0:01:36	852	0:36:11	452	1:41:12	452	1:41:12	
453	997 Tara Fleming-Chatwel	817	0:12:20	233	0:03:19	578	0:54:19	415	0:01:26	423	0:29:51	453	1:41:13	453	1:41:13	
454	378 Lora Jorgensen	517	0:10:47	745	0:05:10	405	0:51:40	901	0:02:04	577	0:31:36	454	1:41:16	454	1:41:16	
455	375 Amanda Duvall	278	0:09:26	1019	0:06:32	756	0:57:10	171	0:01:06	208	0:27:05	455	1:41:17	455	1:41:17	
456	1218 Jenna Gruenstein	474	0:10:35	692	0:04:57	579	0:54:19	741	0:01:49	401	0:29:39	456	1:41:17	456	1:41:17	
457	1046 Emily Longbrake	183	0:08:50	766	0:05:15	659	0:55:32	1015	0:02:15	378	0:29:27	457	1:41:18	457	1:41:18	
458	1279 Angie Brennan	60	0:07:32	109	0:02:41	61	0:43:16	1252	0:03:19	1169	0:44:32	458	1:41:19	458	1:41:19	
459	1187 Hannah Papa	804	0:12:15	904	0:05:52	528	0:53:30	742	0:01:49	278	0:27:57	459	1:41:21	459	1:41:21	
460	787 Liz Odell	38	0:07:06	467	0:04:09	550	0:53:48	1332	0:04:48	569	0:31:32	460	1:41:21	460	1:41:21	
461	385 Joanna Reast	737	0:11:57	506	0:04:16	244	0:48:37	290	0:01:15	790	0:35:19	461	1:41:23	461	1:41:23	
462	497 Katherine Bowers	470	0:10:34	496	0:04:15	760	0:57:13	35	0:00:41	323	0:28:42	462	1:41:24	462	1:41:24	
463	1263 Erin Schumacher	61	0:07:32	419	0:04:00	694	0:56:12	1236	0:03:11	485	0:30:31	463	1:41:24	463	1:41:24	
464	669 Kimberly Mancuso	84	0:07:47	486	0:04:13	563	0:54:01	673	0:01:44	701	0:33:42	464	1:41:25	464	1:41:25	
465	503 Melanie Dittrich	602	0:11:15	912	0:05:54	640	0:55:14	81	0:00:53	287	0:28:11	465	1:41:25	465	1:41:25	
466	1097 Donna Keese	960	0:13:18	226	0:03:16	282	0:49:40	762	0:01:51	681	0:33:22	466	1:41:26	466	1:41:26	
467	1058 Christie Cowee	425	0:10:21	814	0:05:28	526	0:53:29	547	0:01:35	493	0:30:39	467	1:41:30	467	1:41:30	
468	1356 Roxanne Brandenburg	414	0:10:18	262	0:03:28	607	0:54:37	775	0:01:52	550	0:31:17	468	1:41:30	468	1:41:30	
469	980 Catherine Steele	547	0:10:59	755	0:05:13	451	0:52:16	595	0:01:38	563	0:31:29	469	1:41:33	469	1:41:33	
470	438 Echo McDonald	511	0:10:45	671	0:04:53	256	0:48:52	100	0:00:55	851	0:36:10	470	1:41:33	470	1:41:33	
471	922 Heidi Snavley	606	0:11:17	391	0:03:54	353	0:50:46	458	0:01:29	738	0:34:10	471	1:41:35	471	1:41:35	
472	974 Meaghan Howard	1232	0:16:10	311	0:03:38	472	0:52:31	182	0:01:07	288	0:28:12	472	1:41:37	472	1:41:37	
473	1400 Kristi Neptun	8	0:06:24	395	0:03:55	572	0:54:15	959	0:02:09	775	0:34:56	473	1:41:38	473	1:41:38	
474	1524 Janelle Williams	683	0:11:39	265	0:03:29	365	0:50:58	1053	0:02:19	677	0:33:16	474	1:41:39	474	1:41:39	
475	97 Susan Mitchell	718	0:11:51	1005	0:06:25	269	0:49:19	495	0:01:31	634	0:32:37	475	1:41:43	475	1:41:43	
476	882 Eileen Pickett	623	0:11:22	314	0:03:39	324	0:50:20	633	0:01:41	768	0:34:43	476	1:41:43	476	1:41:43	
477	1361 Deborah Ratcliffe	906	0:12:55	290	0:03:33	547	0:53:46	583	0:01:37	433	0:29:56	477	1:41:46	477	1:41:46	
478	1003 Bronwyn Patrick	420	0:10:20	881	0:05:45	394	0:51:21	1207	0:03:02	553	0:31:20	478	1:41:47	478	1:41:47	
479	595 Veronica Smith	792	0:12:11	464	0:04:08	606	0:54:34	236	0:01:11	420	0:29:49	479	1:41:52	479	1:41:52	
480	59 Mary Barkley	574	0:11:05	796	0:05:22	546	0:53:45	719	0:01:47	431	0:29:55	480	1:41:53	480	1:41:53	
481	1005 Heather Wilson	301	0:09:37	403	0:03:57	712	0:56:28	1068	0:02:23	385	0:29:31	481	1:41:54	481	1:41:54	
482	1222 Jennifer Adler	768	0:12:04	474	0:04:10	161	0:46:38	1211	0:03:04	841	0:36:04	482	1:41:59	482	1:41:59	
483	83 Marcia Davis	338	0:09:50	558	0:04:27	332	0:50:28	195	0:01:08	848	0:36:09	483	1:42:00	483	1:42:00	
484	1470 Shea Christianson	847	0:12:32	411	0:03:58	406	0:51:40	626	0:01:40	618	0:32:14	484	1:42:03	484	1:42:03	
485	562 Leah Patton	1161	0:15:10	651	0:04:47	611	0:54:38	99	0:00:55	183	0:26:39	485	1:42:08	485	1:42:08	
486	718 Rachel Kroon	638	0:11:27	268	0:03:29	520	0:53:22	369	0:01:21	627	0:32:30	486	1:42:08	486	1:42:08	
487	510 Dona Endsley	964	0:13:19	642	0:04:46	418	0:51:52	1014	0:02:15	440	0:30:01	487	1:42:12	487	1:42:12	
488	1185 Molly Hickox	435	0:10:24	438	0:04:03	651	0:55:26	336	0:01:19	538	0:31:07	488	1:42:17	488	1:42:17	
489	443 Colleen Newgaard	1040	0:14:02	372	0:03:51	575	0:54:17	157	0:01:05	349	0:29:09	489	1:42:22	489	1:42:22	
490	513 Rebecca Palsha	122	0:08:18	482	0:04:12	870	0:59:23	187	0:01:07	370	0:29:24	490	1:42:23	490	1:42:23	
491	1394 Katherine Moody	41	0:07:08	370	0:03:50	874	0:59:30	693	0:01:45	456	0:30:11	491	1:42:23	491	1:42:23	
492	592 Sarah Badten	589	0:11:11	229	0:03:18	549	0:53:47	247	0:01:12	659	0:32:57	492	1:42:24	492	1:42:24	
493	728 Jane Lanford	1339	0:20:50	824	0:05:30	445	0:52:10	269	0:01:14	33	0:22:44	493	1:42:27	493	1:42:27	
494	464 Angela Toci	170	0:08:44	393	0:03:54	475	0:52:34	685	0:01:45	804	0:35:32	494	1:42:28	494	1:42:28	
495	1021 Jamie Saleh	1184	0:15:30	673	0:04:53	437	0:52:04	746	0:01:50	295	0:28:15	495	1:42:30	495	1:42:30	

GOLD NUGGET TRIATHLON - Official Results

Sunday, May 16, 2010

Anchorage, Alaska

Timing and Results by Up and Running Event Management

Ovl Place	Bib Name	Swim		T1		Bike		T2		Run		Total		Final Time		Penalty
		Place	Time	Place	Time	Place	Time	Place	Time	Place	Time	Place	Time	Place	Time	
496	759 Faith Hewlett	29	0:06:57	470	0:04:10	709	0:56:20	142	0:01:02	732	0:34:04	496	1:42:31	496	1:42:31	
497	670 Jean Adamson	471	0:10:34	535	0:04:23	582	0:54:20	1023	0:02:16	526	0:31:01	497	1:42:33	497	1:42:33	
498	1532 Amanda Pugh	721	0:11:52	797	0:05:23	565	0:54:05	643	0:01:41	393	0:29:34	498	1:42:33	498	1:42:33	
499	667 Rachel Andeer	431	0:10:23	717	0:05:03	780	0:57:45	750	0:01:50	257	0:27:36	499	1:42:36	499	1:42:36	
500	615 Jordin Schultz	224	0:09:08	1203	0:08:42	466	0:52:27	912	0:02:05	465	0:30:16	500	1:42:37	500	1:42:37	
501	555 Carla Goldberg	151	0:08:35	68	0:02:30	537	0:53:36	898	0:02:04	833	0:35:56	501	1:42:39	501	1:42:39	
502	1059 Carol Sheldon	506	0:10:44	950	0:06:06	477	0:52:35	1106	0:02:30	508	0:30:48	502	1:42:42	502	1:42:42	
503	1409 Amber Winkel	833	0:12:25	361	0:03:48	720	0:56:34	266	0:01:14	326	0:28:45	503	1:42:45	503	1:42:45	
504	126 Diane Barnett	977	0:13:25	422	0:04:01	352	0:50:46	22	0:00:38	727	0:34:00	504	1:42:48	504	1:42:48	
505	599 Tracey Wollenberg	628	0:11:23	493	0:04:14	753	0:57:06	404	0:01:25	324	0:28:42	505	1:42:49	505	1:42:49	
506	978 Jennifer Estabrook	1056	0:14:11	529	0:04:21	459	0:52:20	708	0:01:46	458	0:30:12	506	1:42:49	506	1:42:49	
507	80 Stacey Kolstad	934	0:13:06	215	0:03:13	454	0:52:17	261	0:01:14	665	0:33:03	507	1:42:51	507	1:42:51	
508	1254 Aviva Hirsch	757	0:12:01	488	0:04:13	399	0:51:29	936	0:02:08	664	0:33:03	508	1:42:52	508	1:42:52	
509	1195 Abby Gahm	1053	0:14:10	844	0:05:35	288	0:49:50	1296	0:03:52	375	0:29:26	509	1:42:53	509	1:42:53	
510	1297 Lisa Demer	748	0:11:59	220	0:03:14	485	0:52:43	656	0:01:42	678	0:33:17	510	1:42:54	510	1:42:54	
511	1522 Anna Kupilik	1140	0:14:51	436	0:04:03	359	0:50:54	522	0:01:33	582	0:31:40	511	1:43:00	511	1:43:00	
512	566 Michelle Thomas	251	0:09:16	848	0:05:36	478	0:52:37	651	0:01:42	720	0:33:57	512	1:43:06	512	1:43:06	
513	1413 Jody Stahl	989	0:13:35	728	0:05:06	742	0:56:58	636	0:01:41	147	0:25:51	513	1:43:09	513	1:43:09	
514	623 Colleen Libbey	88	0:07:49	763	0:05:14	567	0:54:07	372	0:01:22	769	0:34:43	514	1:43:13	514	1:43:13	
515	1421 Kiana Farr	439	0:10:26	805	0:05:26	534	0:53:34	1254	0:03:20	484	0:30:30	515	1:43:14	515	1:43:14	
516	577 Jennifer Bostick	1238	0:16:19	744	0:05:10	381	0:51:10	377	0:01:22	363	0:29:20	516	1:43:20	516	1:43:20	
517	56 Lani Keller	218	0:09:04	539	0:04:24	646	0:55:20	24	0:00:38	723	0:33:58	517	1:43:22	517	1:43:22	
518	805 Jenia Jarrett	726	0:11:53	223	0:03:15	424	0:51:57	540	0:01:34	770	0:34:44	518	1:43:22	518	1:43:22	
519	570 Danielle Mason	246	0:09:15	461	0:04:07	535	0:53:34	209	0:01:09	791	0:35:19	519	1:43:23	519	1:43:23	
520	1391 Kwai-Fung (fi Kotter	631	0:11:24	154	0:02:55	415	0:51:50	622	0:01:40	817	0:35:41	520	1:43:28	520	1:43:28	
521	1050 Rachel Hopkins	834	0:12:25	528	0:04:21	498	0:52:57	953	0:02:09	580	0:31:39	521	1:43:29	521	1:43:29	
522	512 Gina Pollard	1112	0:14:37	812	0:05:27	502	0:53:02	210	0:01:09	358	0:29:18	522	1:43:31	522	1:43:31	
523	282 Heather Brooks	384	0:10:05	348	0:03:46	587	0:54:21	849	0:01:59	682	0:33:22	523	1:43:32	523	1:43:32	
524	1468 Nicole Kelp	1088	0:14:27	527	0:04:21	480	0:52:37	801	0:01:54	461	0:30:15	524	1:43:33	524	1:43:33	
525	1368 Megan Olson	663	0:11:33	462	0:04:07	794	0:57:59	383	0:01:23	317	0:28:33	525	1:43:34	525	1:43:34	
526	763 Andrea Soland	779	0:12:06	597	0:04:36	350	0:50:46	451	0:01:28	767	0:34:41	526	1:43:36	526	1:43:36	
527	1465 Tina Oswald	540	0:10:57	519	0:04:19	490	0:52:48	839	0:01:58	694	0:33:38	527	1:43:39	527	1:43:39	
528	395 Emily Becker	306	0:09:38	551	0:04:26	799	0:58:07	151	0:01:04	481	0:30:30	528	1:43:43	528	1:43:43	
529	1543 Ann Jennings	551	0:11:00	788	0:05:21	652	0:55:26	446	0:01:28	483	0:30:30	529	1:43:43	529	1:43:43	
530	587 Kelsey Tranel	877	0:12:42	537	0:04:23	317	0:50:15	1090	0:02:27	724	0:33:58	530	1:43:44	530	1:43:44	
531	864 Liane Nagata	207	0:08:59	654	0:04:49	922	1:00:42	217	0:01:10	285	0:28:09	531	1:43:47	531	1:43:47	
532	875 Charissa Phillips	738	0:11:57	319	0:03:40	630	0:55:00	443	0:01:28	586	0:31:45	532	1:43:48	532	1:43:48	
533	678 Shiwang Wang	128	0:08:22	1085	0:07:08	718	0:56:33	1033	0:02:17	384	0:29:31	533	1:43:49	533	1:43:49	
534	938 Carmen Olito	231	0:09:11	774	0:05:19	287	0:49:50	737	0:01:49	917	0:37:42	534	1:43:49	534	1:43:49	
535	1290 Victoria Thorson	930	0:13:04	266	0:03:29	517	0:53:17	1275	0:03:34	482	0:30:30	535	1:43:53	535	1:43:53	
536	1029 Grace Lenorman	472	0:10:34	409	0:03:58	710	0:56:27	286	0:01:15	593	0:31:49	536	1:44:01	536	1:44:01	
537	925 Kristen Ratcliffe	315	0:09:41	293	0:03:33	827	0:58:37	156	0:01:04	540	0:31:08	537	1:44:02	537	1:44:02	
538	624 Catherine Xavier	796	0:12:13	966	0:06:10	298	0:49:56	1178	0:02:50	661	0:32:59	538	1:44:07	538	1:44:07	
539	1261 Cathy Coon	272	0:09:24	276	0:03:30	339	0:50:35	983	0:02:12	952	0:38:28	539	1:44:07	539	1:44:07	
540	220 Mackenzie Wonders	456	0:10:31	237	0:03:21	796	0:58:03	65	0:00:51	561	0:31:28	540	1:44:12	540	1:44:12	

GOLD NUGGET TRIATHLON - Official Results
Sunday, May 16, 2010
Anchorage, Alaska
Timing and Results by Up and Running Event Management

Ovl Place	Bib Name	Swim		T1		Bike		T2		Run		Total		Final Time		Penalty
		Place	Time	Place	Time	Place	Time	Place	Time	Place	Time	Place	Time	Place	Time	
541	745 Claire Trujillo	203	0:08:58	1214	0:08:52	834	0:58:42	1290	0:03:42	65	0:24:00	541	1:44:12	541	1:44:12	
542	739 Brandi Ozio	1041	0:14:04	459	0:04:07	704	0:56:17	368	0:01:21	309	0:28:26	542	1:44:14	542	1:44:14	
543	638 Tiffney French	192	0:08:53	552	0:04:26	744	0:56:59	112	0:00:57	663	0:33:00	543	1:44:14	543	1:44:14	
544	1162 Gretchen Carrick	598	0:11:14	267	0:03:29	409	0:51:45	800	0:01:54	831	0:35:55	544	1:44:16	544	1:44:16	
545	620 Susan Bury	868	0:12:39	480	0:04:11	620	0:54:43	549	0:01:35	549	0:31:14	545	1:44:20	545	1:44:20	
546	619 Rebecca Jarnagin	255	0:09:18	1108	0:07:20	616	0:54:41	1081	0:02:25	495	0:30:39	546	1:44:21	546	1:44:21	
547	650 Jacquelyn Rother	907	0:12:55	852	0:05:36	698	0:56:14	87	0:00:54	328	0:28:46	547	1:44:23	547	1:44:23	
548	1020 Teanna Hehnlm	835	0:12:25	513	0:04:18	701	0:56:16	709	0:01:46	419	0:29:48	548	1:44:31	548	1:44:31	
549	425 Betty Venh	878	0:12:42	1225	0:09:04	483	0:52:41	183	0:01:07	336	0:28:59	549	1:44:31	549	1:44:31	
550	856 Sara Anderholm	892	0:12:47	280	0:03:31	639	0:55:13	181	0:01:07	603	0:31:56	550	1:44:32	550	1:44:32	
551	1235 Kacy Hillman	90	0:07:51	592	0:04:35	431	0:52:01	659	0:01:43	945	0:38:24	551	1:44:32	551	1:44:32	
552	1109 Vanesa Breshock	494	0:10:40	887	0:05:46	467	0:52:28	592	0:01:38	731	0:34:04	552	1:44:35	552	1:44:35	
553	445 Kimberley Kaplun	445	0:10:29	750	0:05:12	610	0:54:38	593	0:01:38	636	0:32:40	553	1:44:35	553	1:44:35	
554	463 Kathleen Shepro	943	0:13:09	911	0:05:53	559	0:53:59	881	0:02:03	394	0:29:35	554	1:44:37	554	1:44:37	
555	709 Amy Adams	66	0:07:36	92	0:02:35	1092	1:05:37	178	0:01:06	264	0:27:45	555	1:44:38	555	1:44:38	
556	1041 Ginger Cooley	268	0:09:23	299	0:03:35	561	0:54:01	631	0:01:41	837	0:36:01	556	1:44:39	556	1:44:39	
557	920 Mary Shreves	462	0:10:33	604	0:04:39	618	0:54:42	315	0:01:18	688	0:33:31	557	1:44:41	557	1:44:41	
558	685 Deela Roe	608	0:11:18	938	0:06:03	890	0:59:48	539	0:01:34	151	0:26:00	558	1:44:42	558	1:44:42	
559	631 Zoe Morris	639	0:11:27	443	0:04:04	885	0:59:42	309	0:01:17	291	0:28:13	559	1:44:42	559	1:44:42	
560	722 Stacey Rother	1006	0:13:42	759	0:05:14	521	0:53:22	1049	0:02:19	450	0:30:07	560	1:44:43	560	1:44:43	
561	225 Jennifer Ostendorf	669	0:11:35	905	0:05:52	749	0:57:01	32	0:00:40	400	0:29:38	561	1:44:45	561	1:44:45	
562	61 Kory Keller	644	0:11:29	598	0:04:36	322	0:50:18	253	0:01:13	896	0:37:11	562	1:44:45	562	1:44:45	
563	628 Whitney Froehlich	680	0:11:38	608	0:04:40	859	0:59:15	38	0:00:42	315	0:28:32	563	1:44:46	563	1:44:46	
564	1229 Sarah Jensen	860	0:12:36	490	0:04:14	446	0:52:11	413	0:01:25	755	0:34:24	564	1:44:49	564	1:44:49	
565	1414 Madeleine Boutet	832	0:12:24	481	0:04:11	326	0:50:21	1162	0:02:45	786	0:35:10	565	1:44:50	565	1:44:50	
566	532 Heather Magee	450	0:10:30	275	0:03:30	687	0:56:07	334	0:01:19	685	0:33:29	566	1:44:53	566	1:44:53	
567	198 Margaret Petersen	512	0:10:45	667	0:04:52	432	0:52:01	93	0:00:54	863	0:36:22	567	1:44:53	567	1:44:53	
568	1065 Leslie Jones	1061	0:14:14	530	0:04:22	522	0:53:25	512	0:01:33	555	0:31:24	568	1:44:56	568	1:44:56	
569	1332 Whitney Harness	998	0:13:39	567	0:04:29	335	0:50:33	732	0:01:48	763	0:34:29	569	1:44:56	569	1:44:56	
570	859 Rebecca Cuniberti	621	0:11:21	555	0:04:27	532	0:53:31	464	0:01:29	742	0:34:11	570	1:44:57	570	1:44:57	
571	1074 Nancy Moses	475	0:10:35	973	0:06:12	464	0:52:25	623	0:01:40	737	0:34:09	571	1:45:00	571	1:45:00	
572	572 Heather Plucinski	357	0:09:56	789	0:05:21	588	0:54:24	225	0:01:10	741	0:34:11	572	1:45:00	572	1:45:00	
573	1198 Sarah Callaway	882	0:12:43	96	0:02:37	650	0:55:24	438	0:01:28	650	0:32:51	573	1:45:01	573	1:45:01	
574	1196 Pamela Hershberger	752	0:12:00	201	0:03:08	568	0:54:07	389	0:01:24	759	0:34:26	574	1:45:03	574	1:45:03	
575	1095 Stephanie Berglund	856	0:12:35	570	0:04:29	569	0:54:11	927	0:02:06	584	0:31:43	575	1:45:03	575	1:45:03	
576	1088 Kelly Foster	651	0:11:30	892	0:05:49	378	0:51:09	1089	0:02:27	746	0:34:12	576	1:45:05	576	1:45:05	
577	809 Nancy Wingate	80	0:07:46	214	0:03:12	1124	1:07:08	280	0:01:15	143	0:25:46	577	1:45:05	577	1:45:05	
578	1280 Alysyn Patotzka	535	0:10:55	1028	0:06:34	685	0:56:04	915	0:02:05	392	0:29:33	578	1:45:10	578	1:45:10	
579	647 Amy Baker	481	0:10:36	1161	0:07:59	781	0:57:46	591	0:01:38	226	0:27:15	579	1:45:13	579	1:45:13	
580	713 Desiree Gill	1126	0:14:44	367	0:03:50	656	0:55:30	577	0:01:37	398	0:29:37	580	1:45:16	580	1:45:16	
581	1303 Elene Cole	171	0:08:44	989	0:06:19	600	0:54:32	1329	0:04:45	521	0:30:57	581	1:45:17	581	1:45:17	
582	1507 Annette Alward	1113	0:14:37	320	0:03:40	634	0:55:06	956	0:02:09	418	0:29:48	582	1:45:18	582	1:45:18	
583	1454 Ruth Merriner	837	0:12:26	698	0:04:58	413	0:51:47	1248	0:03:17	656	0:32:55	583	1:45:22	583	1:45:22	
584	841 Anna Trujillo	351	0:09:55	1232	0:09:09	832	0:58:40	1286	0:03:40	66	0:24:00	584	1:45:23	584	1:45:23	
585	55 Lia Keller	536	0:10:55	452	0:04:06	560	0:53:59	973	0:02:10	750	0:34:16	585	1:45:24	585	1:45:24	

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Sunday, May 16, 2010
Anchorage, Alaska
Timing and Results by Up and Running Event Management

Ovl Place	Bib Name	Swim		T1		Bike		T2		Run		Total		Final Time		Penalty
		Place	Time	Place	Time	Place	Time	Place	Time	Place	Time	Place	Time	Place	Time	
586	1318 Kim Ward	146	0:08:33	156	0:02:55	782	0:57:47	288	0:01:15	776	0:34:56	586	1:45:25	586	1:45:25	
587	517 Katie Anderson	584	0:11:10	284	0:03:32	648	0:55:21	249	0:01:12	745	0:34:11	587	1:45:26	587	1:45:26	
588	139 Janet Thibert	703	0:11:46	576	0:04:30	368	0:51:02	298	0:01:16	884	0:36:55	588	1:45:27	588	1:45:27	
589	337 Becky Crawford	415	0:10:18	1057	0:06:49	585	0:54:21	509	0:01:33	628	0:32:32	589	1:45:31	589	1:45:31	
590	1458 Hannah Booher	758	0:12:01	536	0:04:23	897	0:59:59	397	0:01:24	266	0:27:46	590	1:45:32	590	1:45:32	
591	113 Jennifer Tibbetts	108	0:08:06	939	0:06:04	626	0:54:57	1003	0:02:13	749	0:34:15	591	1:45:34	591	1:45:34	
592	621 Helena Wierzbicki	382	0:10:04	719	0:05:04	407	0:51:42	387	0:01:24	904	0:37:25	592	1:45:37	592	1:45:37	
593	1442 Lisa Weimer	825	0:12:21	291	0:03:33	313	0:50:10	1210	0:03:03	871	0:36:33	593	1:45:39	593	1:45:39	
594	945 Alicia Clemetson	941	0:13:08	523	0:04:20	576	0:54:18	671	0:01:43	616	0:32:13	594	1:45:41	594	1:45:41	
595	203 Jessica Haines	152	0:08:35	310	0:03:38	664	0:55:40	479	0:01:30	860	0:36:19	595	1:45:41	595	1:45:41	
596	448 Cassie Barsalou	793	0:12:11	60	0:02:25	683	0:56:03	78	0:00:53	743	0:34:11	596	1:45:41	596	1:45:41	
597	473 Samantha Sloan	862	0:12:37	503	0:04:16	881	0:59:37	102	0:00:55	296	0:28:18	597	1:45:42	597	1:45:42	
598	983 Heather Huff	298	0:09:36	1029	0:06:35	690	0:56:08	635	0:01:41	592	0:31:48	598	1:45:46	598	1:45:46	
599	996 Lois Epstein	629	0:11:23	923	0:05:56	444	0:52:09	1115	0:02:32	710	0:33:48	599	1:45:47	599	1:45:47	
600	760 Breta Brown	328	0:09:47	510	0:04:17	707	0:56:18	272	0:01:14	747	0:34:13	600	1:45:48	600	1:45:48	
601	878 Teri Wooten	1007	0:13:42	882	0:05:45	473	0:52:31	563	0:01:36	623	0:32:19	601	1:45:52	601	1:45:52	
602	553 Ellen Clark	1110	0:14:35	702	0:05:00	617	0:54:41	228	0:01:11	496	0:30:39	602	1:46:04	602	1:46:04	
603	942 Kara Marciniac	552	0:11:00	780	0:05:19	601	0:54:32	1292	0:03:45	564	0:31:29	603	1:46:04	603	1:46:04	
604	1269 Teri Seward	407	0:10:15	1229	0:09:06	414	0:51:48	1230	0:03:10	588	0:31:46	604	1:46:04	604	1:46:04	
605	310 Judith Williamson	495	0:10:40	836	0:05:33	918	1:00:36	661	0:01:43	258	0:27:37	605	1:46:07	605	1:46:07	
606	499 Linda Brandon	482	0:10:36	976	0:06:12	558	0:53:58	604	0:01:39	707	0:33:45	606	1:46:08	606	1:46:08	
607	765 Jessequa Parker	1236	0:16:15	1025	0:06:33	461	0:52:21	829	0:01:57	346	0:29:06	607	1:46:11	607	1:46:11	
608	891 Candice Norton	1048	0:14:09	874	0:05:44	566	0:54:06	603	0:01:39	486	0:30:35	608	1:46:11	608	1:46:11	
609	989 Jessica Snout	1229	0:16:06	557	0:04:27	487	0:52:45	1010	0:02:15	502	0:30:41	609	1:46:12	609	1:46:12	
610	575 Anne Olson	1216	0:15:48	921	0:05:56	612	0:54:39	550	0:01:35	297	0:28:18	610	1:46:15	610	1:46:15	
611	1323 Alyssa Bash	911	0:12:57	397	0:03:56	778	0:57:43	852	0:02:00	413	0:29:44	611	1:46:18	611	1:46:18	
612	252 Gretchen Clark-Ross	887	0:12:45	321	0:03:41	555	0:53:54	537	0:01:34	765	0:34:33	612	1:46:25	612	1:46:25	
613	442 Brenda Bowles	693	0:11:42	364	0:03:49	261	0:48:58	271	0:01:14	1050	0:40:47	613	1:46:29	613	1:46:29	
614	114 Beth Baker	707	0:11:47	412	0:03:58	635	0:55:08	567	0:01:36	730	0:34:02	614	1:46:30	614	1:46:30	
615	417 Lynn Botwinick	1123	0:14:42	1223	0:09:03	349	0:50:44	281	0:01:15	519	0:30:57	615	1:46:39	615	1:46:39	
616	266 Elaina Hveding	195	0:08:54	860	0:05:39	504	0:53:04	861	0:02:00	892	0:37:07	616	1:46:43	616	1:46:43	
617	778 Rebekah Hartley	1175	0:15:23	868	0:05:43	484	0:52:42	784	0:01:53	532	0:31:05	617	1:46:44	617	1:46:44	
618	733 Michelle Spillane	520	0:10:49	610	0:04:40	739	0:56:56	585	0:01:37	646	0:32:47	618	1:46:48	618	1:46:48	
619	1445 Jana Smith	699	0:11:44	302	0:03:36	666	0:55:45	456	0:01:29	751	0:34:17	619	1:46:49	619	1:46:49	
620	848 Sandra Marrs	1044	0:14:05	252	0:03:25	428	0:52:00	924	0:02:06	788	0:35:16	620	1:46:50	620	1:46:50	
621	1404 Joyce Bamberger	476	0:10:35	682	0:04:55	686	0:56:06	1154	0:02:41	632	0:32:35	621	1:46:51	621	1:46:51	
622	435 Nicole Volaw	1074	0:14:19	1134	0:07:34	797	0:58:04	939	0:02:08	100	0:24:55	622	1:46:58	622	1:46:58	
623	1365 Dawn Paulson	131	0:08:25	614	0:04:41	654	0:55:27	1047	0:02:19	847	0:36:07	623	1:46:58	623	1:46:58	
624	955 Alyson Thorne	235	0:09:13	773	0:05:18	879	0:59:36	452	0:01:28	558	0:31:26	624	1:47:00	624	1:47:00	
625	1077 Lena Lawhead	865	0:12:38	569	0:04:29	658	0:55:30	660	0:01:43	643	0:32:44	625	1:47:02	625	1:47:02	
626	931 Mackenzie Morrison-Heath	734	0:11:56	1033	0:06:35	508	0:53:06	758	0:01:50	699	0:33:39	626	1:47:05	626	1:47:05	
627	1220 Sharon Bohjanen	951	0:13:13	478	0:04:11	737	0:56:53	814	0:01:56	518	0:30:56	627	1:47:07	627	1:47:07	
628	1226 Katie Sechrist	1287	0:18:00	538	0:04:23	644	0:55:15	606	0:01:39	273	0:27:52	628	1:47:08	628	1:47:08	
629	909 Cynthia Franzen	324	0:09:45	380	0:03:53	927	1:00:53	997	0:02:13	478	0:30:26	629	1:47:08	629	1:47:08	
630	259 Julene Quinlan	872	0:12:41	888	0:05:48	500	0:53:00	1172	0:02:48	657	0:32:55	630	1:47:10	630	1:47:10	

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Ovl Place	Bib Name	Swim		T1		Bike		T2		Run		Total		Final Time		Penalty
		Place	Time	Place	Time	Place	Time	Place	Time	Place	Time	Place	Time	Place	Time	
631	204 Angeline Ebnet	62	0:07:32	815	0:05:28	974	1:02:18	83	0:00:53	525	0:31:01	631	1:47:11	631	1:47:11	
632	1500 Lori Froehle	1066	0:14:16	116	0:02:42	577	0:54:18	506	0:01:32	764	0:34:31	632	1:47:19	632	1:47:19	
633	94 Kelly Grawunder	645	0:11:29	833	0:05:32	662	0:55:38	421	0:01:26	676	0:33:16	633	1:47:20	633	1:47:20	
634	1396 Jocelyn Waggoner	394	0:10:09	338	0:03:44	898	0:59:59	911	0:02:05	559	0:31:26	634	1:47:22	634	1:47:22	
635	1186 Zoe Xavier	553	0:11:00	732	0:05:07	275	0:49:25	1164	0:02:45	979	0:39:07	635	1:47:22	635	1:47:22	
636	207 Amanda Rasmussen	996	0:13:38	336	0:03:44	465	0:52:26	20	0:00:36	886	0:37:01	636	1:47:23	636	1:47:23	
637	476 Jennifer Schwartz	496	0:10:40	463	0:04:08	725	0:56:38	68	0:00:51	787	0:35:10	637	1:47:25	637	1:47:25	
638	677 China Stone	548	0:10:59	626	0:04:43	889	0:59:47	325	0:01:18	504	0:30:44	638	1:47:30	638	1:47:30	
639	655 Leslie Lance	1002	0:13:41	1242	0:09:26	479	0:52:37	548	0:01:35	460	0:30:13	639	1:47:30	639	1:47:30	
640	109 Elizabeth Senaga	1129	0:14:45	629	0:04:44	391	0:51:19	700	0:01:46	783	0:35:06	640	1:47:38	640	1:47:38	
641	63 Susan Fison	1105	0:14:33	862	0:05:39	657	0:55:30	76	0:00:52	537	0:31:07	641	1:47:40	641	1:47:40	
642	1529 Amber Finley	341	0:09:53	261	0:03:28	747	0:57:00	740	0:01:49	806	0:35:33	642	1:47:41	642	1:47:41	
643	702 Katie Cyr	999	0:13:39	316	0:03:39	852	0:59:12	475	0:01:30	409	0:29:43	643	1:47:42	643	1:47:42	
644	1377 Tanya Weaver	477	0:10:35	553	0:04:26	875	0:59:33	1122	0:02:33	489	0:30:36	644	1:47:43	644	1:47:43	
645	117 Carol Waters	900	0:12:51	595	0:04:36	441	0:52:06	536	0:01:34	875	0:36:40	645	1:47:45	645	1:47:45	
646	1272 Elizabeth Matthews	839	0:12:27	811	0:05:27	830	0:58:39	516	0:01:33	407	0:29:42	646	1:47:46	646	1:47:46	
647	76 Chasity Huddleston	1094	0:14:29	408	0:03:57	429	0:52:00	779	0:01:52	803	0:35:31	647	1:47:48	647	1:47:48	
648	1469 Colleen Marinucci	1194	0:15:36	798	0:05:23	524	0:53:27	1242	0:03:13	457	0:30:12	648	1:47:50	648	1:47:50	
649	1314 Elizabeth Brennan	794	0:12:11	632	0:04:44	914	1:00:25	847	0:01:59	318	0:28:35	649	1:47:52	649	1:47:52	
650	1309 Christa Metzger	288	0:09:30	854	0:05:37	878	0:59:35	1126	0:02:35	490	0:30:37	650	1:47:52	650	1:47:52	
651	374 Denise Carey	818	0:12:20	1170	0:08:09	556	0:53:55	91	0:00:54	633	0:32:36	651	1:47:52	651	1:47:52	
652	494 Carina Welker	708	0:11:47	900	0:05:50	926	1:00:53	1097	0:02:29	196	0:26:56	652	1:47:53	652	1:47:53	
653	107 Barbara Wong	1067	0:14:16	340	0:03:45	421	0:51:54	883	0:02:03	836	0:36:00	653	1:47:56	653	1:47:56	
654	1127 Amanda Ayer	1011	0:13:44	1024	0:06:33	730	0:56:43	503	0:01:32	374	0:29:26	654	1:47:57	654	1:47:57	
655	1036 Natalie Sook	241	0:09:14	1129	0:07:29	938	1:01:23	1169	0:02:48	212	0:27:06	655	1:47:58	655	1:47:58	
656	665 Selena Moore	1144	0:14:53	720	0:05:04	863	0:59:19	828	0:01:57	190	0:26:48	656	1:47:59	656	1:47:59	
657	65 Elizabeth Babaian-Kibala	609	0:11:18	639	0:04:45	741	0:56:57	429	0:01:27	690	0:33:33	657	1:47:59	657	1:47:59	
658	1388 Elaine Todd	922	0:13:00	952	0:06:07	738	0:56:53	868	0:02:02	439	0:30:00	658	1:48:00	658	1:48:00	
659	1250 Barbara Kagerer	773	0:12:05	935	0:06:02	791	0:57:58	711	0:01:46	466	0:30:16	659	1:48:06	659	1:48:06	
660	954 Beverly Harrison	735	0:11:56	837	0:05:34	627	0:54:58	1298	0:03:55	591	0:31:48	660	1:48:09	660	1:48:09	
661	793 Amy Brassard	956	0:13:17	577	0:04:30	833	0:58:41	407	0:01:25	473	0:30:21	661	1:48:12	661	1:48:12	
662	692 Nicole Stopa	395	0:10:09	485	0:04:12	1054	1:04:45	728	0:01:47	236	0:27:20	662	1:48:13	662	1:48:13	
663	1171 Kathleen Judy	1012	0:13:44	855	0:05:37	310	0:50:08	865	0:02:01	880	0:36:51	663	1:48:20	663	1:48:20	
664	935 Allison Thomas	702	0:11:45	366	0:03:50	917	1:00:34	561	0:01:36	491	0:30:38	664	1:48:21	664	1:48:21	
665	1230 Rachel Faria	1020	0:13:47	578	0:04:30	442	0:52:07	966	0:02:09	824	0:35:52	665	1:48:25	665	1:48:25	
666	694 Kristin Wognild	331	0:09:48	1009	0:06:28	811	0:58:20	615	0:01:39	614	0:32:12	666	1:48:26	666	1:48:26	
667	906 Ruth Paterson	1136	0:14:48	605	0:04:39	629	0:54:59	819	0:01:57	613	0:32:09	667	1:48:30	667	1:48:30	
668	479 Tisha Sutton	1049	0:14:09	1014	0:06:30	793	0:57:59	1176	0:02:49	207	0:27:04	668	1:48:31	668	1:48:31	
669	569 Ivy Eakes	172	0:08:44	990	0:06:20	665	0:55:40	511	0:01:33	859	0:36:18	669	1:48:33	669	1:48:33	
670	810 Valarie Coscia	1095	0:14:29	849	0:05:36	625	0:54:56	628	0:01:40	601	0:31:54	670	1:48:34	670	1:48:34	
671	1493 Charlotte Stender	1031	0:13:57	540	0:04:24	795	0:58:01	482	0:01:30	506	0:30:46	671	1:48:37	671	1:48:37	
672	465 Theresa Hampton	1015	0:13:45	351	0:03:46	589	0:54:24	115	0:00:58	820	0:35:48	672	1:48:39	672	1:48:39	
673	815 Stacy Holohan	769	0:12:04	472	0:04:10	873	0:59:27	289	0:01:15	598	0:31:51	673	1:48:45	673	1:48:45	
674	372 Jennifer Carpenter	1256	0:16:46	985	0:06:17	450	0:52:15	610	0:01:39	597	0:31:50	674	1:48:45	674	1:48:45	
675	236 Darla Jones	780	0:12:06	1070	0:07:01	699	0:56:15	1233	0:03:10	470	0:30:18	675	1:48:49	675	1:48:49	

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Ovl Place	Bib Name	Swim		T1		Bike		T2		Run		Total		Final Time		Penalty
		Place	Time	Place	Time	Place	Time	Place	Time	Place	Time	Place	Time	Place	Time	
676	1495 Cheryl Milline	932	0:13:05	810	0:05:26	902	1:00:00	488	0:01:31	332	0:28:49	676	1:48:50	676	1:48:50	
677	917 Helen Perkinson-Siek	1220	0:15:55	1179	0:08:14	603	0:54:33	727	0:01:47	308	0:28:26	677	1:48:53	677	1:48:53	
678	1345 Kayla Washington	65	0:07:35	891	0:05:49	1040	1:04:25	646	0:01:41	381	0:29:28	678	1:48:56	678	1:48:56	
679	816 Marika Athens	585	0:11:10	385	0:03:53	1029	1:04:04	120	0:00:58	335	0:28:53	679	1:48:57	679	1:48:57	
680	753 Kim Madden	1159	0:15:06	634	0:04:44	669	0:55:50	1143	0:02:39	499	0:30:40	680	1:48:58	680	1:48:58	
681	1083 Casey King	1073	0:14:18	184	0:03:03	693	0:56:11	435	0:01:27	729	0:34:02	681	1:49:00	681	1:49:00	
682	802 Paige Nelson	607	0:11:17	1119	0:07:24	294	0:49:54	1185	0:02:52	911	0:37:34	682	1:49:00	682	1:49:00	
683	582 Cinnamon Williams	1206	0:15:41	579	0:04:31	706	0:56:18	213	0:01:09	562	0:31:28	683	1:49:05	683	1:49:05	
684	1488 Ashley Stramp	513	0:10:45	130	0:02:47	996	1:02:55	1215	0:03:05	396	0:29:35	684	1:49:05	684	1:49:05	
685	317 Stacy Carpenter	570	0:11:04	650	0:04:47	903	1:00:03	322	0:01:18	602	0:31:55	685	1:49:06	685	1:49:06	
686	229 Katie Straley	861	0:12:36	656	0:04:49	596	0:54:30	335	0:01:19	830	0:35:55	686	1:49:08	686	1:49:08	
687	1370 Anita Johnson	1332	0:20:14	471	0:04:10	404	0:51:36	949	0:02:08	531	0:31:04	687	1:49:10	687	1:49:10	
688	248 Naomi Whitty	866	0:12:38	401	0:03:57	519	0:53:19	251	0:01:13	936	0:38:07	688	1:49:12	688	1:49:12	
689	556 Ina Cloud	352	0:09:55	611	0:04:41	548	0:53:47	341	0:01:19	997	0:39:33	689	1:49:13	689	1:49:13	
690	116 Kathy Davis	694	0:11:42	653	0:04:48	716	0:56:31	90	0:00:54	796	0:35:23	690	1:49:17	690	1:49:17	
691	729 Nicole Knox	953	0:13:15	645	0:04:46	688	0:56:08	439	0:01:28	703	0:33:43	691	1:49:18	691	1:49:18	
692	456 Abigail Huddleston	372	0:10:00	794	0:05:22	821	0:58:31	979	0:02:11	674	0:33:15	692	1:49:18	692	1:49:18	
693	686 Emily Brassard	590	0:11:11	628	0:04:44	714	0:56:29	578	0:01:37	795	0:35:22	693	1:49:22	693	1:49:22	
694	585 Dawniel Dupee	440	0:10:26	1078	0:07:04	893	0:59:54	569	0:01:36	477	0:30:23	694	1:49:22	694	1:49:22	
695	1158 Susan Halvor	581	0:11:08	969	0:06:11	752	0:57:04	601	0:01:39	683	0:33:23	695	1:49:23	695	1:49:23	
696	1189 Kelly Day	396	0:10:09	967	0:06:11	882	0:59:37	1138	0:02:37	515	0:30:52	696	1:49:25	696	1:49:25	
697	511 Margaret Sullivan	1214	0:15:47	1230	0:09:07	449	0:52:15	782	0:01:52	480	0:30:28	697	1:49:27	697	1:49:27	
698	1496 Kate Johnson	503	0:10:43	312	0:03:39	977	1:02:29	820	0:01:57	505	0:30:44	698	1:49:29	698	1:49:29	
699	1322 Jennifer Ballinger	1131	0:14:46	733	0:05:08	554	0:53:54	989	0:02:12	696	0:33:38	699	1:49:36	699	1:49:36	
700	544 Tara Adams	722	0:11:52	1147	0:07:50	492	0:52:50	655	0:01:42	798	0:35:24	700	1:49:37	700	1:49:37	
701	1273 Jennifer Dobson	1158	0:15:05	387	0:03:53	876	0:59:33	689	0:01:45	373	0:29:25	701	1:49:40	701	1:49:40	
702	985 Terry Slaven	1228	0:16:05	677	0:04:54	330	0:50:27	1152	0:02:41	809	0:35:36	702	1:49:41	702	1:49:41	
703	300 Linda Edwards	376	0:10:01	710	0:05:02	375	0:51:07	1025	0:02:16	1067	0:41:22	703	1:49:46	703	1:49:46	
704	502 Ilana Kerschbaum	610	0:11:18	622	0:04:42	631	0:55:01	1120	0:02:33	857	0:36:14	704	1:49:47	704	1:49:47	
705	1205 Sara Turner	577	0:11:06	350	0:03:46	871	0:59:25	302	0:01:17	752	0:34:19	705	1:49:51	705	1:49:51	
706	741 Catherine Irwin	774	0:12:05	505	0:04:16	810	0:58:18	465	0:01:29	708	0:33:46	706	1:49:53	706	1:49:53	
707	769 Felicia Cassel	753	0:12:00	802	0:05:24	819	0:58:30	1289	0:03:41	471	0:30:19	707	1:49:53	707	1:49:53	
708	807 Shannon Harcourt	901	0:12:51	1187	0:08:23	748	0:57:00	409	0:01:25	463	0:30:15	708	1:49:53	708	1:49:53	
709	433 Nicole Carr	364	0:09:58	1065	0:07:00	886	0:59:45	885	0:02:03	547	0:31:13	709	1:49:57	709	1:49:57	
710	964 Ronda Aspengren	523	0:10:50	532	0:04:22	976	1:02:27	696	0:01:46	492	0:30:39	710	1:50:02	710	1:50:02	
711	1406 Cecelia Maher	912	0:12:57	526	0:04:21	766	0:57:24	526	0:01:34	709	0:33:48	711	1:50:02	711	1:50:02	
712	865 Clair Degeorge	31	0:07:00	648	0:04:47	1129	1:07:15	384	0:01:23	406	0:29:41	712	1:50:04	712	1:50:04	
713	1237 Tanya Scott	603	0:11:16	355	0:03:47	761	0:57:15	1297	0:03:53	725	0:33:59	713	1:50:09	713	1:50:09	
714	1101 Sarah Freeman	247	0:09:15	970	0:06:11	869	0:59:23	972	0:02:10	670	0:33:13	714	1:50:11	714	1:50:11	
715	1213 Sarah Rud	782	0:12:07	736	0:05:09	964	1:01:56	753	0:01:50	351	0:29:12	715	1:50:13	715	1:50:13	
716	924 Tobi Ashby Dunham	292	0:09:33	872	0:05:44	684	0:56:03	726	0:01:47	894	0:37:10	716	1:50:15	716	1:50:15	
717	1053 Judy Besh	575	0:11:05	1106	0:07:19	562	0:54:01	1135	0:02:36	789	0:35:16	717	1:50:17	717	1:50:17	
718	145 Laurel Stutzer	813	0:12:19	714	0:05:02	724	0:56:37	105	0:00:56	808	0:35:35	718	1:50:28	718	1:50:28	
719	90 Christine Keene	926	0:13:02	712	0:05:02	771	0:57:38	988	0:02:12	638	0:32:41	719	1:50:33	719	1:50:33	
720	1201 Linda Yarborough	1141	0:14:52	1118	0:07:24	426	0:51:58	1227	0:03:09	672	0:33:13	720	1:50:34	720	1:50:34	

GOLD NUGGET TRIATHLON - Official Results

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Anchorage, Alaska

Timing and Results by Up and Running Event Management

Ovl	Place	Bib Name	Swim Place	Time	T1 Place	Time	Bike Place	Time	T2 Place	Time	Run Place	Time	Total Place	Time	Final Time Place	Penalty Time
721	1288	Susanna Kelly	924	0:13:01	940	0:06:04	513	0:53:12	1256	0:03:20	778	0:35:00	721	1:50:35	721	1:50:35
722	498	Valerie McKenney	426	0:10:21	879	0:05:44	389	0:51:16	632	0:01:41	1074	0:41:36	722	1:50:37	722	1:50:37
723	54	Trudy Keller	664	0:11:33	762	0:05:14	736	0:56:53	55	0:00:49	850	0:36:10	723	1:50:37	723	1:50:37
724	930	Allison Tyner	1025	0:13:49	1059	0:06:51	840	0:58:51	533	0:01:34	399	0:29:37	724	1:50:41	724	1:50:41
725	1355	Nerissa Dumayas	1359	0:23:52	430	0:04:03	251	0:48:47	1063	0:02:21	581	0:31:40	725	1:50:41	725	1:50:41
726	1287	Anne-Marie Freudenthal	463	0:10:33	248	0:03:23	591	0:54:26	546	0:01:34	1054	0:40:57	726	1:50:52	726	1:50:52
727	346	Peggy Shaskan	1155	0:15:02	1152	0:07:53	722	0:56:37	933	0:02:07	362	0:29:19	727	1:50:57	727	1:50:57
728	786	Andrea Ritter	253	0:09:17	830	0:05:32	949	1:01:42	1158	0:02:45	583	0:31:43	728	1:50:57	728	1:50:57
729	1070	Chelsea Ryan	489	0:10:39	439	0:04:03	770	0:57:33	756	0:01:50	883	0:36:53	729	1:50:57	729	1:50:57
730	1257	Kim Crocker	728	0:11:54	909	0:05:53	574	0:54:16	1096	0:02:28	868	0:36:30	730	1:51:01	730	1:51:01
731	1341	Karen Heath	830	0:12:23	696	0:04:58	551	0:53:49	826	0:01:57	931	0:37:59	731	1:51:05	731	1:51:05
732	423	Jennifer Morris	1183	0:15:28	649	0:04:47	802	0:58:12	529	0:01:34	542	0:31:09	732	1:51:08	732	1:51:08
733	673	Tina Sellers	1304	0:18:56	1013	0:06:29	653	0:55:26	1212	0:03:04	233	0:27:19	733	1:51:13	733	1:51:13
734	791	Cassandra Rense	464	0:10:33	1122	0:07:27	573	0:54:16	1195	0:02:55	842	0:36:04	734	1:51:14	734	1:51:14
735	777	Jeanne Fischer	1162	0:15:10	373	0:03:51	789	0:57:57	349	0:01:20	662	0:32:59	735	1:51:15	735	1:51:15
736	918	Janet Morrone	1081	0:14:24	343	0:03:45	1049	1:04:39	943	0:02:08	174	0:26:27	736	1:51:22	736	1:51:22
737	398	Cara Dixon	990	0:13:35	845	0:05:35	836	0:58:47	201	0:01:09	622	0:32:18	737	1:51:22	737	1:51:22
738	904	Kirsten Patrick	1316	0:19:35	700	0:04:59	488	0:52:45	198	0:01:08	660	0:32:58	738	1:51:23	738	1:51:23
739	1422	Kyndall Carey	879	0:12:42	421	0:04:00	1004	1:03:11	589	0:01:38	437	0:29:59	739	1:51:29	739	1:51:29
740	973	Katharine Laforest	783	0:12:07	816	0:05:29	545	0:53:44	1191	0:02:53	902	0:37:23	740	1:51:34	740	1:51:34
741	1129	Anna Cha	775	0:12:05	768	0:05:16	1025	1:03:57	605	0:01:39	321	0:28:40	741	1:51:35	741	1:51:35
742	1499	Megan Hedman	640	0:11:27	1151	0:07:52	953	1:01:44	712	0:01:46	331	0:28:48	742	1:51:36	742	1:51:36
743	716	Mary Janis	228	0:09:10	747	0:05:10	462	0:52:22	1093	0:02:27	1119	0:42:32	743	1:51:40	743	1:51:40
744	482	Luemma Balise	893	0:12:47	978	0:06:14	828	0:58:37	493	0:01:31	630	0:32:33	744	1:51:41	744	1:51:41
745	74	Micaela Jones	1057	0:14:11	877	0:05:44	497	0:52:56	196	0:01:08	919	0:37:44	745	1:51:42	745	1:51:42
746	1509	Christian McCormick	1098	0:14:30	263	0:03:28	597	0:54:31	629	0:01:41	915	0:37:37	746	1:51:45	746	1:51:45
747	564	Kimberly Halstead	529	0:10:53	1067	0:07:01	850	0:59:09	472	0:01:30	673	0:33:14	747	1:51:45	747	1:51:45
748	637	Angela Powell	1068	0:14:16	722	0:05:04	838	0:58:49	843	0:01:59	579	0:31:38	748	1:51:45	748	1:51:45
749	738	Tiffany Thomas	279	0:09:26	775	0:05:19	711	0:56:27	802	0:01:54	962	0:38:42	749	1:51:47	749	1:51:47
750	1482	Dawn Gardner	986	0:13:31	568	0:04:29	511	0:53:07	888	0:02:03	960	0:38:41	750	1:51:49	750	1:51:49
751	1054	Erin Shaw	487	0:10:38	521	0:04:20	448	0:52:13	1129	0:02:36	1099	0:42:05	751	1:51:50	751	1:51:50
752	1042	Crystal Miller	1211	0:15:44	331	0:03:42	506	0:53:04	613	0:01:39	920	0:37:45	752	1:51:53	752	1:51:53
753	1425	Lana Metcalf	700	0:11:44	235	0:03:20	880	0:59:36	572	0:01:37	814	0:35:40	753	1:51:55	753	1:51:55
754	520	Marisa Vandyke	790	0:12:10	546	0:04:25	637	0:55:10	702	0:01:46	949	0:38:27	754	1:51:56	754	1:51:56
755	1438	Aleshia Quennell	460	0:10:32	500	0:04:16	523	0:53:27	765	0:01:51	1097	0:42:03	755	1:52:07	755	1:52:07
756	1306	Aimee Rathbun	46	0:07:15	770	0:05:16	410	0:51:45	1318	0:04:18	1143	0:43:34	756	1:52:07	756	1:52:07
757	1479	Sarah Harris	101	0:08:00	483	0:04:12	775	0:57:41	853	0:02:00	1027	0:40:20	757	1:52:11	757	1:52:11
758	1384	Alissa Wardwell	159	0:08:38	883	0:05:46	894	0:59:57	862	0:02:00	828	0:35:54	758	1:52:13	758	1:52:13
759	130	Jeannette Duenow	593	0:11:12	1087	0:07:09	304	0:50:05	598	0:01:39	1105	0:42:13	759	1:52:16	759	1:52:16
760	862	Stephanie Spezialy	1121	0:14:41	751	0:05:12	750	0:57:02	946	0:02:08	684	0:33:26	760	1:52:27	760	1:52:27
761	1247	Joanne Ballagh	641	0:11:27	1086	0:07:09	623	0:54:53	1193	0:02:55	846	0:36:06	761	1:52:28	761	1:52:28
762	487	Carrie Howard	808	0:12:17	1092	0:07:10	806	0:58:15	382	0:01:23	687	0:33:30	762	1:52:33	762	1:52:33
763	1526	Christina Holmgren	851	0:12:33	586	0:04:32	354	0:50:50	1198	0:02:57	1085	0:41:47	763	1:52:38	763	1:52:38
764	522	Lori Paajanen	819	0:12:20	758	0:05:14	1032	1:04:08	69	0:00:52	452	0:30:08	764	1:52:40	764	1:52:40
765	1264	Terri Woodworth	559	0:11:02	533	0:04:22	843	0:58:54	808	0:01:55	864	0:36:28	765	1:52:40	765	1:52:40

GOLD NUGGET TRIATHLON - Official Results

Sunday, May 16, 2010

Anchorage, Alaska

Timing and Results by Up and Running Event Management

Ovl	Place	Bib Name	Swim Place	Time	T1 Place	Time	Bike Place	Time	T2 Place	Time	Run Place	Time	Total Place	Time	Final Time Place	Penalty Time
766	1253	Jennifer Cottle	432	0:10:23	582	0:04:31	919	1:00:36	582	0:01:37	810	0:35:37	766	1:52:43	766	1:52:43
767	940	Susan Ratcliffe	791	0:12:10	894	0:05:49	831	0:58:40	172	0:01:06	779	0:35:01	767	1:52:44	767	1:52:44
768	293	Heather Fuller	810	0:12:18	838	0:05:34	872	0:59:27	154	0:01:04	756	0:34:25	768	1:52:46	768	1:52:46
769	525	Carla Williams	451	0:10:30	454	0:04:06	518	0:53:18	179	0:01:06	1153	0:43:51	769	1:52:50	769	1:52:50
770	1219	Janelle Roberts	120	0:08:16	288	0:03:33	909	1:00:16	785	0:01:53	972	0:38:57	770	1:52:53	770	1:52:53
771	466	Emily Locke	63	0:07:33	504	0:04:16	1143	1:08:00	62	0:00:50	620	0:32:18	771	1:52:55	771	1:52:55
772	967	Annie Brace	763	0:12:03	951	0:06:06	896	0:59:58	863	0:02:01	651	0:32:52	772	1:52:58	772	1:52:58
773	602	Jessica Daniels	478	0:10:35	1026	0:06:33	787	0:57:53	1141	0:02:38	799	0:35:27	773	1:53:05	773	1:53:05
774	1086	Summer Ashcraft	884	0:12:44	777	0:05:19	726	0:56:38	748	0:01:50	874	0:36:37	774	1:53:06	774	1:53:06
775	367	Veronica Pope	646	0:11:29	544	0:04:25	647	0:55:20	551	0:01:35	1028	0:40:21	775	1:53:08	775	1:53:08
776	1068	Brenda Knorr	1019	0:13:46	771	0:05:17	678	0:55:57	976	0:02:11	834	0:35:58	776	1:53:08	776	1:53:08
777	311	Mary Groot Bluemink	1281	0:17:34	987	0:06:18	393	0:51:20	203	0:01:09	881	0:36:52	777	1:53:12	777	1:53:12
778	630	Shannon Morley	1230	0:16:06	941	0:06:04	923	1:00:48	647	0:01:42	319	0:28:35	778	1:53:13	778	1:53:13
779	754	Laurie Sammons	739	0:11:57	765	0:05:14	857	0:59:14	316	0:01:18	805	0:35:32	779	1:53:14	779	1:53:14
780	543	Bridget Brown	838	0:12:26	679	0:04:55	777	0:57:43	386	0:01:23	882	0:36:53	780	1:53:18	780	1:53:18
781	1143	Vera Hershey	1303	0:18:51	1036	0:06:37	805	0:58:14	1073	0:02:24	219	0:27:14	781	1:53:18	781	1:53:18
782	379	Nina Menghini	342	0:09:53	502	0:04:16	839	0:58:51	467	0:01:30	968	0:38:50	782	1:53:18	782	1:53:18
783	1076	Dede Schwartz	614	0:11:19	253	0:03:25	729	0:56:41	764	0:01:51	1017	0:40:07	783	1:53:21	783	1:53:21
784	515	Diddy Hitchins	586	0:11:10	1154	0:07:55	877	0:59:34	618	0:01:40	668	0:33:04	784	1:53:21	784	1:53:21
785	265	Susan Baker	196	0:08:54	953	0:06:07	866	0:59:22	165	0:01:05	932	0:38:00	785	1:53:26	785	1:53:26
786	1018	Rose Theisen	332	0:09:48	313	0:03:39	254	0:48:51	845	0:01:59	1263	0:49:11	786	1:53:26	786	1:53:26
787	821	Maggie Ridges	1166	0:15:13	726	0:05:05	928	1:00:53	504	0:01:32	513	0:30:50	787	1:53:32	787	1:53:32
788	994	Maryjane Hadaway	1035	0:13:59	413	0:03:58	223	0:48:03	1202	0:03:00	1172	0:44:35	788	1:53:33	788	1:53:33
789	874	Kayle Blackmore	948	0:13:12	415	0:03:59	1198	1:09:59	353	0:01:20	110	0:25:05	789	1:53:34	789	1:53:34
790	661	Stephanie Lyken	764	0:12:03	600	0:04:37	439	0:52:05	797	0:01:54	1127	0:42:58	790	1:53:36	790	1:53:36
791	1367	Brenda Johanson	436	0:10:24	495	0:04:14	1089	1:05:31	670	0:01:43	587	0:31:46	791	1:53:37	791	1:53:37
792	567	Anika Doehl	957	0:13:17	1002	0:06:24	751	0:57:02	1136	0:02:37	753	0:34:19	792	1:53:38	792	1:53:38
793	1432	Valerie Rettmann	302	0:09:37	346	0:03:46	401	0:51:33	1250	0:03:17	1197	0:45:34	793	1:53:45	793	1:53:45
794	189	Kathryn Winsor	923	0:13:00	1022	0:06:32	853	0:59:14	745	0:01:49	671	0:33:13	794	1:53:47	794	1:53:47
795	1182	Julie Denny	762	0:12:02	1180	0:08:17	667	0:55:45	1294	0:03:48	719	0:33:56	795	1:53:47	795	1:53:47
796	338	Nancy Gehm	695	0:11:42	853	0:05:37	624	0:54:56	159	0:01:05	1044	0:40:32	796	1:53:50	796	1:53:50
797	734	Heather Reier	908	0:12:55	803	0:05:25	661	0:55:34	1070	0:02:23	909	0:37:34	797	1:53:50	797	1:53:50
798	1282	Heather Riley	902	0:12:52	190	0:03:05	904	1:00:06	1188	0:02:53	777	0:34:58	798	1:53:52	798	1:53:52
799	384	Stacy Schmitz	1195	0:15:36	1047	0:06:42	845	0:58:57	242	0:01:12	560	0:31:26	799	1:53:52	799	1:53:52
800	78	Chelsea Seagars	273	0:09:24	945	0:06:05	826	0:58:35	733	0:01:48	933	0:38:01	800	1:53:52	800	1:53:52
801	727	Melinda Hulm	1181	0:15:26	902	0:05:50	785	0:57:51	1004	0:02:14	631	0:32:34	801	1:53:54	801	1:53:54
802	368	Isabel Mills	391	0:10:08	593	0:04:35	1043	1:04:27	60	0:00:49	726	0:33:59	802	1:53:58	802	1:53:58
803	1277	Elizabeth Miller	1071	0:14:17	479	0:04:11	584	0:54:21	869	0:02:02	981	0:39:11	803	1:53:59	803	1:53:59
804	1011	Michelle Semerad	754	0:12:00	1041	0:06:39	844	0:58:57	835	0:01:58	766	0:34:41	804	1:54:13	804	1:54:13
805	1512	Jennie Perry	1021	0:13:48	437	0:04:03	615	0:54:40	1041	0:02:18	993	0:39:25	805	1:54:13	805	1:54:13
806	1348	Janelle Abad	1104	0:14:32	665	0:04:51	818	0:58:27	1027	0:02:16	736	0:34:09	806	1:54:14	806	1:54:14
807	1333	Alexis Kaferstein	47	0:07:18	1163	0:08:02	954	1:01:46	422	0:01:26	822	0:35:50	807	1:54:22	807	1:54:22
808	1327	Dawn Medema	657	0:11:31	399	0:03:56	816	0:58:24	823	0:01:57	959	0:38:39	808	1:54:26	808	1:54:26
809	1353	Donna Baldwin	465	0:10:33	986	0:06:18	679	0:55:58	1121	0:02:33	980	0:39:08	809	1:54:28	809	1:54:28
810	584	Debbi Heinen	983	0:13:28	514	0:04:18	858	0:59:14	448	0:01:28	840	0:36:03	810	1:54:30	810	1:54:30

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Sunday, May 16, 2010
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Ovl Place	Bib Name	Swim		T1		Bike		T2		Run		Total		Final Time		Penalty
		Place	Time	Place	Time	Place	Time	Place	Time	Place	Time	Place	Time	Place	Time	
811	1191 Stephanie Burchell	1247	0:16:29	748	0:05:11	860	0:59:16	1051	0:02:19	551	0:31:19	811	1:54:32	811	1:54:32	
812	421 Millie Spezialy	1276	0:17:26	915	0:05:55	757	0:57:10	150	0:01:04	666	0:33:03	812	1:54:36	812	1:54:36	
813	932 Heidi Valantas	903	0:12:52	1216	0:08:55	861	0:59:17	1058	0:02:20	552	0:31:19	813	1:54:41	813	1:54:41	
814	1515 Kristy Harvey	982	0:13:26	1138	0:07:42	329	0:50:26	1310	0:04:06	975	0:39:02	814	1:54:41	814	1:54:41	
815	837 Leha Manderson	537	0:10:55	715	0:05:03	907	1:00:10	871	0:02:02	873	0:36:36	815	1:54:44	815	1:54:44	
816	352 Jessica Williams	919	0:12:59	1215	0:08:53	776	0:57:42	363	0:01:21	718	0:33:54	816	1:54:47	816	1:54:47	
817	81 Cynthia Mullis	1282	0:17:36	512	0:04:18	691	0:56:09	43	0:00:45	838	0:36:02	817	1:54:48	817	1:54:48	
818	731 Lisa Venner Gill	1298	0:18:20	1077	0:07:03	422	0:51:54	1111	0:02:32	781	0:35:02	818	1:54:50	818	1:54:50	
819	1344 Catherine Goolsby	1116	0:14:38	641	0:04:46	1051	1:04:41	324	0:01:18	383	0:29:29	819	1:54:50	819	1:54:50	
820	1484 Christin Hubble	978	0:13:25	659	0:04:50	745	0:57:00	913	0:02:05	908	0:37:33	820	1:54:51	820	1:54:51	
821	1217 Rosemary Hill	1027	0:13:54	285	0:03:33	868	0:59:22	675	0:01:44	862	0:36:21	821	1:54:52	821	1:54:52	
822	1537 Lindsay Hall	952	0:13:14	565	0:04:28	849	0:59:07	768	0:01:51	858	0:36:15	822	1:54:54	822	1:54:54	
823	128 Margorie Keene	1198	0:15:37	725	0:05:05	676	0:55:56	729	0:01:48	867	0:36:30	823	1:54:54	823	1:54:54	
824	641 Johana McMahan	1157	0:15:04	1008	0:06:28	956	1:01:49	948	0:02:08	379	0:29:27	824	1:54:54	824	1:54:54	
825	371 Shelby Zuehlsdorff	709	0:11:47	1083	0:07:06	809	0:58:16	344	0:01:19	865	0:36:29	825	1:54:56	825	1:54:56	
826	1017 Elaine Hulse	528	0:10:52	376	0:03:52	837	0:58:49	1157	0:02:44	961	0:38:41	826	1:54:56	826	1:54:56	
827	549 Janett Phelps	749	0:11:59	979	0:06:14	973	1:02:15	1285	0:03:40	514	0:30:51	827	1:54:58	827	1:54:58	
828	953 Sarah Hill	67	0:07:36	1001	0:06:24	671	0:55:51	1334	0:05:00	1018	0:40:08	828	1:54:58	828	1:54:58	
829	1523 Mary Witthus	1036	0:13:59	1048	0:06:43	848	0:59:07	1145	0:02:39	635	0:32:40	829	1:55:06	829	1:55:06	
830	1142 Makenna Rhodes	17	0:06:44	1200	0:08:39	985	1:02:35	500	0:01:32	813	0:35:39	830	1:55:07	830	1:55:07	
831	557 Ellie Farmer	1249	0:16:33	643	0:04:46	825	0:58:35	296	0:01:16	728	0:34:01	831	1:55:09	831	1:55:09	
832	766 Jessica Spuhler-Popiel	880	0:12:42	564	0:04:28	1002	1:03:03	518	0:01:33	692	0:33:37	832	1:55:21	832	1:55:21	
833	749 Laura Binkowski	538	0:10:56	1080	0:07:04	800	0:58:07	460	0:01:29	924	0:37:48	833	1:55:23	833	1:55:23	
834	857 Elaine Hodl	1245	0:16:27	1162	0:08:02	769	0:57:32	754	0:01:50	574	0:31:34	834	1:55:24	834	1:55:24	
835	977 Sarah Smith	514	0:10:45	799	0:05:24	1078	1:05:20	830	0:01:57	609	0:32:05	835	1:55:29	835	1:55:29	
836	933 Charla Lee	853	0:12:34	427	0:04:02	609	0:54:38	773	0:01:52	1113	0:42:25	836	1:55:29	836	1:55:29	
837	757 Kristy Peterson	242	0:09:14	1295	0:11:01	253	0:48:51	1342	0:05:59	1040	0:40:28	837	1:55:31	837	1:55:31	
838	1304 Jennifer Comeau	1117	0:14:39	465	0:04:08	493	0:52:51	931	0:02:07	1087	0:41:48	838	1:55:31	838	1:55:31	
839	1334 Maryellen Summer	418	0:10:19	919	0:05:56	935	1:01:13	1095	0:02:28	812	0:35:39	839	1:55:33	839	1:55:33	
840	573 Anita Wright	994	0:13:37	691	0:04:57	813	0:58:23	1312	0:04:13	758	0:34:25	840	1:55:33	840	1:55:33	
841	335 Andrea Burnham	979	0:13:25	817	0:05:29	812	0:58:21	106	0:00:56	905	0:37:26	841	1:55:35	841	1:55:35	
842	880 Cara Bethe	1091	0:14:28	790	0:05:21	1103	1:06:08	530	0:01:34	284	0:28:08	842	1:55:37	842	1:55:37	
843	1315 Lindsey Hovden	466	0:10:33	681	0:04:55	924	1:00:48	781	0:01:52	910	0:37:34	843	1:55:41	843	1:55:41	
844	92 Angela Piccard	624	0:11:22	620	0:04:42	1021	1:03:51	124	0:00:59	773	0:34:52	844	1:55:45	844	1:55:45	
845	377 Penelope Adams	525	0:10:51	1046	0:06:42	989	1:02:44	433	0:01:27	735	0:34:08	845	1:55:50	845	1:55:50	
846	344 Anna King	1305	0:18:57	1081	0:07:06	727	0:56:38	1224	0:03:08	445	0:30:04	846	1:55:51	846	1:55:51	
847	432 Rachel Glaister	750	0:11:59	379	0:03:52	982	1:02:31	453	0:01:29	853	0:36:11	847	1:56:00	847	1:56:00	
848	648 Jessica Badgley	759	0:12:01	688	0:04:56	1056	1:04:46	507	0:01:32	649	0:32:50	848	1:56:05	848	1:56:05	
849	93 Luann Piccard	399	0:10:10	473	0:04:10	892	0:59:52	176	0:01:06	1051	0:40:48	849	1:56:05	849	1:56:05	
850	1121 Katherine O'Grady	765	0:12:03	630	0:04:44	734	0:56:51	876	0:02:02	1042	0:40:29	850	1:56:07	850	1:56:07	
851	437 Vanessa Munro	1318	0:19:44	1252	0:09:40	705	0:56:17	359	0:01:21	348	0:29:09	851	1:56:09	851	1:56:09	
852	869 Sherille Vanhorn	1207	0:15:41	1021	0:06:32	363	0:50:56	1262	0:03:25	1001	0:39:37	852	1:56:10	852	1:56:10	
853	779 Sadie Huffer	438	0:10:25	1007	0:06:27	1083	1:05:25	790	0:01:53	607	0:32:04	853	1:56:13	853	1:56:13	
854	121 Jackie Morrison-Price	576	0:11:05	885	0:05:46	670	0:55:50	807	0:01:55	1078	0:41:40	854	1:56:15	854	1:56:15	
855	1233 Jane Garrard	1156	0:15:02	787	0:05:21	842	0:58:54	899	0:02:04	780	0:35:02	855	1:56:21	855	1:56:21	

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Ovl Place	Bib Name	Swim		T1		Bike		T2		Run		Total		Final Time		Penalty
		Place	Time	Place	Time	Place	Time	Place	Time	Place	Time	Place	Time	Place	Time	
856	594 Kristine Burton	1312	0:19:25	635	0:04:45	608	0:54:37	856	0:02:00	815	0:35:40	856	1:56:26	856	1:56:26	
857	509 Katy Owen	1288	0:18:00	1184	0:08:19	715	0:56:30	923	0:02:06	571	0:31:32	857	1:56:26	857	1:56:26	
858	1295 Brandi White	386	0:10:06	695	0:04:58	621	0:54:43	908	0:02:05	1173	0:44:40	858	1:56:30	858	1:56:30	
859	418 Hattie Little-Burgener	991	0:13:35	1068	0:07:01	966	1:01:58	942	0:02:08	600	0:31:53	859	1:56:33	859	1:56:33	
860	1098 Kenya Pace	652	0:11:30	561	0:04:28	911	1:00:18	1075	0:02:24	928	0:37:55	860	1:56:34	860	1:56:34	
861	319 Maureen McGlone	312	0:09:40	865	0:05:41	773	0:57:39	777	0:01:52	1084	0:41:46	861	1:56:37	861	1:56:37	
862	215 Sonja Rosmanith	260	0:09:21	742	0:05:10	865	0:59:21	47	0:00:46	1098	0:42:03	862	1:56:39	862	1:56:39	
863	1416 Jennifer Moore	687	0:11:40	878	0:05:44	835	0:58:44	1062	0:02:21	938	0:38:13	863	1:56:40	863	1:56:40	
864	838 Barbara Smith	723	0:11:52	1017	0:06:32	696	0:56:13	821	0:01:57	1022	0:40:13	864	1:56:45	864	1:56:45	
865	1210 Deborah Corral	766	0:12:03	357	0:03:48	595	0:54:30	688	0:01:45	1176	0:44:41	865	1:56:45	865	1:56:45	
866	823 Angelica Marriott	554	0:11:00	795	0:05:22	891	0:59:50	817	0:01:56	965	0:38:44	866	1:56:51	866	1:56:51	
867	956 Ashleigh Farris	379	0:10:02	1061	0:06:52	946	1:01:38	1304	0:04:00	754	0:34:21	867	1:56:52	867	1:56:52	
868	651 Jane Wiley	1022	0:13:48	943	0:06:04	997	1:02:56	411	0:01:25	645	0:32:46	868	1:56:58	868	1:56:58	
869	1024 Barbara Amy	571	0:11:04	916	0:05:55	981	1:02:31	1295	0:03:50	700	0:33:40	869	1:56:58	869	1:56:58	
870	242 Vickie Hood	1186	0:15:31	1066	0:07:00	503	0:53:03	772	0:01:52	998	0:39:34	870	1:56:58	870	1:56:58	
871	508 Robyn Dahl	486	0:10:37	1231	0:09:08	708	0:56:20	1249	0:03:17	922	0:37:46	871	1:57:06	871	1:57:06	
872	829 Becky Wallace	1008	0:13:42	1327	0:13:16	719	0:56:34	906	0:02:05	573	0:31:33	872	1:57:08	872	1:57:08	
873	625 Laura Hartz	1003	0:13:41	764	0:05:14	1116	1:06:42	1113	0:02:32	337	0:29:00	873	1:57:08	873	1:57:08	
874	330 Tess Johnson	1138	0:14:50	1089	0:07:10	801	0:58:09	940	0:02:08	774	0:34:54	874	1:57:09	874	1:57:09	
875	929 Jackie Cason	770	0:12:04	1260	0:09:54	920	1:00:40	1261	0:03:24	546	0:31:12	875	1:57:13	875	1:57:13	
876	1111 Stephanie Galbraith	751	0:11:59	834	0:05:33	1018	1:03:44	1060	0:02:20	704	0:33:44	876	1:57:19	876	1:57:19	
877	633 Paula Cullenberg	917	0:12:58	1249	0:09:34	855	0:59:14	1163	0:02:45	655	0:32:54	877	1:57:24	877	1:57:24	
878	342 Jessica Jennings	1234	0:16:14	893	0:05:49	525	0:53:28	393	0:01:24	1043	0:40:31	878	1:57:25	878	1:57:25	
879	960 Cheryl Keegan	938	0:13:07	697	0:04:58	939	1:01:31	318	0:01:18	870	0:36:32	879	1:57:25	879	1:57:25	
880	79 Kristy Grawunder	805	0:12:15	962	0:06:09	952	1:01:44	375	0:01:22	849	0:36:09	880	1:57:37	880	1:57:37	
881	663 Tana Myrstol	467	0:10:33	455	0:04:06	957	1:01:49	264	0:01:14	1011	0:39:58	881	1:57:38	881	1:57:38	
882	327 Amber Pell	1190	0:15:32	960	0:06:08	1080	1:05:21	103	0:00:55	411	0:29:43	882	1:57:38	882	1:57:38	
883	966 Maria Harmse	173	0:08:44	870	0:05:43	1022	1:03:55	815	0:01:56	901	0:37:22	883	1:57:39	883	1:57:39	
884	1137 Abigail Blackstone	30	0:06:57	274	0:03:30	979	1:02:30	346	0:01:20	1140	0:43:25	884	1:57:40	884	1:57:40	
885	1373 Breanne Bash	1050	0:14:09	599	0:04:36	788	0:57:55	1103	0:02:30	954	0:38:31	885	1:57:40	885	1:57:40	
886	1126 Anne Applegate	888	0:12:45	1038	0:06:37	759	0:57:12	977	0:02:11	973	0:39:02	886	1:57:46	886	1:57:46	
887	315 Larissa Thompson	1118	0:14:39	1284	0:10:37	895	0:59:57	331	0:01:19	557	0:31:26	887	1:57:56	887	1:57:56	
888	1491 Lu Gallego	572	0:11:04	974	0:06:12	692	0:56:09	1251	0:03:19	1064	0:41:14	888	1:57:56	888	1:57:56	
889	756 Denali Daniels	947	0:13:11	917	0:05:55	829	0:58:37	1338	0:05:15	782	0:35:04	889	1:58:01	889	1:58:01	
890	1431 Tayvia Wright	457	0:10:31	428	0:04:02	774	0:57:41	403	0:01:25	1164	0:44:24	890	1:58:01	890	1:58:01	
891	1160 Sara McCormick	76	0:07:43	1035	0:06:36	932	1:01:07	811	0:01:56	1049	0:40:41	891	1:58:02	891	1:58:02	
892	1103 Jeanne Hickman	841	0:12:29	585	0:04:32	592	0:54:29	763	0:01:51	1177	0:44:42	892	1:58:02	892	1:58:02	
893	1156 Erin Carrick	909	0:12:55	1056	0:06:48	516	0:53:17	1234	0:03:10	1094	0:41:57	893	1:58:06	893	1:58:06	
894	554 Pattie Welch	913	0:12:57	846	0:05:35	1013	1:03:36	907	0:02:05	734	0:34:06	894	1:58:18	894	1:58:18	
895	306 Katharina Whitley	729	0:11:54	866	0:05:42	814	0:58:24	1140	0:02:38	1002	0:39:42	895	1:58:18	895	1:58:18	
896	1123 Lynn Hallford	1299	0:18:21	843	0:05:35	505	0:53:04	1112	0:02:32	970	0:38:51	896	1:58:21	896	1:58:21	
897	1239 Rebecca Swensen	967	0:13:21	1194	0:08:31	906	1:00:09	1170	0:02:48	693	0:33:37	897	1:58:24	897	1:58:24	
898	636 Maureen O'Keefe	965	0:13:20	575	0:04:30	815	0:58:24	1161	0:02:45	996	0:39:32	898	1:58:29	898	1:58:29	
899	1146 Annette Funk	1171	0:15:20	1178	0:08:13	959	1:01:52	873	0:02:02	535	0:31:07	899	1:58:33	899	1:58:33	
900	946 Judy Gonsalves	1013	0:13:44	1261	0:09:58	854	0:59:14	1159	0:02:45	658	0:32:56	900	1:58:35	900	1:58:35	

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Ovl Place	Bib Name	Swim		T1		Bike		T2		Run		Total		Final Time		Penalty
		Place	Time	Place	Time	Place	Time	Place	Time	Place	Time	Place	Time	Place	Time	
901	416 Lisa Anderson	521	0:10:49	746	0:05:10	1084	1:05:26	337	0:01:19	827	0:35:53	901	1:58:36	901	1:58:36	
902	1486 Laura Richardson	942	0:13:08	1132	0:07:33	571	0:54:14	1222	0:03:06	1047	0:40:38	902	1:58:39	902	1:58:39	
903	1382 Onni Tibor	1187	0:15:31	1149	0:07:51	636	0:55:09	810	0:01:56	939	0:38:14	903	1:58:39	903	1:58:39	
904	305 Carmen Pell	1114	0:14:37	1093	0:07:11	1035	1:04:11	587	0:01:38	534	0:31:06	904	1:58:41	904	1:58:41	
905	703 Holly Mitchell	1072	0:14:17	884	0:05:46	681	0:56:00	1299	0:03:56	971	0:38:54	905	1:58:51	905	1:58:51	
906	70 Ann Ashley	975	0:13:24	1030	0:06:35	702	0:56:16	405	0:01:25	1066	0:41:15	906	1:58:53	906	1:58:53	
907	1192 Aimee Moss-Agnew	910	0:12:55	584	0:04:32	1045	1:04:32	543	0:01:34	794	0:35:22	907	1:58:54	907	1:58:54	
908	799 Madeleine Oakley	81	0:07:46	596	0:04:36	1148	1:08:10	262	0:01:14	895	0:37:11	908	1:58:55	908	1:58:55	
909	424 Joy Sparrow	1163	0:15:11	1074	0:07:03	731	0:56:45	1087	0:02:26	907	0:37:32	909	1:58:56	909	1:58:56	
910	680 Aubrey Campbell	165	0:08:40	1267	0:10:07	762	0:57:15	897	0:02:04	1052	0:40:53	910	1:58:59	910	1:58:59	
911	1179 Brandi Muller	1119	0:14:39	1155	0:07:56	994	1:02:51	1253	0:03:19	462	0:30:15	911	1:58:59	911	1:58:59	
912	1285 Robyn McGhee	1241	0:16:23	356	0:03:47	988	1:02:40	427	0:01:27	771	0:34:49	912	1:59:05	912	1:59:05	
913	711 Sandy Stevens	1272	0:17:19	1301	0:11:24	746	0:57:00	1130	0:02:36	511	0:30:49	913	1:59:06	913	1:59:06	
914	1411 Val Jokela	970	0:13:22	781	0:05:19	983	1:02:33	952	0:02:08	821	0:35:48	914	1:59:10	914	1:59:10	
915	373 Caren Barlowe	867	0:12:38	727	0:05:05	539	0:53:38	1034	0:02:17	1199	0:45:38	915	1:59:15	915	1:59:15	
916	583 Jill Frankford	925	0:13:01	1072	0:07:02	841	0:58:53	1030	0:02:17	940	0:38:15	916	1:59:26	916	1:59:26	
917	671 Carrie Gray	541	0:10:57	955	0:06:07	703	0:56:16	1101	0:02:29	1152	0:43:48	917	1:59:36	917	1:59:36	
918	950 Amy Haley	625	0:11:22	670	0:04:52	1207	1:10:43	694	0:01:45	530	0:31:03	919	1:59:44	918	1:59:44	
919	1352 Joan Nelson	1265	0:17:02	740	0:05:10	633	0:55:04	1228	0:03:09	991	0:39:24	920	1:59:48	919	1:59:48	
920	719 Jan Darch	1264	0:16:59	219	0:03:14	888	0:59:46	1040	0:02:18	912	0:37:34	921	1:59:49	920	1:59:49	
921	490 Kendra Anyan	1076	0:14:20	410	0:03:58	1104	1:06:09	744	0:01:49	695	0:33:38	922	1:59:53	921	1:59:53	
922	1517 Misty Campbell	1004	0:13:41	289	0:03:33	733	0:56:49	999	0:02:13	1146	0:43:42	923	1:59:57	922	1:59:57	
923	1459 Ariel Olson	1051	0:14:09	501	0:04:16	1048	1:04:37	730	0:01:48	785	0:35:09	924	1:59:57	923	1:59:57	
924	73 Susan Reeves	1355	0:22:35	806	0:05:26	453	0:52:17	831	0:01:58	918	0:37:43	925	1:59:57	924	1:59:57	
925	1246 Ripple Sato	147	0:08:33	1016	0:06:31	1028	1:04:04	715	0:01:46	978	0:39:05	926	1:59:58	925	1:59:58	
926	982 Carolyn Downie	665	0:11:33	1082	0:07:06	1003	1:03:10	1035	0:02:17	832	0:35:56	927	2:00:01	926	2:00:01	
927	710 Christina Logan	353	0:09:55	964	0:06:09	824	0:58:35	650	0:01:42	1147	0:43:43	928	2:00:02	927	2:00:02	
928	183 Kate Crowley	518	0:10:48	1015	0:06:31	1226	1:11:34	94	0:00:54	487	0:30:35	929	2:00:21	928	2:00:21	
929	736 Kelsie Lance	670	0:11:35	1220	0:08:59	823	0:58:32	872	0:02:02	986	0:39:15	930	2:00:22	929	2:00:22	
930	545 Sara Lundemo	499	0:10:41	606	0:04:39	1053	1:04:45	1017	0:02:15	934	0:38:05	931	2:00:24	930	2:00:24	
931	1308 Jessica Rauchenstein	1042	0:14:04	1157	0:07:57	754	0:57:08	1319	0:04:20	890	0:37:04	932	2:00:32	931	2:00:32	
932	233 Carrie Connaker	1266	0:17:04	1289	0:10:48	783	0:57:48	256	0:01:13	706	0:33:45	933	2:00:36	932	2:00:36	
933	1302 Laurie Lacy	1221	0:15:55	448	0:04:05	912	1:00:19	813	0:01:56	944	0:38:23	934	2:00:36	933	2:00:36	
934	353 Michelle Pitner	987	0:13:31	559	0:04:27	682	0:56:01	441	0:01:28	1188	0:45:11	935	2:00:36	934	2:00:36	
935	1324 Lee Anne Hellesto	806	0:12:16	709	0:05:02	677	0:55:56	879	0:02:02	1193	0:45:22	936	2:00:37	935	2:00:37	
936	1044 Mary Herrick	1212	0:15:44	913	0:05:54	883	0:59:37	326	0:01:18	935	0:38:05	937	2:00:38	936	2:00:38	
937	1002 Sara Ratana	961	0:13:18	754	0:05:13	999	1:02:58	950	0:02:08	891	0:37:05	938	2:00:41	937	2:00:41	
938	275 Marcelina Williams	894	0:12:47	721	0:05:04	1006	1:03:23	559	0:01:35	927	0:37:54	939	2:00:42	938	2:00:42	
939	486 Dana Aasland	973	0:13:23	602	0:04:38	864	0:59:19	648	0:01:42	1083	0:41:46	940	2:00:46	939	2:00:46	
940	1174 Hilary Butler	814	0:12:19	1042	0:06:39	1020	1:03:48	581	0:01:37	866	0:36:30	941	2:00:52	940	2:00:52	
941	492 Mandy Keogh	452	0:10:30	1128	0:07:29	1024	1:03:56	1335	0:05:08	716	0:33:53	942	2:00:54	941	2:00:54	
942	961 Monica Workman	869	0:12:39	829	0:05:32	1123	1:07:06	1173	0:02:49	652	0:32:52	943	2:00:56	942	2:00:56	
943	1240 Jessica Semmler	329	0:09:47	910	0:05:53	1005	1:03:12	1131	0:02:36	994	0:39:30	944	2:00:56	943	2:00:56	
944	827 Joellen Rowchow	611	0:11:18	706	0:05:01	929	1:01:04	910	0:02:05	1071	0:41:29	945	2:00:57	944	2:00:57	
945	231 Deanna Blazejewski	214	0:09:02	1191	0:08:29	1186	1:09:31	932	0:02:07	596	0:31:50	946	2:00:57	945	2:00:57	

GOLD NUGGET TRIATHLON - Official Results
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Ovl Place	Bib Name	Swim		T1		Bike		T2		Run		Total		Final Time		Penalty
		Place	Time	Place	Time	Place	Time	Place	Time	Place	Time	Place	Time	Place	Time	
946	475 Jennifer Avery	1046	0:14:07	968	0:06:11	987	1:02:39	857	0:02:00	845	0:36:06	947	2:01:01	946	2:01:01	
947	740 Julie Schultz	1096	0:14:29	1060	0:06:52	767	0:57:26	1022	0:02:16	1014	0:40:05	948	2:01:06	947	2:01:06	
948	818 Susan Lamb	1225	0:16:01	1248	0:09:34	758	0:57:11	882	0:02:03	861	0:36:20	949	2:01:07	948	2:01:07	
949	291 Genista James	1295	0:18:16	965	0:06:09	628	0:54:58	50	0:00:47	1055	0:40:58	950	2:01:08	949	2:01:08	
950	1514 Jusdi McDonald	1267	0:17:04	689	0:04:56	936	1:01:15	984	0:02:12	818	0:35:44	951	2:01:09	950	2:01:09	
951	286 Justine Sanders	974	0:13:23	734	0:05:09	1070	1:05:03	139	0:01:02	872	0:36:35	952	2:01:10	951	2:01:10	
952	1473 Bonnie Smith	647	0:11:29	1298	0:11:10	755	0:57:09	1323	0:04:23	889	0:37:04	953	2:01:14	952	2:01:14	
953	495 Michelle Lekites	954	0:13:15	1233	0:09:11	899	0:59:59	893	0:02:04	878	0:36:47	954	2:01:14	953	2:01:14	
954	1448 Jeannie Sato	811	0:12:18	426	0:04:02	1031	1:04:06	723	0:01:47	976	0:39:04	955	2:01:16	954	2:01:16	
955	1082 Kimberly Sledgister	1313	0:19:25	362	0:03:49	723	0:56:37	442	0:01:28	1012	0:40:00	956	2:01:17	955	2:01:17	
956	1168 Amanda Amodemo	1167	0:15:13	202	0:03:08	1077	1:05:19	494	0:01:31	855	0:36:13	957	2:01:24	956	2:01:24	
957	1105 Wendy McKinnon	812	0:12:18	1336	0:14:47	763	0:57:17	1155	0:02:42	757	0:34:25	958	2:01:27	957	2:01:27	
958	348 Claudia Hopper	1043	0:14:04	914	0:05:54	995	1:02:53	599	0:01:39	887	0:37:01	959	2:01:29	958	2:01:29	
959	1136 Sophie Wenzel	898	0:12:50	636	0:04:45	990	1:02:44	978	0:02:11	977	0:39:05	960	2:01:33	959	2:01:33	
960	962 Ann Rappoport	1177	0:15:24	1143	0:07:46	1010	1:03:28	1018	0:02:15	640	0:32:43	961	2:01:35	960	2:01:35	
961	134 Cynthia Decker	153	0:08:35	743	0:05:10	514	0:53:12	617	0:01:39	1289	0:51:04	918	1:59:39	961	2:01:39	2:00
962	986 Janis Reynolds	187	0:08:52	991	0:06:21	1087	1:05:29	697	0:01:46	984	0:39:14	962	2:01:40	962	2:01:40	
963	790 Amanda Hays	740	0:11:57	927	0:05:59	1094	1:05:39	1082	0:02:25	816	0:35:41	963	2:01:40	963	2:01:40	
964	792 Amy Oney	166	0:08:40	906	0:05:52	1015	1:03:40	1225	0:03:08	1033	0:40:25	964	2:01:43	964	2:01:43	
965	1538 Julie Holden	710	0:11:47	1058	0:06:50	900	1:00:00	1110	0:02:31	1048	0:40:39	965	2:01:45	965	2:01:45	
966	600 Jennifer Barsalou	787	0:12:09	644	0:04:46	910	1:00:16	226	0:01:10	1142	0:43:28	966	2:01:48	966	2:01:48	
967	284 June Takagi	507	0:10:44	1095	0:07:12	1160	1:08:34	669	0:01:43	702	0:33:43	967	2:01:55	967	2:01:55	
968	1221 Pamela Okeson	421	0:10:20	589	0:04:34	1193	1:09:47	517	0:01:33	819	0:35:48	968	2:02:01	968	2:02:01	
969	241 Tiffany Flowers	962	0:13:18	995	0:06:22	1152	1:08:14	468	0:01:30	637	0:32:41	969	2:02:03	969	2:02:03	
970	1203 Alicia Marvin	666	0:11:33	556	0:04:27	790	0:57:57	903	0:02:04	1214	0:46:10	970	2:02:10	970	2:02:10	
971	393 Kelly Brakora	40	0:07:07	1137	0:07:41	1023	1:03:55	564	0:01:36	1096	0:42:00	971	2:02:17	971	2:02:17	
972	1190 Karen Gonne'-Harrell	1268	0:17:06	1054	0:06:48	978	1:02:29	991	0:02:13	713	0:33:50	972	2:02:23	972	2:02:23	
973	89 Cindy Keene	1329	0:20:10	984	0:06:16	803	0:58:13	1072	0:02:23	797	0:35:23	973	2:02:25	973	2:02:25	
974	226 Ashley Mufti	1170	0:15:19	1045	0:06:41	955	1:01:48	263	0:01:14	913	0:37:35	974	2:02:36	974	2:02:36	
975	138 Patricia Geitz	635	0:11:26	507	0:04:16	1026	1:04:00	771	0:01:52	1062	0:41:07	975	2:02:40	975	2:02:40	
976	1245 Lisa May	1052	0:14:09	944	0:06:04	765	0:57:23	809	0:01:56	1137	0:43:21	976	2:02:51	976	2:02:51	
977	965 Barbara Espeland	828	0:12:22	972	0:06:11	963	1:01:56	836	0:01:58	1035	0:40:25	977	2:02:52	977	2:02:52	
978	785 Michelle Theriault	1188	0:15:31	954	0:06:07	1065	1:04:54	995	0:02:13	739	0:34:10	978	2:02:53	978	2:02:53	
979	341 Becky Steen	560	0:11:02	1062	0:06:55	1047	1:04:37	440	0:01:28	974	0:39:02	979	2:03:02	979	2:03:02	
980	622 Carole Comeau	719	0:11:51	1000	0:06:24	792	0:57:59	426	0:01:27	1194	0:45:26	980	2:03:05	980	2:03:05	
981	611 Heather Jensen	444	0:10:28	701	0:04:59	1244	1:12:42	396	0:01:24	697	0:33:38	981	2:03:09	981	2:03:09	
982	847 Maddy Moore	681	0:11:38	1064	0:06:57	1217	1:11:12	1002	0:02:13	548	0:31:13	982	2:03:12	982	2:03:12	
983	843 Kathy Robinson	935	0:13:06	1079	0:07:04	847	0:59:06	1026	0:02:16	1079	0:41:41	983	2:03:13	983	2:03:13	
984	208 Avery Underwood	1160	0:15:09	981	0:06:15	961	1:01:54	275	0:01:15	966	0:38:45	984	2:03:16	984	2:03:16	
985	635 Kendra Remsen	419	0:10:19	1069	0:07:01	1016	1:03:40	1074	0:02:24	1008	0:39:55	985	2:03:18	985	2:03:18	
986	1124 Lauren Devine	1240	0:16:21	2	0:01:38	1204	1:10:29	895	0:02:04	648	0:32:49	986	2:03:20	986	2:03:20	
987	163 Jeanine Firmin	383	0:10:04	1107	0:07:19	1118	1:06:47	580	0:01:37	914	0:37:37	987	2:03:23	987	2:03:23	
988	447 Therese Foley	1273	0:17:22	657	0:04:49	695	0:56:12	1271	0:03:31	1073	0:41:33	988	2:03:26	988	2:03:26	
989	1503 Gail Heineman	1078	0:14:21	901	0:05:50	541	0:53:41	1300	0:03:58	1198	0:45:37	989	2:03:26	989	2:03:26	
990	1530 Jill Singleton	612	0:11:18	1006	0:06:26	1151	1:08:13	930	0:02:07	800	0:35:29	990	2:03:31	990	2:03:31	

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Anchorage, Alaska
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Ovl Place	Bib Name	Swim Place	Swim Time	T1 Place	T1 Time	Bike Place	Bike Time	T2 Place	T2 Time	Run Place	Run Time	Total Place	Total Time	Final Time Place	Final Time Time	Penalty
991	1164 Linda Leary	844	0:12:31	633	0:04:44	1097	1:05:50	692	0:01:45	963	0:38:44	991	2:03:33	991	2:03:33	
992	1423 Emily Jensen	1277	0:17:26	543	0:04:24	1057	1:04:48	600	0:01:39	792	0:35:19	992	2:03:34	992	2:03:34	
993	210 Kaitlyn Hosken	1202	0:15:40	926	0:05:58	743	0:56:59	1343	0:06:10	969	0:38:50	993	2:03:35	993	2:03:35	
994	1328 Rebecca Turek	1009	0:13:42	1213	0:08:50	489	0:52:46	1339	0:05:26	1126	0:42:54	994	2:03:36	994	2:03:36	
995	1152 Lacey Centeno	1064	0:14:15	1032	0:06:35	941	1:01:33	892	0:02:03	988	0:39:19	995	2:03:44	995	2:03:44	
996	1026 Makenna Okeson	771	0:12:04	566	0:04:28	1197	1:09:53	361	0:01:21	839	0:36:03	996	2:03:48	996	2:03:48	
997	591 Yvette Rifley	594	0:11:13	1210	0:08:48	605	0:54:34	1281	0:03:37	1203	0:45:47	997	2:03:58	997	2:03:58	
998	531 Sherri Roberds	1297	0:18:19	212	0:03:12	822	0:58:32	89	0:00:54	1129	0:43:05	998	2:04:00	998	2:04:00	
999	1243 Penny Booher	784	0:12:07	920	0:05:56	1216	1:11:06	970	0:02:10	642	0:32:44	999	2:04:01	999	2:04:01	
1000	1075 Bobbi Bobby	416	0:10:18	1123	0:07:27	1012	1:03:31	1069	0:02:23	1034	0:40:25	1000	2:04:03	1000	2:04:03	
1001	1462 Anissa Riley	857	0:12:35	398	0:03:56	1039	1:04:22	967	0:02:09	1059	0:41:05	1001	2:04:06	1001	2:04:06	
1002	640 Kellylee Mann	1257	0:16:46	931	0:06:00	820	0:58:31	803	0:01:54	1053	0:40:57	1002	2:04:07	1002	2:04:07	
1003	1167 Krista-Marie Linegar	1174	0:15:22	1099	0:07:14	668	0:55:49	510	0:01:33	1161	0:44:11	1003	2:04:07	1003	2:04:07	
1004	1256 Sarah Klimoff	313	0:09:40	1271	0:10:11	948	1:01:42	1013	0:02:15	1037	0:40:27	1004	2:04:14	1004	2:04:14	
1005	626 Stephanie Shanklin	1099	0:14:30	402	0:03:57	1042	1:04:25	357	0:01:20	1015	0:40:06	1005	2:04:16	1005	2:04:16	
1006	1177 Roma Boyer	1335	0:20:32	1139	0:07:43	643	0:55:14	1235	0:03:11	923	0:37:47	1006	2:04:25	1006	2:04:25	
1007	1266 Teresa Blackmore	1037	0:13:59	451	0:04:05	1165	1:08:48	496	0:01:31	856	0:36:13	1007	2:04:36	1007	2:04:36	
1008	565 Cydney Reynolds	873	0:12:41	889	0:05:48	1073	1:05:13	682	0:01:44	982	0:39:12	1008	2:04:37	1008	2:04:37	
1009	1325 Lynette Nish	874	0:12:41	1189	0:08:25	645	0:55:18	1257	0:03:21	1182	0:44:55	1009	2:04:39	1009	2:04:39	
1010	62 Kathryn Anderson	854	0:12:34	1308	0:11:43	740	0:56:57	1100	0:02:29	1056	0:40:59	1010	2:04:42	1010	2:04:42	
1011	813 Olga Duarte	385	0:10:05	1274	0:10:14	965	1:01:57	875	0:02:02	1038	0:40:27	1011	2:04:44	1011	2:04:44	
1012	1549 Heidi Booher	988	0:13:32	662	0:04:50	1221	1:11:26	1008	0:02:15	641	0:32:43	1012	2:04:44	1012	2:04:44	
1013	941 Susan Whiton	1185	0:15:30	929	0:05:59	991	1:02:46	713	0:01:46	967	0:38:47	1013	2:04:47	1013	2:04:47	
1014	1023 Abigail Harding	422	0:10:20	1055	0:06:48	1067	1:04:56	1114	0:02:32	1021	0:40:13	1014	2:04:47	1014	2:04:47	
1015	883 Lorri Winchester	1153	0:15:00	1167	0:08:06	1088	1:05:30	957	0:02:09	740	0:34:10	1015	2:04:54	1015	2:04:54	
1016	1395 Rebekah Jensen	1213	0:15:46	804	0:05:25	1100	1:05:58	761	0:01:51	829	0:35:55	1016	2:04:54	1016	2:04:54	
1017	1175 Maya Carle	713	0:11:48	382	0:03:53	1136	1:07:37	1076	0:02:24	985	0:39:14	1017	2:04:55	1017	2:04:55	
1018	1066 Sarah Freistone	1054	0:14:10	1212	0:08:49	1213	1:10:57	343	0:01:19	404	0:29:41	1018	2:04:55	1018	2:04:55	
1019	1319 Martha Strike	958	0:13:17	996	0:06:22	915	1:00:27	938	0:02:08	1123	0:42:44	1019	2:04:56	1019	2:04:56	
1020	895 Laura Schulz	1103	0:14:31	1290	0:10:51	675	0:55:54	1269	0:03:29	1024	0:40:16	1020	2:04:59	1020	2:04:59	
1021	896 Taryn Wiese	736	0:11:56	1218	0:08:56	951	1:01:44	955	0:02:09	1036	0:40:26	1021	2:05:09	1021	2:05:09	
1022	744 Yeghsa Vartanian	1089	0:14:27	669	0:04:52	958	1:01:51	431	0:01:27	1120	0:42:34	1022	2:05:10	1022	2:05:10	
1023	1275 Sonia Lipker	658	0:11:31	1297	0:11:07	960	1:01:53	1007	0:02:14	957	0:38:38	1023	2:05:22	1023	2:05:22	
1024	1154 Kimberly Chaitoff	501	0:10:42	752	0:05:12	1131	1:07:20	1009	0:02:15	1009	0:39:56	1024	2:05:23	1024	2:05:23	
1025	369 Samantha Maloney	675	0:11:36	992	0:06:21	972	1:02:13	455	0:01:29	1151	0:43:48	1025	2:05:25	1025	2:05:25	
1026	937 Cierra Reynolds	1060	0:14:13	1279	0:10:22	1085	1:05:26	681	0:01:44	711	0:33:48	1026	2:05:32	1026	2:05:32	
1027	1268 Haykey Harris	984	0:13:28	531	0:04:22	950	1:01:43	1341	0:05:46	1025	0:40:17	1027	2:05:34	1027	2:05:34	
1028	96 Skye McRoberts	358	0:09:56	826	0:05:31	1125	1:07:10	191	0:01:08	1092	0:41:54	1028	2:05:37	1028	2:05:37	
1029	165 Tiphani Engman	845	0:12:31	615	0:04:41	1147	1:08:07	796	0:01:54	956	0:38:34	1029	2:05:46	1029	2:05:46	
1030	571 Andrea Dittrich	1310	0:19:10	571	0:04:29	1036	1:04:15	486	0:01:31	869	0:36:31	1031	2:05:54	1030	2:05:54	
1031	824 Peggie Huff	387	0:10:06	1142	0:07:45	1063	1:04:52	975	0:02:11	1063	0:41:13	1032	2:06:05	1031	2:06:05	
1032	292 Leslie Echols	543	0:10:58	518	0:04:19	1059	1:04:51	220	0:01:10	1180	0:44:49	1033	2:06:05	1032	2:06:05	
1033	1234 Alice Hurn	293	0:09:33	809	0:05:26	1166	1:08:48	806	0:01:55	1041	0:40:28	1034	2:06:09	1033	2:06:09	
1034	1513 Meghan Johnson	1033	0:13:58	323	0:03:41	817	0:58:26	1083	0:02:26	1242	0:47:43	1035	2:06:12	1034	2:06:12	
1035	1369 Helen Hamner	1172	0:15:20	932	0:06:00	884	0:59:39	1265	0:03:26	1088	0:41:49	1036	2:06:14	1035	2:06:14	

GOLD NUGGET TRIATHLON - Official Results**Sunday, May 16, 2010****Anchorage, Alaska****Timing and Results by Up and Running Event Management**

Ovl Place	Bib Name	Swim Place	Swim Time	T1 Place	T1 Time	Bike Place	Bike Time	T2 Place	T2 Time	Run Place	Run Time	Total Place	Total Time	Final Time Place	Final Time Time	Penalty
1036	872 Saira Bradner	744	0:11:58	545	0:04:25	1130	1:07:18	189	0:01:08	1070	0:41:29	1037	2:06:16	1036	2:06:16	
1037	1402 Joyce Sexton	1005	0:13:41	928	0:05:59	1110	1:06:28	664	0:01:43	955	0:38:34	1038	2:06:23	1037	2:06:23	
1038	303 Adele Fetter	716	0:11:50	1168	0:08:07	1061	1:04:51	1052	0:02:19	992	0:39:25	1039	2:06:30	1038	2:06:30	
1039	656 Courtney Johnson	556	0:11:01	1296	0:11:04	962	1:01:54	919	0:02:06	1039	0:40:27	1040	2:06:31	1039	2:06:31	
1040	797 Caitlan Baldwin	1092	0:14:28	1268	0:10:07	986	1:02:35	1229	0:03:10	854	0:36:12	1041	2:06:31	1040	2:06:31	
1041	534 Ashley Schaber	295	0:09:35	1317	0:12:20	1188	1:09:33	1144	0:02:39	626	0:32:27	1042	2:06:32	1041	2:06:32	
1042	1228 Lauri Lingafelt	959	0:13:17	729	0:05:06	1161	1:08:34	654	0:01:42	929	0:37:55	1043	2:06:34	1042	2:06:34	
1043	708 Nelda Dodge	1285	0:17:48	738	0:05:09	1044	1:04:31	735	0:01:48	903	0:37:24	1044	2:06:39	1043	2:06:39	
1044	632 Rosa Meehan	871	0:12:40	497	0:04:15	713	0:56:28	1356	0:11:50	1072	0:41:29	1045	2:06:42	1044	2:06:42	
1045	714 Cheryl Campbell	688	0:11:40	1186	0:08:21	779	0:57:44	1006	0:02:14	1225	0:46:44	1046	2:06:43	1045	2:06:43	
1046	782 Juanita Luna	1239	0:16:20	908	0:05:53	1248	1:12:56	917	0:02:06	391	0:29:33	1047	2:06:46	1046	2:06:46	
1047	963 Linda Westwick	1210	0:15:43	723	0:05:04	1187	1:09:31	896	0:02:04	761	0:34:27	1048	2:06:48	1047	2:06:48	
1048	1408 Kandis Price	1085	0:14:26	983	0:06:16	993	1:02:51	638	0:01:41	1077	0:41:40	1049	2:06:52	1048	2:06:52	
1049	1441 Crystal Strebe Necessar	1134	0:14:47	813	0:05:27	735	0:56:52	1182	0:02:51	1231	0:47:00	1050	2:06:55	1049	2:06:55	
1050	1271 Sonja Daniels	1100	0:14:30	1247	0:09:32	998	1:02:56	1244	0:03:15	876	0:36:44	1051	2:06:56	1050	2:06:56	
1051	290 Taylor Wilson	334	0:09:49	1219	0:08:58	1225	1:11:32	1231	0:03:10	691	0:33:35	1052	2:07:02	1051	2:07:02	
1052	899 Sarah Nicholson	711	0:11:47	998	0:06:23	1000	1:02:59	1355	0:10:31	801	0:35:29	1053	2:07:07	1052	2:07:07	
1053	1455 Tamsin Kurth	389	0:10:07	778	0:05:19	481	0:52:40	1357	0:15:20	1148	0:43:44	1054	2:07:08	1053	2:07:08	
1054	1374 Kathleen McCoy	697	0:11:43	988	0:06:18	937	1:01:19	1127	0:02:35	1191	0:45:19	1055	2:07:13	1054	2:07:13	
1055	451 Suzanne Little	724	0:11:52	1090	0:07:10	947	1:01:39	588	0:01:38	1184	0:45:04	1056	2:07:21	1055	2:07:21	
1056	264 Aurora Williams	201	0:08:56	1116	0:07:23	1182	1:09:26	752	0:01:50	1006	0:39:51	1057	2:07:25	1056	2:07:25	
1057	277 Deedee Brandeberry	289	0:09:31	1125	0:07:28	1128	1:07:11	227	0:01:10	1104	0:42:11	1058	2:07:29	1057	2:07:29	
1058	743 Kelsey Ratcliffe	727	0:11:53	666	0:04:51	1127	1:07:11	276	0:01:15	1111	0:42:22	1059	2:07:30	1058	2:07:30	
1059	579 Lisa Losordo-Santo	918	0:12:58	1183	0:08:19	1017	1:03:40	1054	0:02:19	1023	0:40:16	1060	2:07:31	1059	2:07:31	
1060	262 Dana Kane	885	0:12:44	1176	0:08:12	856	0:59:14	683	0:01:45	1201	0:45:40	1061	2:07:33	1060	2:07:33	
1061	179 Hannah Pasol	636	0:11:26	1126	0:07:28	1109	1:06:27	72	0:00:52	1068	0:41:24	1062	2:07:35	1061	2:07:35	
1062	1092 Jane Haiar	1300	0:18:28	867	0:05:42	1145	1:08:02	1306	0:04:03	556	0:31:25	1063	2:07:38	1062	2:07:38	
1063	601 Linda Graham	1334	0:20:31	856	0:05:38	934	1:01:09	1117	0:02:33	925	0:37:50	1064	2:07:39	1063	2:07:39	
1064	1223 Emily Karr	730	0:11:54	971	0:06:11	1062	1:04:52	877	0:02:02	1124	0:42:44	1065	2:07:42	1064	2:07:42	
1065	276 Joy Atrops-Kimura	630	0:11:23	1175	0:08:11	1224	1:11:31	1232	0:03:10	689	0:33:33	1066	2:07:47	1065	2:07:47	
1066	1283 Leah Hopkins	1203	0:15:40	675	0:04:54	1202	1:10:14	502	0:01:32	686	0:33:30	1030	2:05:48	1066	2:07:48	2:00
1067	881 Lara Lockard	149	0:08:34	282	0:03:32	975	1:02:21	645	0:01:41	1306	0:51:42	1067	2:07:49	1067	2:07:49	
1068	1122 Lois Olson	1199	0:15:37	942	0:06:04	930	1:01:06	674	0:01:44	1136	0:43:21	1068	2:07:50	1068	2:07:50	
1069	1457 Grace Harris	875	0:12:41	390	0:03:54	1157	1:08:29	1238	0:03:12	1000	0:39:36	1069	2:07:50	1069	2:07:50	
1070	1380 Erin Binek	377	0:10:01	930	0:05:59	1111	1:06:29	1204	0:03:00	1116	0:42:30	1070	2:07:58	1070	2:07:58	
1071	1501 Anna Bryant	1148	0:14:56	1202	0:08:41	649	0:55:23	1099	0:02:29	1223	0:46:34	1071	2:08:01	1071	2:08:01	
1072	1073 Jennifer Diihuly	671	0:11:35	961	0:06:09	945	1:01:38	1085	0:02:26	1220	0:46:24	1072	2:08:10	1072	2:08:10	
1073	664 Mona Saunders	653	0:11:30	925	0:05:57	1113	1:06:32	929	0:02:07	1103	0:42:11	1073	2:08:15	1073	2:08:15	
1074	237 Laura Brooks	720	0:11:51	1075	0:07:03	1183	1:09:27	789	0:01:53	937	0:38:11	1074	2:08:24	1074	2:08:24	
1075	1434 Julia Westwick	516	0:10:46	871	0:05:43	1274	1:15:29	902	0:02:04	760	0:34:26	1075	2:08:27	1075	2:08:27	
1076	488 Mary Hammes	1026	0:13:49	1251	0:09:38	913	1:00:21	1291	0:03:42	1058	0:41:02	1076	2:08:32	1076	2:08:32	
1077	399 Anna Ogena	1326	0:20:01	1051	0:06:43	529	0:53:30	1217	0:03:05	1190	0:45:16	1077	2:08:34	1077	2:08:34	
1078	1106 Mary Hensel	1321	0:19:49	903	0:05:51	925	1:00:52	855	0:02:00	1019	0:40:10	1078	2:08:41	1078	2:08:41	
1079	936 Susan Oakley	446	0:10:29	875	0:05:44	1132	1:07:21	1280	0:03:36	1086	0:41:48	1079	2:08:57	1079	2:08:57	
1080	349 Michelle Smith	914	0:12:57	680	0:04:55	1052	1:04:44	265	0:01:14	1187	0:45:10	1080	2:08:58	1080	2:08:58	

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Ovl Place	Bib Name	Swim		T1		Bike		T2		Run		Total		Final Time		Penalty
		Place	Time	Place	Time	Place	Time	Place	Time	Place	Time	Place	Time	Place	Time	
1081	187 Anh Smallwood	689	0:11:40	1034	0:06:36	1192	1:09:47	698	0:01:46	983	0:39:13	1081	2:09:00	1081	2:09:00	
1082	1133 Claudia Flaherty	1164	0:15:11	1195	0:08:33	908	1:00:15	1273	0:03:32	1080	0:41:42	1082	2:09:12	1082	2:09:12	
1083	541 Fauna Hancock	1045	0:14:05	672	0:04:53	1178	1:09:15	625	0:01:40	990	0:39:23	1083	2:09:14	1083	2:09:14	
1084	876 Sara Jokela	826	0:12:21	753	0:05:12	1112	1:06:30	469	0:01:30	1149	0:43:45	1084	2:09:16	1084	2:09:16	
1085	505 Keryl Hoffman	886	0:12:44	1243	0:09:29	931	1:01:06	658	0:01:43	1166	0:44:26	1085	2:09:26	1085	2:09:26	
1086	174 Mary Despain	1149	0:14:56	1307	0:11:38	901	1:00:00	822	0:01:57	1057	0:41:01	1086	2:09:30	1086	2:09:30	
1087	382Carolynn Greene	369	0:09:59	572	0:04:29	992	1:02:46	340	0:01:19	1288	0:50:59	1087	2:09:32	1087	2:09:32	
1088	1183 Jodi Kay	1039	0:14:00	831	0:05:32	808	0:58:16	1128	0:02:36	1264	0:49:15	1088	2:09:37	1088	2:09:37	
1089	401 Renae Sather	1086	0:14:26	982	0:06:16	1208	1:10:44	985	0:02:12	844	0:36:05	1089	2:09:41	1089	2:09:41	
1090	808 Kimberly Osburn	741	0:11:57	1275	0:10:18	851	0:59:11	1028	0:02:16	1206	0:46:02	1090	2:09:42	1090	2:09:42	
1091	1038 Riann Anderson	1178	0:15:25	818	0:05:29	1171	1:09:01	690	0:01:45	942	0:38:16	1091	2:09:54	1091	2:09:54	
1092	415 Amber Morey	508	0:10:44	997	0:06:23	1179	1:09:17	718	0:01:47	1089	0:41:50	1092	2:09:59	1092	2:09:59	
1093	834 Anne Burr	800	0:12:14	487	0:04:13	1237	1:12:17	962	0:02:09	987	0:39:15	1093	2:10:07	1093	2:10:07	
1094	726 Carrie Curtis	968	0:13:21	1358	0:29:07	728	0:56:40	798	0:01:54	345	0:29:06	1094	2:10:07	1094	2:10:07	
1095	853 Diane Thomas	1000	0:13:40	1010	0:06:29	1115	1:06:39	355	0:01:20	1100	0:42:05	1095	2:10:12	1095	2:10:12	
1096	1502 Debbie Pugh	1165	0:15:12	1124	0:07:27	905	1:00:06	1337	0:05:13	1112	0:42:23	1096	2:10:20	1096	2:10:20	
1097	643 Angeline Jensen	971	0:13:22	1031	0:06:35	1108	1:06:22	678	0:01:44	1115	0:42:28	1097	2:10:29	1097	2:10:29	
1098	1007 Victoria Mejia	1147	0:14:54	1196	0:08:34	798	0:58:06	980	0:02:12	1226	0:46:45	1098	2:10:29	1098	2:10:29	
1099	459 Jennifer Morley	263	0:09:22	618	0:04:42	1287	1:16:16	757	0:01:50	951	0:38:28	1099	2:10:37	1099	2:10:37	
1100	516 Lori Hansen	1289	0:18:06	1177	0:08:13	1069	1:04:57	998	0:02:13	898	0:37:18	1100	2:10:45	1100	2:10:45	
1101	1446 Glenda Denny	1179	0:15:25	594	0:04:36	1001	1:03:01	867	0:02:02	1202	0:45:44	1101	2:10:46	1101	2:10:46	
1102	91 Idamarie Piccard	659	0:11:31	792	0:05:22	1117	1:06:46	521	0:01:33	1200	0:45:39	1102	2:10:50	1102	2:10:50	
1103	868 Rosa Guerra	985	0:13:30	873	0:05:44	1239	1:12:30	791	0:01:53	897	0:37:16	1103	2:10:51	1103	2:10:51	
1104	68 Angela Stewart	1127	0:14:44	994	0:06:22	1050	1:04:40	1061	0:02:20	1125	0:42:48	1104	2:10:52	1104	2:10:52	
1105	461 Robae Robinson	561	0:11:02	1240	0:09:25	1184	1:09:29	1153	0:02:41	953	0:38:28	1105	2:11:03	1105	2:11:03	
1106	1262 Mariah Knox	1169	0:15:14	1102	0:07:17	1230	1:11:58	1156	0:02:43	722	0:33:58	1106	2:11:08	1106	2:11:08	
1107	271 Amanda Williams	544	0:10:58	1003	0:06:25	1176	1:09:10	132	0:01:00	1144	0:43:39	1107	2:11:10	1107	2:11:10	
1108	297 Stacie Wilson	927	0:13:02	757	0:05:14	1253	1:13:32	257	0:01:13	941	0:38:16	1108	2:11:15	1108	2:11:15	
1109	1494 Renee Petty	1260	0:16:54	1304	0:11:29	970	1:02:09	1190	0:02:53	930	0:37:58	1109	2:11:21	1109	2:11:21	
1110	298 Jaime Hoglin	1062	0:14:14	1246	0:09:32	887	0:59:45	751	0:01:50	1210	0:46:05	1110	2:11:24	1110	2:11:24	
1111	314 Kate Wilson	555	0:11:00	1127	0:07:28	1096	1:05:44	1353	0:09:02	943	0:38:18	1111	2:11:30	1111	2:11:30	
1112	1466 Lisa Weston	1090	0:14:27	767	0:05:16	1122	1:06:58	1186	0:02:52	1108	0:42:18	1112	2:11:49	1112	2:11:49	
1113	1392 Kathleen Duhadway	599	0:11:14	1236	0:09:14	1211	1:10:49	1223	0:03:07	906	0:37:31	1113	2:11:54	1113	2:11:54	
1114	1317 Michelle Croswhite	883	0:12:43	827	0:05:31	942	1:01:35	1046	0:02:19	1274	0:49:54	1114	2:12:00	1114	2:12:00	
1115	1100 Jennifer Clark	1271	0:17:17	934	0:06:02	1220	1:11:22	714	0:01:46	811	0:35:38	1115	2:12:04	1115	2:12:04	
1116	359 Christine Petersen	325	0:09:45	1258	0:09:48	1255	1:13:56	327	0:01:18	900	0:37:22	1116	2:12:08	1116	2:12:08	
1117	1061 Deborah Knox	1139	0:14:50	760	0:05:14	1038	1:04:20	909	0:02:05	1204	0:45:49	1117	2:12:16	1117	2:12:16	
1118	168 Annie Harkelrode	343	0:09:53	1174	0:08:11	1222	1:11:27	222	0:01:10	1076	0:41:38	1118	2:12:17	1118	2:12:17	
1119	362 Patti Judd	1215	0:15:47	1254	0:09:42	717	0:56:32	1124	0:02:34	1244	0:47:47	1119	2:12:21	1119	2:12:21	
1120	261 Dakota Volkman	530	0:10:53	737	0:05:09	1268	1:15:18	267	0:01:14	1004	0:39:49	1120	2:12:22	1120	2:12:22	
1121	272 Engel Goodnight	1226	0:16:01	1193	0:08:29	1158	1:08:29	720	0:01:47	916	0:37:39	1121	2:12:24	1121	2:12:24	
1122	355 Rebecca Van Wyck	936	0:13:06	1039	0:06:38	1106	1:06:20	230	0:01:11	1189	0:45:12	1122	2:12:25	1122	2:12:25	
1123	959 Davianna Olert	1145	0:14:53	358	0:03:48	1328	1:23:36	432	0:01:27	325	0:28:44	1123	2:12:26	1123	2:12:26	
1124	1342 Leslie Runyon	617	0:11:20	1316	0:12:16	1139	1:07:42	1171	0:02:48	950	0:38:27	1124	2:12:32	1124	2:12:32	
1125	752 Meagan Bauer	82	0:07:46	684	0:04:55	1344	1:27:30	274	0:01:14	544	0:31:11	1125	2:12:35	1125	2:12:35	

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Anchorage, Alaska
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Ovl Place	Bib Name	Swim		T1		Bike		T2		Run		Total		Final Time		Penalty
		Place	Time	Place	Time	Place	Time	Place	Time	Place	Time	Place	Time	Place	Time	
1126	1456 Tammie Barker	876	0:12:41	1094	0:07:12	1107	1:06:21	1221	0:03:06	1135	0:43:21	1126	2:12:40	1126	2:12:40	
1127	1249 Tammy Gongliewski	1246	0:16:27	1050	0:06:43	1072	1:05:05	841	0:01:59	1117	0:42:30	1127	2:12:42	1127	2:12:42	
1128	1000 Mary Burr	976	0:13:24	791	0:05:21	1243	1:12:37	541	0:01:34	1007	0:39:51	1128	2:12:46	1128	2:12:46	
1129	1505 Erin O'Hara	1261	0:16:56	1071	0:07:02	1134	1:07:31	1199	0:02:57	947	0:38:26	1129	2:12:50	1129	2:12:50	
1130	1521 Anne Kessler	840	0:12:27	863	0:05:40	967	1:02:02	1216	0:03:05	1272	0:49:50	1130	2:13:02	1130	2:13:02	
1131	934 Jenna Weaver	600	0:11:14	958	0:06:07	1250	1:12:59	444	0:01:28	1065	0:41:15	1131	2:13:02	1131	2:13:02	
1132	758 Kathleen Adams	1028	0:13:55	842	0:05:35	1133	1:07:26	597	0:01:38	1167	0:44:30	1132	2:13:03	1132	2:13:03	
1133	1078 Stephanie Snyder	797	0:12:13	949	0:06:06	1027	1:04:01	900	0:02:04	1257	0:48:42	1133	2:13:05	1133	2:13:05	
1134	1294 Molly Hayes	801	0:12:14	825	0:05:30	1172	1:09:02	1226	0:03:08	1132	0:43:13	1134	2:13:05	1134	2:13:05	
1135	981 Jani Pepe	290	0:09:31	1115	0:07:23	1174	1:09:07	993	0:02:13	1183	0:44:57	1135	2:13:10	1135	2:13:10	
1136	1085 Brenda Moore	1254	0:16:40	1136	0:07:39	1140	1:07:45	1160	0:02:45	948	0:38:26	1136	2:13:13	1136	2:13:13	
1137	1241 Michelle Coffman	772	0:12:04	1097	0:07:13	1141	1:07:48	1218	0:03:05	1131	0:43:11	1137	2:13:20	1137	2:13:20	
1138	1072 Julie Overbaugh	184	0:08:51	1018	0:06:32	971	1:02:09	1196	0:02:56	1318	0:52:56	1138	2:13:23	1138	2:13:23	
1139	1047 Kelly Bussnt	1063	0:14:14	1204	0:08:44	1046	1:04:35	1245	0:03:16	1122	0:42:36	1139	2:13:24	1139	2:13:24	
1140	326 Janet Petersen	966	0:13:20	1133	0:07:34	1190	1:09:41	1340	0:05:36	899	0:37:22	1140	2:13:31	1140	2:13:31	
1141	249 Regan Duhadway	1255	0:16:43	835	0:05:33	1210	1:10:45	304	0:01:17	989	0:39:22	1141	2:13:38	1141	2:13:38	
1142	452 Sharry Miller	1227	0:16:03	1073	0:07:02	772	0:57:38	1270	0:03:31	1268	0:49:26	1142	2:13:38	1142	2:13:38	
1143	871 Elizabeth Hunt	1274	0:17:23	859	0:05:39	1114	1:06:38	590	0:01:38	1114	0:42:25	1143	2:13:41	1143	2:13:41	
1144	313 Barbara Williams	236	0:09:13	1100	0:07:15	1185	1:09:30	725	0:01:47	1207	0:46:03	1144	2:13:46	1144	2:13:46	
1145	1478 Malaika Durbin	180	0:08:48	1101	0:07:16	1156	1:08:25	858	0:02:00	1236	0:47:19	1145	2:13:47	1145	2:13:47	
1146	240 Debra Topham	815	0:12:19	1098	0:07:14	1033	1:04:10	704	0:01:46	1253	0:48:26	1146	2:13:53	1146	2:13:53	
1147	381 Anne Lanier	1237	0:16:15	1287	0:10:46	1041	1:04:25	878	0:02:02	1046	0:40:34	1147	2:14:00	1147	2:14:00	
1148	705 Marisa Glieco	1124	0:14:42	627	0:04:43	1081	1:05:21	1086	0:02:26	1230	0:46:57	1148	2:14:08	1148	2:14:08	
1149	1148 Jolene McDowell	690	0:11:40	793	0:05:22	1206	1:10:42	1180	0:02:50	1145	0:43:41	1149	2:14:13	1149	2:14:13	
1150	274 Karen Rhoades	1192	0:15:34	735	0:05:09	1155	1:08:22	710	0:01:46	1138	0:43:23	1150	2:14:14	1150	2:14:14	
1151	343 Brett Brown	889	0:12:45	1221	0:09:00	1068	1:04:57	576	0:01:37	1212	0:46:07	1151	2:14:24	1151	2:14:24	
1152	316 Nicolette Palmer	1327	0:20:02	1330	0:14:02	969	1:02:05	1088	0:02:27	823	0:35:51	1152	2:14:25	1152	2:14:25	
1153	391 Erin Wiese	1235	0:16:14	716	0:05:03	1099	1:05:52	1276	0:03:34	1155	0:43:55	1153	2:14:36	1153	2:14:36	
1154	1366 Lana Cates	1280	0:17:31	847	0:05:35	1168	1:08:53	1208	0:03:03	1003	0:39:44	1154	2:14:45	1154	2:14:45	
1155	1001 Karen Simmons	1347	0:21:16	647	0:04:47	1009	1:03:27	954	0:02:09	1141	0:43:26	1155	2:15:03	1155	2:15:03	
1156	280 Lynnette Warren	1253	0:16:38	1166	0:08:04	680	0:56:00	1293	0:03:46	1280	0:50:44	1156	2:15:12	1156	2:15:12	
1157	908 Allison Devine	307	0:09:38	542	0:04:24	1329	1:23:57	259	0:01:13	843	0:36:04	1157	2:15:14	1157	2:15:14	
1158	1519 Kathryn Desimine	1269	0:17:11	896	0:05:49	867	0:59:22	1151	0:02:40	1278	0:50:36	1158	2:15:38	1158	2:15:38	
1159	590 Deborah Warner	221	0:09:06	1023	0:06:33	1082	1:05:25	1241	0:03:13	1298	0:51:26	1159	2:15:41	1159	2:15:41	
1160	1387 Laura Dana	931	0:13:04	562	0:04:28	1302	1:18:21	916	0:02:05	921	0:37:46	1160	2:15:43	1160	2:15:43	
1161	1067 Paige Graham	161	0:08:39	1207	0:08:46	1320	1:22:09	1011	0:02:15	721	0:33:57	1161	2:15:45	1161	2:15:45	
1162	901 Kristine Muller	362	0:09:57	1245	0:09:32	1201	1:10:14	837	0:01:58	1158	0:44:11	1162	2:15:50	1162	2:15:50	
1163	654 Megan Garner	899	0:12:50	1335	0:14:44	721	0:56:35	1354	0:09:22	1110	0:42:21	1163	2:15:50	1163	2:15:50	
1164	402 Betti Walters	1308	0:18:59	839	0:05:34	1242	1:12:37	833	0:01:58	877	0:36:46	1164	2:15:52	1164	2:15:52	
1165	873 Heather Shelley	479	0:10:35	1012	0:06:29	1286	1:16:16	1192	0:02:53	1010	0:39:56	1165	2:16:08	1165	2:16:08	
1166	774 Teresa Campoamor	1286	0:17:53	857	0:05:38	1071	1:05:03	886	0:02:03	1205	0:45:54	1166	2:16:30	1166	2:16:30	
1167	1071 Kelsey Fuller	1330	0:20:13	1257	0:09:47	1162	1:08:38	1048	0:02:19	807	0:35:35	1167	2:16:30	1167	2:16:30	
1168	228 Anne Kincaid	795	0:12:11	1206	0:08:45	1264	1:15:04	918	0:02:06	958	0:38:38	1168	2:16:42	1168	2:16:42	
1169	1138 Lori Olson	776	0:12:05	631	0:04:44	1066	1:04:55	1263	0:03:26	1304	0:51:40	1169	2:16:49	1169	2:16:49	
1170	668 Sherri Poling	1083	0:14:25	1226	0:09:04	1064	1:04:54	1346	0:06:39	1095	0:41:59	1170	2:16:59	1170	2:16:59	

GOLD NUGGET TRIATHLON - Official Results**Sunday, May 16, 2010****Anchorage, Alaska****Timing and Results by Up and Running Event Management**

Ovl Place	Bib Name	Swim		T1		Bike		T2		Run		Total		Final Time		Penalty
		Place	Time	Place	Time	Place	Time	Place	Time	Place	Time	Place	Time	Place	Time	
1171	285 Brooke Kopecky	427	0:10:21	1276	0:10:18	1269	1:15:20	279	0:01:15	1005	0:39:50	1171	2:17:02	1171	2:17:02	
1172	987 Joann Mitchell	1200	0:15:37	936	0:06:03	1091	1:05:32	1064	0:02:21	1237	0:47:31	1172	2:17:03	1172	2:17:03	
1173	387 Susan Garner	1356	0:22:35	993	0:06:21	1037	1:04:16	620	0:01:40	1109	0:42:21	1173	2:17:11	1173	2:17:11	
1174	329 Sheryl Warmbold	1263	0:16:57	1253	0:09:41	1058	1:04:50	794	0:01:54	1154	0:43:52	1174	2:17:12	1174	2:17:12	
1175	1055 Terise N'Ha Cairtriona	1128	0:14:44	1140	0:07:43	1245	1:12:43	842	0:01:59	1016	0:40:07	1175	2:17:14	1175	2:17:14	
1176	529 Brittany Keener	1069	0:14:16	1282	0:10:35	1177	1:09:12	1181	0:02:50	1032	0:40:23	1176	2:17:15	1176	2:17:15	
1177	1296 Dawn Hansen	1111	0:14:35	947	0:06:05	1007	1:03:25	904	0:02:05	1292	0:51:08	1177	2:17:16	1177	2:17:16	
1178	1331 Amber Jenkins	1101	0:14:30	1130	0:07:33	1235	1:12:01	639	0:01:41	1093	0:41:54	1178	2:17:38	1178	2:17:38	
1179	767 Janet Hepplewhite	1270	0:17:16	1084	0:07:06	1076	1:05:19	1118	0:02:33	1195	0:45:26	1179	2:17:39	1179	2:17:39	
1180	390 Jeri Wallin	1342	0:20:59	959	0:06:08	1200	1:10:04	992	0:02:13	946	0:38:24	1180	2:17:47	1180	2:17:47	
1181	404 Jamie Patterson-Simes	858	0:12:35	963	0:06:09	1212	1:10:55	501	0:01:32	1224	0:46:39	1181	2:17:49	1181	2:17:49	
1182	239 Valerie Maeker	1337	0:20:34	658	0:04:50	1259	1:14:19	328	0:01:18	885	0:36:58	1182	2:17:57	1182	2:17:57	
1183	201 Vicke Kukowski	786	0:12:08	1044	0:06:41	1223	1:11:29	602	0:01:39	1216	0:46:13	1183	2:18:08	1183	2:18:08	
1184	972 Denali Blackmore	852	0:12:33	886	0:05:46	1236	1:12:06	312	0:01:18	1222	0:46:32	1184	2:18:13	1184	2:18:13	
1185	781 Cortni Hostetler	1193	0:15:34	1096	0:07:13	1231	1:11:58	616	0:01:39	1090	0:41:53	1185	2:18:15	1185	2:18:15	
1186	1260 Shawn Rogers	1306	0:18:57	1121	0:07:27	1251	1:13:06	769	0:01:52	893	0:37:08	1186	2:18:28	1186	2:18:28	
1187	480 Rena Anderson	1082	0:14:24	1173	0:08:10	1120	1:06:51	1166	0:02:47	1218	0:46:21	1187	2:18:31	1187	2:18:31	
1188	309 Sonya Vaughn	1001	0:13:40	1281	0:10:32	1105	1:06:19	82	0:00:53	1235	0:47:10	1188	2:18:33	1188	2:18:33	
1189	538 Rachel Delaney	1314	0:19:31	820	0:05:29	1090	1:05:32	1165	0:02:47	1196	0:45:26	1189	2:18:43	1189	2:18:43	
1190	949 Sandra Lowther	848	0:12:32	924	0:05:57	1297	1:17:54	1050	0:02:19	1013	0:40:04	1190	2:18:44	1190	2:18:44	
1191	308 Rosalie Lebaron	1142	0:14:52	851	0:05:36	1256	1:14:01	1005	0:02:14	1106	0:42:14	1191	2:18:56	1191	2:18:56	
1192	1161 Glenna Schoening	1143	0:14:52	922	0:05:56	1232	1:12:00	749	0:01:50	1170	0:44:34	1192	2:19:11	1192	2:19:11	
1193	185 Dana Pasol	1283	0:17:42	1286	0:10:42	1098	1:05:51	88	0:00:54	1168	0:44:30	1193	2:19:37	1193	2:19:37	
1194	1390 Aoife Freeman	1125	0:14:43	1250	0:09:34	1196	1:09:53	1039	0:02:18	1133	0:43:13	1194	2:19:40	1194	2:19:40	
1195	294 Britt Cooper	1080	0:14:22	1103	0:07:18	1138	1:07:40	974	0:02:11	1248	0:48:12	1195	2:19:41	1195	2:19:41	
1196	644 Mary Goolie	937	0:13:06	999	0:06:23	1181	1:09:26	608	0:01:39	1262	0:49:10	1196	2:19:42	1196	2:19:42	
1197	1511 Kim Davis	1217	0:15:51	937	0:06:03	1267	1:15:17	1000	0:02:13	1031	0:40:22	1197	2:19:45	1197	2:19:45	
1198	176 Nicole Engman	1106	0:14:33	1300	0:11:16	1167	1:08:49	240	0:01:12	1165	0:44:25	1198	2:20:13	1198	2:20:13	
1199	52 Judy Sedwick	955	0:13:15	1211	0:08:49	1169	1:09:00	968	0:02:10	1233	0:47:08	1199	2:20:20	1199	2:20:20	
1200	331 Denise Demetree	1034	0:13:58	1109	0:07:20	1219	1:11:22	774	0:01:52	1209	0:46:05	1200	2:20:35	1200	2:20:35	
1201	593 Kerynn Fisher	798	0:12:13	1144	0:07:47	1126	1:07:10	721	0:01:47	1303	0:51:40	1201	2:20:35	1201	2:20:35	
1202	436 Barbara Story	441	0:10:26	1172	0:08:10	1144	1:08:01	1258	0:03:21	1282	0:50:45	1202	2:20:42	1202	2:20:42	
1203	178 Miranda Burzinski	802	0:12:14	858	0:05:38	1238	1:12:21	246	0:01:12	1267	0:49:23	1203	2:20:48	1203	2:20:48	
1204	1104 Irène Persson-Gamble	1084	0:14:25	861	0:05:39	1299	1:17:57	1094	0:02:27	1029	0:40:21	1204	2:20:48	1204	2:20:48	
1205	420 Anna Straka	562	0:11:02	1285	0:10:38	980	1:02:30	1092	0:02:27	1330	0:54:23	1205	2:20:59	1205	2:20:59	
1206	1063 Nadia Johnson	1196	0:15:36	668	0:04:52	1327	1:23:08	818	0:01:56	802	0:35:29	1206	2:21:01	1206	2:21:01	
1207	1293 Heather Hoyt	1058	0:14:11	956	0:06:07	984	1:02:34	944	0:02:08	1340	0:56:02	1207	2:21:01	1207	2:21:01	
1208	958 Julie Oney	1336	0:20:33	1205	0:08:44	1175	1:09:08	1246	0:03:16	999	0:39:35	1208	2:21:15	1208	2:21:15	
1209	356 Maureen Hansen	905	0:12:53	1288	0:10:48	786	0:57:52	1331	0:04:48	1335	0:55:08	1209	2:21:27	1209	2:21:27	
1210	536 Alana Malloy	1146	0:14:53	1197	0:08:34	1228	1:11:42	1209	0:03:03	1134	0:43:20	1210	2:21:30	1210	2:21:30	
1211	1429 Gretchen Dana	1284	0:17:46	772	0:05:18	1305	1:18:36	880	0:02:03	926	0:37:51	1211	2:21:33	1211	2:21:33	
1212	1028 Kathy Anglin	1023	0:13:48	1264	0:10:03	1034	1:04:10	1174	0:02:49	1281	0:50:45	1212	2:21:33	1212	2:21:33	
1213	1483 Sarah Johnson	676	0:11:36	899	0:05:50	1325	1:23:08	1091	0:02:27	964	0:38:44	1213	2:21:43	1213	2:21:43	
1214	1312 Breanna Pace	863	0:12:37	1256	0:09:47	1227	1:11:41	1274	0:03:33	1157	0:44:07	1214	2:21:43	1214	2:21:43	
1215	200 Jenny Lang	1345	0:21:12	1266	0:10:06	933	1:01:08	731	0:01:48	1238	0:47:34	1215	2:21:47	1215	2:21:47	

GOLD NUGGET TRIATHLON - Official Results
Sunday, May 16, 2010
Anchorage, Alaska
Timing and Results by Up and Running Event Management

Ovl Place	Bib Name	Swim		T1		Bike		T2		Run		Total		Final Time		Penalty
		Place	Time	Place	Time	Place	Time	Place	Time	Place	Time	Place	Time	Place	Time	
1216	339 Mary Ahumada-Holm	1346	0:21:15	447	0:04:05	1055	1:04:46	544	0:01:34	1275	0:50:09	1216	2:21:47	1216	2:21:47	
1217	269 Martha Christenson	928	0:13:02	1145	0:07:49	1146	1:08:04	385	0:01:23	1301	0:51:36	1217	2:21:52	1217	2:21:52	
1218	939 Avigail Curry	1137	0:14:48	1265	0:10:46	1074	1:05:16	1243	0:03:14	1256	0:48:40	1218	2:22:02	1218	2:22:02	
1219	471 Jennifer Dobbs	992	0:13:35	1293	0:10:58	1180	1:09:17	1333	0:04:49	1150	0:43:48	1219	2:22:25	1219	2:22:25	
1220	1199 Jessica Wuttke	939	0:13:07	1313	0:12:10	1075	1:05:16	1200	0:02:59	1260	0:48:56	1220	2:22:28	1220	2:22:28	
1221	332 Cynthia Neff	509	0:10:44	1302	0:11:26	944	1:01:37	1328	0:04:45	1329	0:53:59	1221	2:22:29	1221	2:22:29	
1222	568 Robyn Elkins	587	0:11:10	1217	0:08:55	1173	1:09:02	1056	0:02:20	1293	0:51:09	1222	2:22:34	1222	2:22:34	
1223	1476 Angela Endres	1038	0:13:59	1004	0:06:25	1214	1:10:59	816	0:01:56	1265	0:49:19	1223	2:22:36	1223	2:22:36	
1224	232 Jennifer Aklestad	864	0:12:37	898	0:05:50	1278	1:15:41	95	0:00:55	1240	0:47:35	1224	2:22:36	1224	2:22:36	
1225	1155 Jane Serie	1319	0:19:45	1255	0:09:42	1014	1:03:39	1247	0:03:17	1217	0:46:17	1225	2:22:39	1225	2:22:39	
1226	884 Cathy Brandal	1154	0:15:01	1224	0:09:03	1209	1:10:45	1175	0:02:49	1185	0:45:05	1226	2:22:41	1226	2:22:41	
1227	812 Paxson Lowther	1278	0:17:28	711	0:05:02	1300	1:17:58	864	0:02:01	1030	0:40:21	1227	2:22:48	1227	2:22:48	
1228	968 Karen Blaney	1070	0:14:16	1165	0:08:04	968	1:02:03	1146	0:02:40	1338	0:55:55	1228	2:22:56	1228	2:22:56	
1229	801 Patricia Ott	1324	0:19:57	1188	0:08:24	943	1:01:36	1066	0:02:22	1283	0:50:50	1229	2:23:07	1229	2:23:07	
1230	411 Andrea Thompson	1093	0:14:28	1088	0:07:09	1280	1:15:52	1189	0:02:53	1130	0:43:06	1230	2:23:27	1230	2:23:27	
1231	1010 Ashley Rymer	1222	0:15:55	1346	0:16:59	1093	1:05:38	1283	0:03:38	1075	0:41:37	1231	2:23:45	1231	2:23:45	
1232	260 Beth Amrich	891	0:12:46	1027	0:06:34	1215	1:11:02	1045	0:02:19	1299	0:51:29	1232	2:24:08	1232	2:24:08	
1233	889 Courtney Abel	1029	0:13:56	1315	0:12:15	1060	1:04:51	1302	0:04:00	1261	0:49:09	1233	2:24:09	1233	2:24:09	
1234	366 Katrina Burbage	1233	0:16:13	1292	0:10:54	1254	1:13:51	964	0:02:09	1060	0:41:06	1234	2:24:12	1234	2:24:12	
1235	676 Sheila Selkregg	1251	0:16:36	1201	0:08:40	1189	1:09:38	1219	0:03:06	1219	0:46:22	1235	2:24:20	1235	2:24:20	
1236	230 Amy Stone	745	0:11:58	808	0:05:26	1304	1:18:35	307	0:01:17	1234	0:47:09	1236	2:24:24	1236	2:24:24	
1237	400 Emily Reast	662	0:11:32	1244	0:09:31	1205	1:10:38	1267	0:03:28	1270	0:49:39	1237	2:24:47	1237	2:24:47	
1238	903 Graylin Simes	969	0:13:21	1150	0:07:52	1275	1:15:33	637	0:01:41	1221	0:46:28	1238	2:24:53	1238	2:24:53	
1239	197 Mary Sliwinski	980	0:13:25	890	0:05:48	1309	1:19:34	594	0:01:38	1179	0:44:47	1239	2:25:11	1239	2:25:11	
1240	1062 Rena Queja	1309	0:19:08	1319	0:12:30	1170	1:09:00	1080	0:02:25	1107	0:42:17	1240	2:25:19	1240	2:25:19	
1241	186 Savannah Ericksen	74	0:07:42	1111	0:07:22	1347	1:28:35	462	0:01:29	1026	0:40:18	1241	2:25:25	1241	2:25:25	
1242	164 Jana Latham	1293	0:18:10	1326	0:13:15	1121	1:06:52	1109	0:02:31	1175	0:44:41	1242	2:25:28	1242	2:25:28	
1243	662 Michelle Keegan	742	0:11:57	832	0:05:32	1322	1:22:15	287	0:01:15	1171	0:44:34	1243	2:25:33	1243	2:25:33	
1244	998 Pam Smith	712	0:11:47	1277	0:10:18	1296	1:17:48	614	0:01:39	1159	0:44:11	1244	2:25:42	1244	2:25:42	
1245	845 Erin Kinavey Wenness	274	0:09:24	1227	0:09:05	1303	1:18:28	1197	0:02:57	1208	0:46:04	1245	2:25:56	1245	2:25:56	
1246	794 Ella Smith	1087	0:14:26	1159	0:07:58	1295	1:17:46	579	0:01:37	1162	0:44:12	1246	2:25:58	1246	2:25:58	
1247	270 Jennifer Witt	1331	0:20:13	1185	0:08:20	1030	1:04:06	1119	0:02:33	1285	0:50:52	1247	2:26:03	1247	2:26:03	
1248	188 Jennifer Parkhurst	618	0:11:20	1334	0:14:36	1270	1:15:22	1313	0:04:15	1045	0:40:32	1248	2:26:03	1248	2:26:03	
1249	1418 Lauren Chapman	1077	0:14:20	1112	0:07:22	1218	1:11:17	1268	0:03:29	1269	0:49:38	1249	2:26:05	1249	2:26:05	
1250	603 Kelsie Remsen	132	0:08:26	1272	0:10:13	1234	1:12:01	987	0:02:12	1323	0:53:18	1250	2:26:10	1250	2:26:10	
1251	195 Beatrice Williams	148	0:08:33	1181	0:08:17	1324	1:22:56	400	0:01:24	1192	0:45:22	1251	2:26:31	1251	2:26:31	
1252	1227 Tracy Morrison	490	0:10:39	1303	0:11:29	1011	1:03:29	1325	0:04:31	1342	0:56:39	1252	2:26:45	1252	2:26:45	
1253	318 Holly Poulos	1047	0:14:07	1320	0:12:31	1249	1:12:58	925	0:02:06	1186	0:45:08	1253	2:26:48	1253	2:26:48	
1254	999 Shelley Biss	846	0:12:31	1110	0:07:20	1102	1:06:05	1327	0:04:32	1343	0:56:39	1254	2:27:06	1254	2:27:06	
1255	675 Amanda Fitzgerald	1150	0:14:56	1241	0:09:25	1307	1:19:18	514	0:01:33	1118	0:42:31	1255	2:27:41	1255	2:27:41	
1256	627 Kathleen Lynch	1279	0:17:30	1120	0:07:26	1306	1:19:17	706	0:01:46	1081	0:41:43	1256	2:27:41	1256	2:27:41	
1257	695 Mary Banaszak	1333	0:20:15	1305	0:11:29	940	1:01:33	1316	0:04:17	1276	0:50:11	1257	2:27:44	1257	2:27:44	
1258	258 Karla Weise	373	0:10:00	1238	0:09:18	1337	1:25:35	644	0:01:41	1101	0:42:06	1258	2:28:39	1258	2:28:39	
1259	660 Karen Dannehy	1219	0:15:52	1323	0:13:02	1247	1:12:50	1032	0:02:17	1174	0:44:40	1259	2:28:41	1259	2:28:41	
1260	888 Christine Bond	1262	0:16:56	819	0:05:29	1288	1:16:27	1067	0:02:23	1243	0:47:44	1260	2:28:57	1260	2:28:57	

GOLD NUGGET TRIATHLON - Official Results
Sunday, May 16, 2010
Anchorage, Alaska
Timing and Results by Up and Running Event Management

Ovl Place	Bib Name	Swim		T1		Bike		T2		Run		Total		Final Time		Penalty
		Place	Time	Place	Time	Place	Time	Place	Time	Place	Time	Place	Time	Place	Time	
1261	299 Disa Congdon	1107	0:14:34	1325	0:13:12	1135	1:07:32	971	0:02:10	1300	0:51:35	1261	2:29:02	1261	2:29:02	
1262	1393 Keri Hubbard	243	0:09:14	1182	0:08:18	1321	1:22:12	854	0:02:00	1241	0:47:35	1262	2:29:19	1262	2:29:19	
1263	1091 Mary Waltz	1252	0:16:37	1259	0:09:53	1252	1:13:19	1168	0:02:47	1229	0:46:51	1263	2:29:25	1263	2:29:25	
1264	1527 Amber Garcia	1208	0:15:41	1156	0:07:57	1263	1:14:44	941	0:02:08	1266	0:49:19	1264	2:29:47	1264	2:29:47	
1265	430 Amanda Todd	557	0:11:01	1076	0:07:03	1298	1:17:57	1239	0:03:12	1295	0:51:20	1265	2:30:31	1265	2:30:31	
1266	893 Cassandra Aglietti	1010	0:13:43	1359	0:29:30	1008	1:03:26	1038	0:02:18	1091	0:41:54	1266	2:30:49	1266	2:30:49	
1267	171 Melba Rodriguez	1349	0:21:26	1105	0:07:19	1313	1:20:26	505	0:01:32	1020	0:40:11	1267	2:30:52	1267	2:30:52	
1268	861 Ann-Marie Foust	1354	0:22:20	1063	0:06:57	1191	1:09:43	1220	0:03:06	1259	0:48:51	1268	2:30:55	1268	2:30:55	
1269	358 Lark Shellhamer	820	0:12:20	980	0:06:14	1334	1:25:09	339	0:01:19	1211	0:46:06	1269	2:31:08	1269	2:31:08	
1270	724 Beth Beyer	972	0:13:22	1278	0:10:19	1318	1:21:47	783	0:01:53	1156	0:44:00	1270	2:31:19	1270	2:31:19	
1271	245 Averie Wells	1231	0:16:07	1049	0:06:43	1336	1:25:35	624	0:01:40	1069	0:41:27	1271	2:31:30	1271	2:31:30	
1272	350 Beverley Williams	126	0:08:19	1169	0:08:08	1323	1:22:55	398	0:01:24	1286	0:50:52	1272	2:31:36	1272	2:31:36	
1273	199 Hanna Daum	944	0:13:10	1340	0:15:19	1150	1:08:12	1279	0:03:36	1296	0:51:23	1273	2:31:38	1273	2:31:38	
1274	764 Maryann Leenstra	1223	0:15:55	1052	0:06:45	1340	1:26:07	1037	0:02:18	1061	0:41:06	1274	2:32:09	1274	2:32:09	
1275	322 Sonja Daum	1189	0:15:31	1329	0:13:30	1153	1:08:15	1272	0:03:31	1297	0:51:24	1275	2:32:09	1275	2:32:09	
1276	1489 Misty Walton	1302	0:18:46	1199	0:08:37	1241	1:12:37	1309	0:04:06	1247	0:48:11	1276	2:32:15	1276	2:32:15	
1277	357 Susan Konyot	1075	0:14:19	1141	0:07:44	1308	1:19:20	1149	0:02:40	1255	0:48:32	1277	2:32:34	1277	2:32:34	
1278	295 Amber Mobley	1224	0:15:57	1192	0:08:29	1289	1:16:30	804	0:01:55	1273	0:49:53	1278	2:32:42	1278	2:32:42	
1279	328 Karen Lawton	1258	0:16:46	1347	0:17:17	1195	1:09:53	1344	0:06:15	1121	0:42:34	1279	2:32:43	1279	2:32:43	
1280	639 Kristen Phillips	1341	0:20:55	1228	0:09:06	1159	1:08:31	1125	0:02:35	1307	0:51:48	1280	2:32:54	1280	2:32:54	
1281	1534 Tasha Bolt	1197	0:15:36	1104	0:07:18	1279	1:15:49	1057	0:02:20	1310	0:51:58	1281	2:32:59	1281	2:32:59	
1282	1284 Allyssa Davis	981	0:13:25	823	0:05:30	1154	1:08:15	1116	0:02:32	1353	1:03:27	1282	2:33:09	1282	2:33:09	
1283	653 Michelle Dannehy	1296	0:18:17	1338	0:15:00	1246	1:12:49	1012	0:02:15	1181	0:44:50	1283	2:33:09	1283	2:33:09	
1284	948 Marianne Daniels	1151	0:14:56	1160	0:07:58	1290	1:16:31	1147	0:02:40	1291	0:51:07	1284	2:33:10	1284	2:33:10	
1285	832 Jennifer Bowes	1343	0:21:09	1291	0:10:54	916	1:00:31	1305	0:04:03	1344	0:56:42	1285	2:33:18	1285	2:33:18	
1286	376 Janet Kelly	698	0:11:43	1131	0:07:33	1229	1:11:56	1203	0:03:00	1347	0:59:11	1286	2:33:21	1286	2:33:21	
1287	1375 Margaret King	1248	0:16:32	1314	0:12:14	1240	1:12:32	1307	0:04:05	1250	0:48:14	1287	2:33:35	1287	2:33:35	
1288	108 Kiersten Jedlicka	920	0:12:59	1234	0:09:11	1149	1:08:11	982	0:02:12	1350	1:01:04	1288	2:33:35	1288	2:33:35	
1289	1140 Paula Williams	437	0:10:24	1349	0:18:29	846	0:59:00	1359	0:17:48	1249	0:48:13	1289	2:33:52	1289	2:33:52	
1290	1340 Ellen Provost	539	0:10:56	1222	0:09:02	1233	1:12:01	1184	0:02:52	1346	0:59:11	1290	2:34:00	1290	2:34:00	
1291	334 Geysa Aldebot	1120	0:14:40	1283	0:10:36	1291	1:16:36	555	0:01:35	1284	0:50:50	1291	2:34:16	1291	2:34:16	
1292	1131 P McKenzie	1115	0:14:37	1158	0:07:58	1317	1:21:45	1134	0:02:36	1239	0:47:35	1292	2:34:29	1292	2:34:29	
1293	196 Natalee Kline	890	0:12:45	1239	0:09:25	1346	1:28:32	1324	0:04:26	995	0:39:31	1293	2:34:37	1293	2:34:37	
1294	253 Toni Taylor	995	0:13:37	1198	0:08:35	1330	1:24:35	684	0:01:45	1213	0:46:07	1294	2:34:38	1294	2:34:38	
1295	1291 Katie Bozone	993	0:13:35	785	0:05:20	1354	1:30:40	937	0:02:08	1128	0:43:01	1295	2:34:42	1295	2:34:42	
1296	608 Wendy Leseman	1338	0:20:40	1339	0:15:04	1163	1:08:45	780	0:01:52	1254	0:48:26	1296	2:34:47	1296	2:34:47	
1297	607 Courtney Fleischman	1348	0:21:25	1332	0:14:33	1164	1:08:46	766	0:01:51	1252	0:48:26	1297	2:35:00	1297	2:35:00	
1298	166 Diana Vollmar	1244	0:16:26	1273	0:10:14	1272	1:15:26	401	0:01:25	1305	0:51:42	1298	2:35:11	1298	2:35:11	
1299	1200 Amber Treadway	1204	0:15:40	1190	0:08:29	1203	1:10:15	1330	0:04:46	1341	0:56:17	1299	2:35:25	1299	2:35:25	
1300	440 Annalisa Delozier	1191	0:15:33	1113	0:07:23	1271	1:15:23	390	0:01:24	1337	0:55:50	1300	2:35:31	1300	2:35:31	
1301	1194 Lynda Limon	1102	0:14:30	1324	0:13:05	1345	1:28:27	1277	0:03:35	835	0:35:59	1301	2:35:34	1301	2:35:34	
1302	184 Mary Grenier	1290	0:18:07	1331	0:14:21	1142	1:07:51	1287	0:03:41	1308	0:51:49	1302	2:35:47	1302	2:35:47	
1303	652 Sharon Chamard	1024	0:13:48	1146	0:07:49	1199	1:10:02	1308	0:04:05	1349	1:00:19	1303	2:36:01	1303	2:36:01	
1304	1022 Catherine McLaughlin	760	0:12:01	977	0:06:13	1358	1:38:50	1016	0:02:15	879	0:36:51	1304	2:36:09	1304	2:36:09	
1305	190 Heather Johnson	1317	0:19:40	1294	0:11:00	1285	1:16:09	1214	0:03:05	1228	0:46:46	1305	2:36:38	1305	2:36:38	

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Sunday, May 16, 2010
Anchorage, Alaska
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Ovl Place	Bib Name	Swim		T1		Bike		T2		Run		Total		Final Time		Penalty
		Place	Time	Place	Time	Place	Time	Place	Time	Place	Time	Place	Time	Place	Time	
1306	1270 Robin Johnson	1168	0:15:13	1342	0:15:38	1284	1:16:07	1237	0:03:11	1227	0:46:46	1306	2:36:54	1306	2:36:54	
1307	257 Jodi Walton	1351	0:21:44	1318	0:12:23	1019	1:03:47	1352	0:07:46	1309	0:51:50	1307	2:37:28	1307	2:37:28	
1308	844 Laura Schneller	392	0:10:08	1345	0:16:42	1276	1:15:40	1314	0:04:16	1290	0:51:05	1308	2:37:49	1308	2:37:49	
1309	312 Wendy Poulos	1218	0:15:51	1321	0:12:35	1194	1:09:52	922	0:02:06	1345	0:57:30	1309	2:37:54	1309	2:37:54	
1310	255 Lisa Booth	1205	0:15:40	1306	0:11:38	1301	1:17:59	1183	0:02:52	1277	0:50:21	1310	2:38:28	1310	2:38:28	
1311	1135 Cara Housh	1243	0:16:25	1053	0:06:47	1332	1:24:41	1065	0:02:21	1251	0:48:22	1311	2:38:35	1311	2:38:35	
1312	283 Tiana Taylor	896	0:12:48	1208	0:08:47	1355	1:31:07	1021	0:02:16	1160	0:44:11	1312	2:39:07	1312	2:39:07	
1313	1080 Elaine Bozone	1108	0:14:34	1148	0:07:51	1338	1:25:41	1206	0:03:02	1246	0:48:10	1313	2:39:16	1313	2:39:16	
1314	1069 Marti Scherbert	1016	0:13:45	1333	0:14:34	1277	1:15:40	1320	0:04:21	1287	0:50:58	1314	2:39:16	1314	2:39:16	
1315	1437 Jennifer Fujimura	637	0:11:26	1237	0:09:16	1257	1:14:04	1194	0:02:55	1351	1:01:57	1315	2:39:36	1315	2:39:36	
1316	304 Margaret (peg Ammann	1301	0:18:28	1280	0:10:22	1314	1:20:29	1079	0:02:25	1245	0:47:56	1316	2:39:39	1316	2:39:39	
1317	256 Tamara Von Gemmingen	1358	0:23:04	1117	0:07:23	1265	1:15:07	793	0:01:54	1313	0:52:47	1317	2:40:14	1317	2:40:14	
1318	181 Karen Reid	1320	0:19:47	660	0:04:50	1356	1:32:18	294	0:01:16	1102	0:42:08	1318	2:40:17	1318	2:40:17	
1319	217 Katie Cartee	701	0:11:44	494	0:04:14	1357	1:38:36	1303	0:04:00	1082	0:41:45	1319	2:40:19	1319	2:40:19	
1320	842 Tara Thornton	1311	0:19:20	1269	0:10:10	1137	1:07:37	1266	0:03:27	1348	0:59:52	1320	2:40:25	1320	2:40:25	
1321	1427 Lee Gahm	1361	0:24:19	1312	0:12:04	1266	1:15:10	1321	0:04:23	1178	0:44:47	1321	2:40:41	1321	2:40:41	
1322	333 Madison Barsalou	1259	0:16:46	957	0:06:07	1351	1:29:40	1102	0:02:30	1215	0:46:10	1322	2:41:11	1322	2:41:11	
1323	1166 Carleen Hall	1344	0:21:10	1348	0:18:20	1119	1:06:48	1317	0:04:17	1294	0:51:11	1323	2:41:44	1323	2:41:44	
1324	1030 Dupree Walker	821	0:12:20	1352	0:20:32	1352	1:29:41	1282	0:03:37	826	0:35:53	1324	2:42:02	1324	2:42:02	
1325	916 Heidi Burmeister	1315	0:19:32	1310	0:11:50	1282	1:16:02	996	0:02:13	1316	0:52:54	1325	2:42:31	1325	2:42:31	
1326	811 Charlene Hampton	1357	0:23:00	1164	0:08:04	1312	1:20:22	1301	0:03:59	1232	0:47:08	1326	2:42:31	1326	2:42:31	
1327	133 Lisa Keller	175	0:08:45	1270	0:10:11	1349	1:28:54	323	0:01:18	1326	0:53:52	1327	2:42:58	1327	2:42:58	
1328	574 Selena Clemetson	1065	0:14:15	822	0:05:30	1343	1:27:23	1123	0:02:34	1324	0:53:19	1328	2:42:59	1328	2:42:59	
1329	132 Ciana Dragano	809	0:12:17	1091	0:07:10	1350	1:28:54	299	0:01:16	1325	0:53:48	1329	2:43:25	1329	2:43:25	
1330	301 Julie Neff	1292	0:18:08	1341	0:15:29	1294	1:17:39	1020	0:02:16	1279	0:50:40	1330	2:44:10	1330	2:44:10	
1331	246 September Martin	1307	0:18:57	1322	0:12:39	1273	1:15:26	676	0:01:44	1336	0:55:37	1331	2:44:21	1331	2:44:21	
1332	325 Cynthia Walsh	1353	0:22:02	1235	0:09:14	1316	1:20:58	680	0:01:44	1312	0:52:45	1332	2:46:43	1332	2:46:43	
1333	288 March Williams	1322	0:19:53	1262	0:09:59	1326	1:23:08	1043	0:02:18	1302	0:51:39	1333	2:46:56	1333	2:46:56	
1334	289 Theresa Langberg	1294	0:18:10	1328	0:13:23	1315	1:20:45	1264	0:03:26	1311	0:52:15	1334	2:47:58	1334	2:47:58	
1335	947 Caitlin McHale	1209	0:15:41	1350	0:18:47	1262	1:14:24	1349	0:07:41	1315	0:52:54	1335	2:49:25	1335	2:49:25	
1336	320 Bronwen Brugge	1362	0:26:20	1337	0:14:56	1292	1:17:03	1322	0:04:23	1258	0:48:46	1336	2:51:26	1336	2:51:26	
1337	243 Mary Pflughoft	1291	0:18:07	1263	0:10:02	1281	1:15:57	1315	0:04:16	1352	1:03:08	1337	2:51:28	1337	2:51:28	
1338	748 Dedra Cannon	1360	0:24:18	948	0:06:06	1341	1:26:19	565	0:01:36	1322	0:53:16	1338	2:51:33	1338	2:51:33	
1339	528 Bonnie Callahan	1250	0:16:35	1153	0:07:53	1353	1:30:01	1001	0:02:13	1332	0:55:02	1339	2:51:43	1339	2:51:43	
1340	273 Karen Engstrom	1363	0:26:48	1343	0:16:26	1293	1:17:04	1098	0:02:29	1271	0:49:43	1340	2:52:29	1340	2:52:29	
1341	263 Teresa Scott	1328	0:20:04	1360	0:29:57	1079	1:05:20	1288	0:03:41	1328	0:53:56	1341	2:52:56	1341	2:52:56	
1342	789 Pattie Moeller	1323	0:19:54	1309	0:11:44	1342	1:26:56	1055	0:02:20	1321	0:53:11	1342	2:54:03	1342	2:54:03	
1343	227 Suesue Nunley	816	0:12:19	1363	0:38:52	1095	1:05:39	1260	0:03:24	1327	0:53:56	1343	2:54:08	1343	2:54:08	
1344	224 Deborah Morgan	1182	0:15:27	1344	0:16:42	1319	1:22:06	1348	0:07:14	1319	0:53:05	1344	2:54:32	1344	2:54:32	
1345	730 Jane Heisel	997	0:13:38	1357	0:27:52	1260	1:14:19	1350	0:07:43	1317	0:52:55	1345	2:56:25	1345	2:56:25	
1346	336 Shannon Gragg	1242	0:16:24	1356	0:27:19	1348	1:28:46	575	0:01:37	1163	0:44:17	1346	2:58:21	1346	2:58:21	
1347	890 Samantha Bacon	359	0:09:56	1362	0:34:06	1261	1:14:20	1351	0:07:43	1314	0:52:54	1347	2:58:58	1347	2:58:58	
1348	307 Melinda Osburn	1275	0:17:23	1351	0:20:19	1339	1:25:42	1278	0:03:36	1320	0:53:07	1348	3:00:05	1348	3:00:05	
1349	177 Frankie Weber	1180	0:15:25	1299	0:11:11	1331	1:24:39	850	0:01:59	1355	1:07:59	1349	3:01:12	1349	3:01:12	
1350	586 Cherie Shirey	940	0:13:07	1171	0:08:10	1359	1:55:27	1336	0:05:12	1139	0:43:24	1350	3:05:18	1350	3:05:18	

