

Gold Nugget Triathlon ANCHORAGE, ALASKA
05/15/2011
Timing and Results by Up and Running Event Management
FINAL RESULTS

OV'Al Place	NO.	NAME	Swim Pl	SWIM Split	T1 Pl	T1 split	Bike Pl	BIKE Split	T2 PL	T2 Split	Run Pl	RUN split	Raw PL	Raw TIME	OVl Pl	Overall Time	Pen- alty
1	1	Shannon Donley	17	00:06:49	3	00:01:49	1	00:35:24	14	00:00:36	7	00:20:30	1	01:05:07	1	01:05:07	
2	4	Kikkan Randall	75	00:07:42	18	00:02:02	5	00:37:15	31	00:00:41	1	00:17:52	2	01:05:32	2	01:05:32	
3	2	Amber Stull	44	00:07:13	2	00:01:43	2	00:36:10	48	00:00:45	5	00:20:21	3	01:06:09	3	01:08:09	2:00
4	10	Kinsey Loan	18	00:06:51	31	00:02:11	4	00:36:57	64	00:00:48	27	00:22:10	4	01:08:55	4	01:08:55	
5	8	Danelle Winn	116	00:08:10	5	00:01:53	7	00:38:13	26	00:00:40	6	00:20:25	5	01:09:19	5	01:09:19	
6	7	Kristi Waythomas	77	00:07:44	30	00:02:10	19	00:40:33	22	00:00:38	3	00:18:53	6	01:09:57	6	01:09:57	
7	3	Larrell Lockard	2	00:06:05	11	00:01:58	25	00:41:09	7	00:00:33	10	00:21:03	7	01:10:46	7	01:10:46	
8	9	Erin Beam	10	00:06:38	138	00:02:52	14	00:40:01	61	00:00:47	13	00:21:17	8	01:11:34	8	01:11:34	
9	13	Natasha Bergt	105	00:08:03	65	00:02:29	9	00:39:01	4	00:00:30	23	00:21:53	10	01:11:54	9	01:11:54	
10	15	Deana Watson	110	00:08:08	15	00:02:00	8	00:38:24	40	00:00:43	48	00:22:59	11	01:12:13	10	01:12:13	
11	14	Najeeby Quinn	135	00:08:21	72	00:02:30	42	00:42:07	25	00:00:39	2	00:18:40	12	01:12:16	11	01:12:16	
12	11	Jenifer Kohout	86	00:07:48	7	00:01:54	15	00:40:02	20	00:00:37	26	00:22:01	13	01:12:21	12	01:12:21	
13	36	Katie Povolto	115	00:08:09	6	00:01:54	13	00:40:01	21	00:00:37	22	00:21:52	14	01:12:32	13	01:12:32	
14	31	Martha Marlow	146	00:08:26	160	00:02:58	11	00:39:25	139	00:00:59	16	00:21:32	15	01:13:19	14	01:13:19	
15	22	Annie Liotta	56	00:07:24	48	00:02:23	23	00:40:56	57	00:00:46	25	00:21:57	16	01:13:24	15	01:13:24	
16	25	Carrie Setian	127	00:08:17	36	00:02:16	28	00:41:18	19	00:00:37	12	00:21:16	17	01:13:42	16	01:13:42	
17	34	Danielle Dalton	136	00:08:22	46	00:02:22	31	00:41:29	79	00:00:51	9	00:20:44	18	01:13:46	17	01:13:46	
18	6	Suzanne Wheatall	242	00:09:12	25	00:02:09	3	00:36:55	13	00:00:35	47	00:22:58	9	01:11:48	18	01:13:48	2:00
19	33	Carolyn Kirchner	26	00:06:54	109	00:02:41	40	00:42:03	46	00:00:44	15	00:21:29	19	01:13:51	19	01:13:51	
20	16	Laurel Brady	111	00:08:08	21	00:02:06	6	00:38:11	52	00:00:45	117	00:24:56	20	01:14:05	20	01:14:05	
21	20	Samantha Wuttig	5	00:06:11	34	00:02:15	30	00:41:25	367	00:01:21	49	00:23:00	21	01:14:09	21	01:14:09	
22	48	Lori Manion	381	00:10:07	43	00:02:20	10	00:39:16	58	00:00:46	18	00:21:42	22	01:14:10	22	01:14:10	
23	27	Christina Lindh	21	00:06:53	9	00:01:56	26	00:41:10	35	00:00:42	64	00:23:36	23	01:14:15	23	01:14:15	
24	40	Jennifer Henderso	160	00:08:34	68	00:02:29	22	00:40:46	196	00:01:05	17	00:21:35	24	01:14:29	24	01:14:29	
25	21	Karina Packer	45	00:07:13	50	00:02:23	38	00:41:54	1	00:00:19	42	00:22:50	25	01:14:38	25	01:14:38	
26	26	Joleen Smith	22	00:06:53	39	00:02:18	21	00:40:45	104	00:00:54	75	00:23:55	26	01:14:44	26	01:14:44	
27	99	Jackie Minge	69	00:07:38	116	00:02:43	24	00:41:06	136	00:00:59	34	00:22:31	27	01:14:56	27	01:14:56	
28	18	Shannon Titzel	6	00:06:16	22	00:02:06	35	00:41:37	8	00:00:33	99	00:24:35	28	01:15:05	28	01:15:05	
29	43	Nancy Meade-Mille	64	00:07:33	35	00:02:15	17	00:40:27	3	00:00:28	114	00:24:51	29	01:15:33	29	01:15:33	
30	12	Beth Zirbes	41	00:07:11	95	00:02:38	27	00:41:10	115	00:00:56	67	00:23:43	30	01:15:35	30	01:15:35	
31	44	Jamie Bursell	282	00:09:28	44	00:02:21	12	00:39:54	6	00:00:32	62	00:23:29	31	01:15:43	31	01:15:43	
32	50	Lauren Fritz	252	00:09:15	51	00:02:24	49	00:43:02	130	00:00:57	8	00:20:35	32	01:16:12	32	01:16:12	
33	773	Kelly Powers	36	00:07:06	99	00:02:38	16	00:40:02	402	00:01:23	124	00:25:04	33	01:16:12	33	01:16:12	
34	37	Allison Melocik	184	00:08:46	23	00:02:08	58	00:43:32	60	00:00:47	11	00:21:07	34	01:16:18	34	01:16:18	
35	39	Sara Miller	28	00:06:56	45	00:02:22	46	00:42:42	33	00:00:41	73	00:23:53	35	01:16:32	35	01:16:32	
36	24	Tiffanie Novakovi	386	00:10:08	59	00:02:27	29	00:41:24	93	00:00:53	35	00:22:36	36	01:17:26	36	01:17:26	
37	219	Lauren Hess	132	00:08:20	96	00:02:38	47	00:42:49	231	00:01:09	39	00:22:47	37	01:17:41	37	01:17:41	
38	47	Angela Conroy	233	00:09:07	70	00:02:29	53	00:43:08	83	00:00:51	29	00:22:13	38	01:17:47	38	01:17:47	
39	19	Carleen Ulbrich	220	00:09:00	86	00:02:35	36	00:41:41	212	00:01:07	66	00:23:40	39	01:18:02	39	01:18:02	
40	17	Andrea Ward	331	00:09:49	62	00:02:28	39	00:42:02	132	00:00:58	40	00:22:48	40	01:18:03	40	01:18:03	
41	69	Melinda Greig	13	00:06:40	61	00:02:28	32	00:41:32	32	00:00:41	236	00:26:48	41	01:18:07	41	01:18:07	
42	45	Kelly Van Hoek	185	00:08:46	60	00:02:27	34	00:41:36	169	00:01:02	90	00:24:20	42	01:18:10	42	01:18:10	
43	715	Laura Gardner	50	00:07:17	98	00:02:38	43	00:42:08	73	00:00:50	151	00:25:40	43	01:18:32	43	01:18:32	
44	30	Cory Lehl	74	00:07:41	40	00:02:19	56	00:43:25	27	00:00:40	131	00:25:10	44	01:19:13	44	01:19:13	
45	42	Angie Brennan	61	00:07:29	112	00:02:42	37	00:41:48	122	00:00:57	200	00:26:20	45	01:19:14	45	01:19:14	
46	75	Annette R. Cartie	319	00:09:45	53	00:02:24	33	00:41:32	66	00:00:48	128	00:25:08	47	01:19:36	46	01:19:36	
47	846	Erica White	112	00:08:08	130	00:02:50	45	00:42:29	538	00:01:32	103	00:24:39	48	01:19:37	47	01:19:37	
48	46	Elizabeth Hooper	344	00:09:53	56	00:02:26	60	00:43:42	86	00:00:52	44	00:22:52	49	01:19:43	48	01:19:43	
49	218	Rachelle Kanady	193	00:08:50	184	00:03:07	51	00:43:05	5	00:00:30	86	00:24:17	50	01:19:48	49	01:19:48	
50	29	Jamie Evans	23	00:06:53	52	00:02:24	78	00:45:00	111	00:00:55	105	00:24:42	51	01:19:53	50	01:19:53	

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OV'Al Place	NO.	NAME	Swim Pl	SWIM Split	T1 Pl	T1 split	Bike Pl	BIKE Split	T2 PL	T2 Split	Run Pl	RUN split	Raw PL	Raw TIME	OVl Pl	Overall Time	Pen- alty
51	65	Jodi McLaughlin	49	00:07:16	101	00:02:39	72	00:44:38	260	00:01:12	88	00:24:18	52	01:20:03	51	01:20:03	
52	329	Kimberly Klein	104	00:08:02	258	00:03:25	74	00:44:46	290	00:01:15	37	00:22:41	53	01:20:07	52	01:20:07	
53	68	Melanie White	97	00:07:56	209	00:03:15	48	00:42:56	473	00:01:28	109	00:24:46	54	01:20:20	53	01:20:20	
54	232	Heidi Martinson	293	00:09:34	64	00:02:28	66	00:44:10	160	00:01:02	54	00:23:14	55	01:20:27	54	01:20:27	
55	138	Debbie Boots	325	00:09:47	82	00:02:34	54	00:43:15	179	00:01:04	71	00:23:49	56	01:20:28	55	01:20:28	
56	973	Lisa Marin	316	00:09:44	49	00:02:23	63	00:43:53	451	00:01:26	51	00:23:05	57	01:20:30	56	01:20:30	
57	54	Melissa Worden	345	00:09:53	111	00:02:42	64	00:43:57	50	00:00:45	56	00:23:19	58	01:20:34	57	01:20:34	
58	95	Colleen Franks	298	00:09:35	33	00:02:13	20	00:40:34	28	00:00:41	295	00:27:39	59	01:20:40	58	01:20:40	
59	28	Claire Norton-Cru	24	00:06:53	88	00:02:35	126	00:46:30	282	00:01:14	63	00:23:34	60	01:20:45	59	01:20:45	
60	838	Jennifer Sees	480	00:10:38	69	00:02:29	41	00:42:05	564	00:01:34	81	00:24:07	61	01:20:52	60	01:20:52	
61	701	Lydia Blanchet	174	00:08:41	220	00:03:18	91	00:45:24	152	00:01:00	33	00:22:31	62	01:20:53	61	01:20:53	
62	990	Elizabeth Walker	234	00:09:08	41	00:02:19	111	00:46:12	150	00:01:00	32	00:22:25	63	01:21:03	62	01:21:03	
63	41	Tarrin Reed	16	00:06:45	119	00:02:44	131	00:46:43	12	00:00:34	96	00:24:32	64	01:21:16	63	01:21:16	
64	123	Stacey Almond	348	00:08:54	81	00:02:34	52	00:43:07	579	00:01:36	30	00:22:17	46	01:19:26	64	01:21:26	2:00
65	115	Kim Rivera	216	00:08:59	295	00:03:33	79	00:45:04	272	00:01:13	43	00:22:51	65	01:21:39	65	01:21:39	
66	735	Kelly Carson	869	00:12:55	199	00:03:12	18	00:40:31	721	00:01:47	55	00:23:18	66	01:21:42	66	01:21:42	
67	233	Holly McCune	208	00:08:55	29	00:02:10	85	00:45:08	149	00:01:00	101	00:24:37	67	01:21:48	67	01:21:48	
68	841	Jill Simek	436	00:10:24	12	00:01:58	55	00:43:17	240	00:01:10	132	00:25:11	68	01:21:58	68	01:21:58	
69	626	Veronica Vania	133	00:08:20	374	00:03:50	44	00:42:22	324	00:01:18	193	00:26:16	69	01:22:05	69	01:22:05	
70	210	Tsaina Mahlen	416	00:10:16	431	00:04:03	93	00:45:33	30	00:00:41	19	00:21:45	70	01:22:16	70	01:22:16	
71	134	Heidi Beer	362	00:09:58	67	00:02:29	83	00:45:05	138	00:00:59	72	00:23:49	71	01:22:19	71	01:22:19	
72	506	Betsy Haines	155	00:08:32	74	00:02:32	50	00:43:03	379	00:01:21	256	00:27:03	72	01:22:29	72	01:22:29	
73	93	Stephanie Walden	46	00:07:13	181	00:03:06	86	00:45:08	226	00:01:08	182	00:26:09	73	01:22:43	73	01:22:43	
74	1399	Haley Hughes	171	00:08:38	85	00:02:34	211	00:48:54	202	00:01:06	24	00:21:54	74	01:23:04	74	01:23:04	
75	74	Jennifer Watson	217	00:08:59	107	00:02:41	153	00:47:15	366	00:01:20	46	00:22:54	75	01:23:08	75	01:23:08	
76	1354	Jennifer Hillman	275	00:09:24	1	00:01:36	73	00:44:43	526	00:01:31	167	00:25:58	76	01:23:12	76	01:23:12	
77	1459	Kathleen Buss	181	00:08:43	147	00:02:54	107	00:46:04	727	00:01:48	70	00:23:49	77	01:23:16	77	01:23:16	
78	154	Jennifer Schrage	452	00:10:30	293	00:03:33	75	00:44:49	816	00:01:57	36	00:22:37	78	01:23:24	78	01:23:24	
79	76	Dianne Prince	270	00:09:22	207	00:03:14	62	00:43:45	405	00:01:23	164	00:25:54	79	01:23:36	79	01:23:36	
80	652	Ana Jager	148	00:08:27	210	00:03:15	113	00:46:14	424	00:01:24	91	00:24:21	80	01:23:39	80	01:23:39	
81	1303	Jordan Pruszenski	94	00:07:54	320	00:03:37	125	00:46:29	209	00:01:07	113	00:24:49	81	01:23:54	81	01:23:54	
82	659	Amy Johns	431	00:10:22	213	00:03:16	81	00:45:04	689	00:01:45	61	00:23:29	82	01:23:55	82	01:23:55	
83	1479	Ashley Mortenson	283	00:09:28	224	00:03:19	144	00:47:03	421	00:01:24	41	00:22:48	83	01:24:01	83	01:24:01	
84	1489	Jill Blackstone	9	00:06:35	190	00:03:08	188	00:48:14	764	00:01:52	83	00:24:14	84	01:24:01	84	01:24:01	
85	157	Alia Parker	312	00:09:41	131	00:02:50	236	00:49:19	9	00:00:33	20	00:21:49	85	01:24:10	85	01:24:10	
86	641	Suanne Unger	253	00:09:15	451	00:04:06	71	00:44:36	84	00:00:51	152	00:25:41	86	01:24:28	86	01:24:28	
87	124	Andria Hayes	254	00:09:15	175	00:03:03	128	00:46:36	337	00:01:18	92	00:24:23	87	01:24:34	87	01:24:34	
88	1235	Jenny Jemison	161	00:08:34	132	00:02:50	69	00:44:21	945	00:02:11	228	00:26:42	88	01:24:38	88	01:24:38	
89	611	Karma Roth	349	00:09:54	47	00:02:22	80	00:45:04	509	00:01:31	158	00:25:50	89	01:24:39	89	01:24:39	
90	872	Trude Rylandsholm	771	00:12:15	4	00:01:52	106	00:46:03	101	00:00:54	68	00:23:44	90	01:24:46	90	01:24:46	
91	896	Wendy Moe-Willis	584	00:11:11	113	00:02:42	130	00:46:39	134	00:00:58	59	00:23:24	91	01:24:53	91	01:24:53	
92	950	Carmen Thomas	227	00:09:04	83	00:02:34	115	00:46:15	507	00:01:30	150	00:25:40	92	01:25:01	92	01:25:01	
93	1439	Karissa Rollman	470	00:10:35	233	00:03:21	159	00:47:24	515	00:01:31	28	00:22:12	93	01:25:02	93	01:25:02	
94	49	Alesia Thon	358	00:09:57	145	00:02:54	57	00:43:30	711	00:01:47	248	00:26:58	94	01:25:04	94	01:25:04	
95	1186	Ashley Zellmer	63	00:07:30	225	00:03:19	103	00:45:53	1011	00:02:21	180	00:26:07	95	01:25:09	95	01:25:09	
96	1200	Magay Wiggs	103	00:08:01	71	00:02:29	139	00:46:55	575	00:01:35	188	00:26:12	96	01:25:11	96	01:25:11	
97	1010	Fiona Worcester	377	00:10:04	259	00:03:25	101	00:45:45	929	00:02:08	78	00:24:02	97	01:25:23	97	01:25:23	
98	268	Kasey Dethlefs	291	00:09:33	57	00:02:26	95	00:45:36	43	00:00:43	269	00:27:13	98	01:25:30	98	01:25:30	
99	86	Julie Osgood	194	00:08:50	128	00:02:49	170	00:47:37	39	00:00:43	148	00:25:38	99	01:25:36	99	01:25:36	
100	341	Kathie Evingson	755	00:12:11	158	00:02:58	59	00:43:36	319	00:01:17	149	00:25:39	100	01:25:40	100	01:25:40	

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101	829	Nathania Norman	138	00:08:23	17	00:02:01	184	00:48:07	328	00:01:18	165	00:25:54	101	01:25:42	101	01:25:42	
102	782	Tana Luna	647	00:11:35	422	00:04:00	99	00:45:44	539	00:01:32	45	00:22:52	102	01:25:43	102	01:25:43	
103	832	Tracy Pitts	267	00:09:21	153	00:02:56	169	00:47:34	910	00:02:06	69	00:23:47	103	01:25:43	103	01:25:43	
104	1447	Katy Meek	88	00:07:49	267	00:03:26	167	00:47:32	1099	00:02:39	87	00:24:17	104	01:25:43	104	01:25:43	
105	745	Stacey Buckelew	271	00:09:22	518	00:04:21	194	00:48:27	306	00:01:16	31	00:22:21	105	01:25:45	105	01:25:45	
106	80	Cindy Cooper	235	00:09:08	419	00:04:00	134	00:46:46	24	00:00:39	134	00:25:14	106	01:25:46	106	01:25:46	
107	203	Tristan Ramey	243	00:09:12	79	00:02:33	141	00:46:57	540	00:01:32	147	00:25:34	107	01:25:48	107	01:25:48	
108	732	Jessie Westin	165	00:08:35	108	00:02:41	186	00:48:08	625	00:01:39	111	00:24:49	108	01:25:50	108	01:25:50	
109	1322	Sarah Wiles	289	00:09:32	89	00:02:35	89	00:45:18	425	00:01:24	259	00:27:06	109	01:25:54	109	01:25:54	
110	1124	Mary Krynski	278	00:09:27	75	00:02:32	162	00:47:27	511	00:01:31	129	00:25:08	110	01:26:04	110	01:26:04	
111	640	Andrea Tesch	750	00:12:10	185	00:03:07	82	00:45:05	467	00:01:27	84	00:24:16	111	01:26:04	111	01:26:04	
112	934	Kristan Kelly	89	00:07:51	63	00:02:28	166	00:47:32	964	00:02:14	175	00:26:03	113	01:26:07	112	01:26:07	
113	902	Lisa Fiegel	638	00:11:30	162	00:02:58	147	00:47:08	167	00:01:02	65	00:23:40	114	01:26:17	113	01:26:17	
114	162	Lesley Yamauchi	681	00:11:45	73	00:02:30	138	00:46:52	15	00:00:36	104	00:24:40	115	01:26:22	114	01:26:22	
115	753	Amie Wu	593	00:11:14	340	00:03:42	193	00:48:24	640	00:01:40	14	00:21:24	116	01:26:23	115	01:26:23	
116	1262	Lana Davis	134	00:08:20	8	00:01:55	97	00:45:41	361	00:01:20	421	00:29:09	117	01:26:24	116	01:26:24	
117	1117	Mary Fischer	125	00:08:15	321	00:03:37	202	00:48:33	325	00:01:18	108	00:24:46	118	01:26:28	117	01:26:28	
118	130	Sissy Adams	221	00:09:00	152	00:02:56	108	00:46:07	23	00:00:38	332	00:28:04	119	01:26:44	118	01:26:44	
119	1253	Kjirsten Langland	54	00:07:22	231	00:03:20	198	00:48:28	761	00:01:51	166	00:25:55	120	01:26:55	119	01:26:55	
120	1246	Anne Barnett	107	00:08:05	38	00:02:17	123	00:46:28	286	00:01:14	398	00:28:54	121	01:26:58	120	01:26:58	
121	1012	Bethany Ray	92	00:07:53	55	00:02:25	280	00:50:14	726	00:01:48	102	00:24:39	122	01:26:58	121	01:26:58	
122	1482	Renee Parsley	408	00:10:14	19	00:02:05	102	00:45:47	729	00:01:48	265	00:27:11	123	01:27:04	122	01:27:04	
123	889	Wendy Pallozzi	113	00:08:08	274	00:03:29	209	00:48:53	168	00:01:02	146	00:25:33	124	01:27:04	123	01:27:04	
124	938	Kimberly Bush	294	00:09:34	26	00:02:09	90	00:45:24	223	00:01:08	404	00:28:56	125	01:27:10	124	01:27:10	
125	505	Rachael Campbell	98	00:07:56	346	00:03:43	328	00:51:03	446	00:01:26	52	00:23:06	126	01:27:13	125	01:27:13	
126	1416	Angela Harris	264	00:09:18	104	00:02:40	140	00:46:55	963	00:02:14	183	00:26:10	127	01:27:16	126	01:27:16	
127	1259	Heather Hogge	548	00:10:59	341	00:03:42	104	00:45:54	662	00:01:42	130	00:25:09	128	01:27:25	127	01:27:25	
128	1441	Fiona Peichel	845	00:12:46	191	00:03:08	94	00:45:33	758	00:01:51	85	00:24:17	129	01:27:33	128	01:27:33	
129	1166	Laura Eakes	315	00:09:43	90	00:02:35	133	00:46:44	936	00:02:09	215	00:26:27	130	01:27:38	129	01:27:38	
130	1364	Elizabeth Calabro	195	00:08:50	24	00:02:08	143	00:47:00	642	00:01:40	344	00:28:13	131	01:27:50	130	01:27:50	
131	694	Christy Jordan	562	00:11:02	133	00:02:51	164	00:47:31	802	00:01:56	106	00:24:42	132	01:28:01	131	01:28:01	
132	61	Stacy Dayley	210	00:08:56	196	00:03:11	96	00:45:36	809	00:01:56	214	00:26:26	112	01:26:04	132	01:28:04	2:00
133	107	Taylor Way	215	00:08:58	468	00:04:10	282	00:50:18	10	00:00:34	80	00:24:06	133	01:28:05	133	01:28:05	
134	619	Erika Bennett	485	00:10:40	256	00:03:25	77	00:44:54	432	00:01:25	307	00:27:46	134	01:28:09	134	01:28:09	
135	1157	Svia Rothstein	162	00:08:34	594	00:04:36	168	00:47:33	444	00:01:26	172	00:26:02	135	01:28:10	135	01:28:10	
136	897	Kristen Newcomer	639	00:11:30	384	00:03:51	185	00:48:08	838	00:01:59	38	00:22:44	136	01:28:11	136	01:28:11	
137	177	Kristin Wilkinson	151	00:08:30	292	00:03:33	136	00:46:49	641	00:01:40	299	00:27:41	137	01:28:12	137	01:28:12	
138	566	Hanna Johnson	578	00:11:09	146	00:02:54	152	00:47:13	102	00:00:54	178	00:26:06	138	01:28:14	138	01:28:14	
139	569	Stephanie Mnning	272	00:09:23	368	00:03:49	217	00:48:59	613	00:01:37	94	00:24:30	139	01:28:17	139	01:28:17	
140	754	Angela Santiago	406	00:10:13	214	00:03:17	112	00:46:12	968	00:02:15	208	00:26:25	140	01:28:20	140	01:28:20	
141	106	Katie Way	175	00:08:41	84	00:02:34	389	00:52:15	2	00:00:28	93	00:24:27	141	01:28:24	141	01:28:24	
142	917	Erica Otten	55	00:07:22	178	00:03:05	68	00:44:20	581	00:01:36	641	00:32:03	142	01:28:25	142	01:28:25	
143	78	Cynthia Hendel	559	00:11:01	169	00:03:01	110	00:46:11	347	00:01:19	245	00:26:54	143	01:28:25	143	01:28:25	
144	209	Emma Minge	85	00:07:47	264	00:03:26	320	00:50:54	594	00:01:36	107	00:24:43	144	01:28:25	144	01:28:25	
145	1060	Susanne Green	131	00:08:19	239	00:03:22	203	00:48:38	210	00:01:07	254	00:27:03	145	01:28:27	145	01:28:27	
146	1051	Shannon Morley	522	00:10:52	165	00:02:59	225	00:49:05	162	00:01:02	98	00:24:33	146	01:28:30	146	01:28:30	
147	844	Colny Tucker	42	00:07:11	76	00:02:32	92	00:45:26	704	00:01:46	608	00:31:35	147	01:28:30	147	01:28:30	
148	930	Jodi Marcum	368	00:10:00	347	00:03:43	196	00:48:27	430	00:01:25	122	00:25:02	148	01:28:36	148	01:28:36	
149	1320	Elinor Harrington	121	00:08:12	27	00:02:09	270	00:50:04	386	00:01:21	240	00:26:51	149	01:28:36	149	01:28:36	
150	110	Lee Madison Grave	90	00:07:51	87	00:02:35	180	00:47:59	552	00:01:33	381	00:28:41	150	01:28:38	150	01:28:38	

Gold Nugget Triathlon ANCHORAGE, ALASKA
05/15/2011
Timing and Results by Up and Running Event Management
FINAL RESULTS

OV'Al Place	NO.	NAME	Swim Pl	SWIM Split	T1 Pl	T1 split	Bike Pl	BIKE Split	T2 PL	T2 Split	Run Pl	RUN split	Raw PL	Raw TIME	OVl Pl	Overall Time	Pen- alty
151	920	Amy Brumbaugh	509	00:10:48	218	00:03:17	145	00:47:05	297	00:01:15	190	00:26:14	151	01:28:38	151	01:28:38	
152	1317	Richell Carmichael	211	00:08:56	16	00:02:00	226	00:49:05	253	00:01:11	283	00:27:28	152	01:28:40	152	01:28:40	
153	765	Kristy Peterson	178	00:08:42	1013	00:06:57	88	00:45:13	1151	00:02:54	119	00:24:57	153	01:28:40	153	01:28:40	
154	365	Allison Wieland	414	00:10:15	420	00:04:00	135	00:46:47	843	00:02:00	155	00:25:44	154	01:28:44	154	01:28:44	
155	1281	Michele Gunkel	605	00:11:16	208	00:03:14	109	00:46:10	1115	00:02:44	143	00:25:27	155	01:28:50	155	01:28:50	
156	890	Dianna Clemetson	189	00:08:48	103	00:02:40	154	00:47:18	807	00:01:56	343	00:28:12	156	01:28:52	156	01:28:52	
157	141	Kari Brookover	439	00:10:26	189	00:03:08	175	00:47:51	51	00:00:45	231	00:26:46	157	01:28:55	157	01:28:55	
158	763	J. Paige Gingrich	332	00:09:49	245	00:03:23	151	00:47:13	697	00:01:45	237	00:26:48	158	01:28:57	158	01:28:57	
159	1004	Kendal Williams	8	00:06:27	13	00:01:59	418	00:52:41	180	00:01:04	234	00:26:48	159	01:28:58	159	01:28:58	
160	821	Diane Ramey	306	00:09:38	105	00:02:40	183	00:48:05	598	00:01:37	255	00:27:03	160	01:29:01	160	01:29:01	
161	1106	Caren Carlson	504	00:10:47	268	00:03:26	189	00:48:14	718	00:01:47	112	00:24:49	161	01:29:02	161	01:29:02	
162	105	Anna Harrison	359	00:09:57	232	00:03:21	122	00:46:28	109	00:00:55	379	00:28:41	162	01:29:20	162	01:29:20	
163	304	Monica McTeague	335	00:09:51	442	00:04:05	260	00:49:48	74	00:00:50	110	00:24:48	163	01:29:20	163	01:29:20	
164	62	Paola Bancharo	1092	00:14:52	247	00:03:23	149	00:47:11	120	00:00:57	50	00:23:00	164	01:29:22	164	01:29:22	
165	194	Katee Chard	685	00:11:46	318	00:03:37	187	00:48:09	11	00:00:34	138	00:25:17	165	01:29:22	165	01:29:22	
166	1272	Ronda Lund	340	00:09:52	129	00:02:49	212	00:48:55	684	00:01:44	174	00:26:03	166	01:29:22	166	01:29:22	
167	226	Chloe Cook	445	00:10:28	193	00:03:09	423	00:52:49	225	00:01:08	21	00:21:50	167	01:29:23	167	01:29:23	
168	982	Ronda Aspengren	326	00:09:47	32	00:02:13	221	00:49:02	791	00:01:55	222	00:26:34	168	01:29:29	168	01:29:29	
169	1169	Brenda Parnell	387	00:10:08	77	00:02:32	127	00:46:34	570	00:01:35	385	00:28:42	169	01:29:30	169	01:29:30	
170	871	Karen Bronga	698	00:11:51	296	00:03:33	195	00:48:27	230	00:01:09	97	00:24:32	170	01:29:31	170	01:29:31	
171	650	Lynn Kent	299	00:09:35	179	00:03:05	239	00:49:24	243	00:01:10	196	00:26:18	171	01:29:31	171	01:29:31	
172	727	Amelia Dillon	341	00:09:52	480	00:04:13	76	00:44:52	928	00:02:08	366	00:28:31	172	01:29:34	172	01:29:34	
173	929	Heather Wilson	336	00:09:51	616	00:04:41	179	00:47:56	236	00:01:09	168	00:25:59	173	01:29:35	173	01:29:35	
174	132	Julie Austerman	995	00:13:58	314	00:03:35	87	00:45:13	536	00:01:32	139	00:25:23	174	01:29:39	174	01:29:39	
175	837	Stephanie Schroed	304	00:09:36	246	00:03:23	177	00:47:52	609	00:01:37	274	00:27:16	175	01:29:43	175	01:29:43	
176	671	Cyndie Fox	213	00:08:57	126	00:02:48	70	00:44:35	309	00:01:16	646	00:32:08	176	01:29:44	176	01:29:44	
177	1331	Dana Witucki	815	00:12:33	391	00:03:53	132	00:46:44	561	00:01:34	126	00:25:07	177	01:29:50	177	01:29:50	
178	1358	Heather Hundrup	329	00:09:48	260	00:03:25	291	00:50:32	262	00:01:12	116	00:24:54	178	01:29:50	178	01:29:50	
179	629	Pam Tittle	635	00:11:29	66	00:02:29	119	00:46:21	566	00:01:35	328	00:28:01	179	01:29:53	179	01:29:53	
180	797	Tracy Morrison	473	00:10:36	265	00:03:26	100	00:45:44	295	00:01:15	397	00:28:54	180	01:29:54	180	01:29:54	
181	855	Sondra Winters	51	00:07:20	352	00:03:45	316	00:50:49	976	00:02:16	159	00:25:50	181	01:30:00	181	01:30:00	
182	443	Brandy Baker	369	00:10:00	383	00:03:51	232	00:49:09	87	00:00:52	189	00:26:12	182	01:30:02	182	01:30:02	
183	1153	Rachel Saul	510	00:10:48	134	00:02:51	271	00:50:05	275	00:01:13	127	00:25:07	183	01:30:03	183	01:30:03	
184	1022	Jodi Hanson	258	00:09:17	235	00:03:22	267	00:50:03	213	00:01:07	194	00:26:16	184	01:30:03	184	01:30:03	
185	1444	Michelle Hawkins	3	00:06:07	14	00:01:59	357	00:51:45	320	00:01:17	411	00:28:59	185	01:30:06	185	01:30:06	
186	238	Harriet Paule	317	00:09:44	212	00:03:16	161	00:47:24	469	00:01:28	349	00:28:17	186	01:30:07	186	01:30:07	
187	237	Temperance Tinker	393	00:10:10	657	00:04:53	250	00:49:42	90	00:00:53	100	00:24:35	187	01:30:11	187	01:30:11	
188	235	Trish Jenkins	420	00:10:18	506	00:04:18	98	00:45:42	654	00:01:41	352	00:28:18	188	01:30:16	188	01:30:16	
189	949	Melissa Kemberlin	273	00:09:23	186	00:03:07	294	00:50:35	108	00:00:55	203	00:26:23	189	01:30:22	189	01:30:22	
190	1333	Jennie Hafele	19	00:06:52	106	00:02:40	425	00:52:50	799	00:01:55	184	00:26:10	190	01:30:26	190	01:30:26	
191	833	Sandi Pahlke	619	00:11:24	284	00:03:31	117	00:46:18	1071	00:02:33	229	00:26:45	191	01:30:30	191	01:30:30	
192	119	Charmaine Holt	864	00:12:54	194	00:03:10	163	00:47:29	68	00:00:49	185	00:26:10	192	01:30:30	192	01:30:30	
193	726	Kimi Elliott	394	00:10:10	236	00:03:22	172	00:47:40	390	00:01:22	327	00:27:59	193	01:30:31	193	01:30:31	
194	184	Samantha Roscoviu	854	00:12:50	672	00:04:57	206	00:48:40	59	00:00:46	57	00:23:22	194	01:30:34	194	01:30:34	
195	851	Kelly Smith	279	00:09:27	120	00:02:44	290	00:50:31	599	00:01:37	205	00:26:25	195	01:30:42	195	01:30:42	
196	1045	Sierra Motsinger	198	00:08:51	37	00:02:17	358	00:51:46	384	00:01:21	220	00:26:30	196	01:30:44	196	01:30:44	
197	195	Jan Chard	224	00:09:02	257	00:03:25	259	00:49:48	129	00:00:57	288	00:27:34	197	01:30:45	197	01:30:45	
198	363	Trudi Hallett	649	00:11:36	488	00:04:15	204	00:48:39	412	00:01:23	118	00:24:56	198	01:30:48	198	01:30:48	
199	853	Kirsten Valentine	179	00:08:42	441	00:04:05	297	00:50:37	157	00:01:01	207	00:26:25	199	01:30:48	199	01:30:48	
200	752	Kate Henderson	615	00:11:22	338	00:03:42	178	00:47:55	913	00:02:06	156	00:25:46	200	01:30:50	200	01:30:50	

Gold Nugget Triathlon ANCHORAGE, ALASKA
05/15/2011
Timing and Results by Up and Running Event Management
FINAL RESULTS

OV'Al Place	NO.	NAME	Swim Pl	SWIM Split	T1 Pl	T1 split	Bike Pl	BIKE Split	T2 PL	T2 Split	Run Pl	RUN split	Raw PL	Raw TIME	OVl Pl	Overall Time	Pen- alty
201	185	Staci Kruger	43	00:07:12	415	00:03:59	321	00:50:54	16	00:00:36	339	00:28:10	201	01:30:51	201	01:30:51	
202	1267	Joey Eski	460	00:10:33	297	00:03:33	214	00:48:56	855	00:02:01	162	00:25:53	202	01:30:55	202	01:30:55	
203	88	Stacey Kolstad	967	00:13:47	157	00:02:58	65	00:44:00	182	00:01:04	419	00:29:08	203	01:30:56	203	01:30:56	
204	978	Claire Trujillo	156	00:08:32	658	00:04:53	615	00:56:18	170	00:01:03	4	00:20:18	204	01:31:02	204	01:31:02	
205	160	Emily Lindsey	182	00:08:44	412	00:03:59	257	00:49:46	215	00:01:08	284	00:27:29	205	01:31:04	205	01:31:04	
206	798	Ginny McGill	82	00:07:45	266	00:03:26	362	00:51:50	1012	00:02:21	157	00:25:48	206	01:31:09	206	01:31:09	
207	1410	Linda Smith	205	00:08:53	219	00:03:17	262	00:49:50	414	00:01:24	319	00:27:55	207	01:31:18	207	01:31:18	
208	883	Leah Zumwalt	66	00:07:35	114	00:02:42	375	00:52:00	779	00:01:53	262	00:27:09	208	01:31:19	208	01:31:19	
209	321	Sarah Kleedehtn	594	00:11:14	139	00:02:53	263	00:49:53	112	00:00:55	211	00:26:25	209	01:31:19	209	01:31:19	
210	175	Megan Jamieson	199	00:08:51	402	00:03:57	276	00:50:10	166	00:01:02	281	00:27:22	210	01:31:19	210	01:31:19	
211	51	Sheila Reilly	284	00:09:28	423	00:04:02	176	00:47:52	18	00:00:37	440	00:29:25	211	01:31:23	211	01:31:23	
212	903	Patty Liotta	318	00:09:44	335	00:03:41	201	00:48:31	121	00:00:57	365	00:28:31	212	01:31:23	212	01:31:23	
213	197	Katie Seybert	186	00:08:47	302	00:03:34	278	00:50:12	70	00:00:49	333	00:28:05	213	01:31:26	213	01:31:26	
214	758	Vanessa Evans	453	00:10:30	599	00:04:37	283	00:50:19	817	00:01:57	79	00:24:06	214	01:31:28	214	01:31:28	
215	610	Anna-Marie Benson	382	00:10:07	485	00:04:14	330	00:51:06	183	00:01:04	123	00:25:02	215	01:31:32	215	01:31:32	
216	728	Natasha Pierce-Sl	53	00:07:21	792	00:05:30	266	00:50:02	371	00:01:21	278	00:27:20	216	01:31:32	216	01:31:32	
217	239	Lora Reinbold	585	00:11:11	170	00:03:02	269	00:50:04	380	00:01:21	169	00:26:00	217	01:31:37	217	01:31:37	
218	1383	Michelle Schwenn	741	00:12:06	308	00:03:34	129	00:46:38	923	00:02:07	271	00:27:14	218	01:31:38	218	01:31:38	
219	1449	Erin Edin	259	00:09:17	54	00:02:24	405	00:52:33	401	00:01:23	179	00:26:07	219	01:31:42	219	01:31:42	
220	1029	Traci Bradford	652	00:11:37	110	00:02:41	61	00:43:44	1065	00:02:31	580	00:31:10	220	01:31:43	220	01:31:43	
221	847	Sandra Woods	285	00:09:29	271	00:03:28	224	00:49:04	705	00:01:46	325	00:27:58	221	01:31:43	221	01:31:43	
222	1446	Kira Odonoghue	14	00:06:43	561	00:04:29	547	00:54:51	966	00:02:15	60	00:23:26	222	01:31:43	222	01:31:43	
223	174	Mary Ann Chisholm	231	00:09:06	195	00:03:10	253	00:49:43	569	00:01:35	346	00:28:15	223	01:31:48	223	01:31:48	
224	924	Nina Anderson	865	00:12:54	117	00:02:43	155	00:47:18	673	00:01:43	272	00:27:15	224	01:31:52	224	01:31:52	
225	1185	Leah Doster	360	00:09:57	416	00:03:59	275	00:50:08	1059	00:02:30	140	00:25:23	225	01:31:56	225	01:31:56	
226	1170	Katrina Cain	505	00:10:47	289	00:03:32	148	00:47:10	675	00:01:43	388	00:28:47	226	01:31:58	226	01:31:58	
227	918	Pamela Winders	363	00:09:58	204	00:03:13	430	00:52:58	65	00:00:48	125	00:25:05	227	01:32:01	227	01:32:01	
228	748	Emily Poray	265	00:09:18	280	00:03:30	307	00:50:41	577	00:01:35	253	00:27:01	228	01:32:04	228	01:32:04	
229	155	Rose Van Hemert	724	00:12:00	124	00:02:47	207	00:48:50	81	00:00:51	309	00:27:48	229	01:32:14	229	01:32:14	
230	90	Janet Morrone	842	00:12:45	322	00:03:38	105	00:46:00	483	00:01:29	360	00:28:26	230	01:32:16	230	01:32:16	
231	1481	Kristin Morrow	143	00:08:25	182	00:03:06	359	00:51:47	746	00:01:50	264	00:27:10	231	01:32:17	231	01:32:17	
232	1287	Janet Smalley	401	00:10:12	141	00:02:53	174	00:47:46	313	00:01:17	503	00:30:10	232	01:32:17	232	01:32:17	
233	1257	Stephanie Cavedo	574	00:11:07	154	00:02:57	244	00:49:34	795	00:01:55	232	00:26:46	233	01:32:17	233	01:32:17	
234	192	Patricia O'Gorman	292	00:09:33	97	00:02:38	258	00:49:46	477	00:01:28	413	00:29:00	234	01:32:24	234	01:32:24	
235	933	Elaine Flagg	425	00:10:19	664	00:04:55	150	00:47:12	242	00:01:10	392	00:28:51	235	01:32:26	235	01:32:26	
236	1296	Jessica Bills	352	00:09:56	275	00:03:29	292	00:50:32	303	00:01:16	273	00:27:15	236	01:32:27	236	01:32:27	
237	490	Sandra Hernandez	373	00:10:03	337	00:03:42	251	00:49:43	1081	00:02:34	217	00:26:28	237	01:32:28	237	01:32:28	
238	1321	Katherine Jernstr	361	00:09:57	168	00:03:00	248	00:49:40	865	00:02:02	317	00:27:54	238	01:32:32	238	01:32:32	
239	171	Rebecca Windt	430	00:10:21	581	00:04:33	274	00:50:06	681	00:01:44	160	00:25:51	239	01:32:33	239	01:32:33	
240	94	Mandy Davis	167	00:08:36	373	00:03:50	346	00:51:25	184	00:01:04	305	00:27:45	240	01:32:38	240	01:32:38	
241	221	Karen Benning	569	00:11:06	984	00:06:42	84	00:45:06	452	00:01:26	358	00:28:25	241	01:32:43	241	01:32:43	
242	1242	Desiree Dietz	904	00:13:11	298	00:03:33	288	00:50:26	1047	00:02:28	53	00:23:10	242	01:32:47	242	01:32:47	
243	1193	Rachel Cheyette	418	00:10:17	135	00:02:51	318	00:50:53	898	00:02:05	230	00:26:46	243	01:32:50	243	01:32:50	
244	1149	Jenny Sheasley	549	00:10:59	342	00:03:42	120	00:46:25	442	00:01:26	515	00:30:20	244	01:32:51	244	01:32:51	
245	714	Lindsay Pinkelman	502	00:10:45	172	00:03:02	190	00:48:15	364	00:01:20	446	00:29:30	245	01:32:51	245	01:32:51	
246	196	Kathy Seybert	624	00:11:26	319	00:03:37	171	00:47:38	261	00:01:12	412	00:28:59	246	01:32:51	246	01:32:51	
247	393	Elizabeth Lane	506	00:10:47	572	00:04:32	424	00:52:50	71	00:00:50	76	00:23:58	247	01:32:54	247	01:32:54	
248	1490	Carolyn Conley	300	00:09:35	276	00:03:29	364	00:51:51	755	00:01:50	187	00:26:11	248	01:32:55	248	01:32:55	
249	1367	Heather Donner	748	00:12:09	240	00:03:22	197	00:48:28	408	00:01:23	293	00:27:37	249	01:32:57	249	01:32:57	
250	467	Jeanette Legenza	515	00:10:49	375	00:03:50	255	00:49:46	142	00:00:59	296	00:27:39	250	01:33:02	250	01:33:02	

Gold Nugget Triathlon ANCHORAGE, ALASKA
05/15/2011
Timing and Results by Up and Running Event Management
FINAL RESULTS

OV'Al Place	NO.	NAME	Swim Pl	SWIM Split	T1 Pl	T1 split	Bike Pl	BIKE Split	T2 PL	T2 Split	Run Pl	RUN split	Raw PL	Raw TIME	OVl Pl	Overall Time	Pen- alty
251	869	Alina Wyatt	247	00:09:13	551	00:04:27	158	00:47:24	931	00:02:08	470	00:29:52	251	01:33:03	251	01:33:03	
252	58	Sarah Martin	78	00:07:44	198	00:03:11	300	00:50:39	592	00:01:36	482	00:29:55	252	01:33:04	252	01:33:04	
253	744	Brooke Kopecky	486	00:10:40	503	00:04:17	199	00:48:29	174	00:01:04	373	00:28:36	253	01:33:05	253	01:33:05	
254	1398	Mary Duhoux	432	00:10:23	241	00:03:22	137	00:46:49	1043	00:02:27	495	00:30:06	254	01:33:06	254	01:33:06	
255	1196	Rena Kornstad	395	00:10:10	277	00:03:29	308	00:50:42	883	00:02:03	238	00:26:50	255	01:33:13	255	01:33:13	
256	656	Cindi Pannone	912	00:13:16	684	00:04:59	116	00:46:17	549	00:01:33	266	00:27:11	256	01:33:14	256	01:33:14	
257	985	April Watts	87	00:07:48	542	00:04:25	146	00:47:07	1006	00:02:20	609	00:31:35	257	01:33:15	257	01:33:15	
258	1154	Tashina Lemons	530	00:10:55	336	00:03:41	114	00:46:14	1116	00:02:44	457	00:29:43	258	01:33:15	258	01:33:15	
259	799	Shelene Allen	240	00:09:10	600	00:04:37	228	00:49:05	383	00:01:21	416	00:29:03	259	01:33:16	259	01:33:16	
260	172	Bonnie Dearmoun	163	00:08:34	156	00:02:58	409	00:52:36	197	00:01:05	334	00:28:05	260	01:33:16	260	01:33:16	
261	1414	Jill Burnett	122	00:08:13	490	00:04:15	453	00:53:18	423	00:01:24	186	00:26:10	261	01:33:19	261	01:33:19	
262	616	Sadie Smith	150	00:08:29	177	00:03:04	649	00:57:00	77	00:00:50	77	00:23:59	262	01:33:20	262	01:33:20	
263	866	Riley Bennett	923	00:13:23	326	00:03:39	229	00:49:06	299	00:01:15	173	00:26:02	263	01:33:25	263	01:33:25	
264	864	Hannah Smith	295	00:09:34	167	00:03:00	342	00:51:22	241	00:01:10	354	00:28:21	264	01:33:25	264	01:33:25	
265	1155	Carol Sheldon	399	00:10:11	446	00:04:05	213	00:48:56	667	00:01:42	382	00:28:41	265	01:33:35	265	01:33:35	
266	148	Rikki Keen	301	00:09:35	539	00:04:24	293	00:50:32	369	00:01:21	304	00:27:45	266	01:33:36	266	01:33:36	
267	1105	Yvonne Henrickson	924	00:13:23	200	00:03:12	118	00:46:18	924	00:02:07	374	00:28:36	267	01:33:36	267	01:33:36	
268	98	Celia Rozen	450	00:10:29	251	00:03:24	319	00:50:54	827	00:01:58	246	00:26:55	268	01:33:38	268	01:33:38	
269	1263	Karin Evans	230	00:09:05	155	00:02:57	322	00:50:55	946	00:02:11	369	00:28:33	269	01:33:41	269	01:33:41	
270	1453	Kacy Hillman	67	00:07:35	58	00:02:26	210	00:48:53	903	00:02:05	677	00:32:43	270	01:33:41	270	01:33:41	
271	1054	Carrie Drury	320	00:09:45	466	00:04:09	371	00:51:56	948	00:02:12	154	00:25:42	271	01:33:43	271	01:33:43	
272	1118	Maureen Haggblom	887	00:13:03	121	00:02:44	249	00:49:41	586	00:01:36	233	00:26:46	272	01:33:50	272	01:33:50	
273	1139	Emma Westwick	380	00:10:06	682	00:04:58	387	00:52:11	247	00:01:11	144	00:25:31	273	01:33:56	273	01:33:56	
274	756	Marika Sears	534	00:10:56	571	00:04:31	223	00:49:03	498	00:01:30	324	00:27:58	274	01:33:57	274	01:33:57	
275	1330	Amy Woodward	123	00:08:13	376	00:03:50	401	00:52:30	792	00:01:55	287	00:27:33	275	01:33:59	275	01:33:59	
276	958	Alice Anderson	758	00:12:12	230	00:03:20	284	00:50:19	360	00:01:20	239	00:26:50	276	01:34:00	276	01:34:00	
277	885	Danielle Dittmer	164	00:08:34	261	00:03:25	380	00:52:05	528	00:01:31	362	00:28:27	277	01:34:01	277	01:34:01	
278	144	Christie Cowee	388	00:10:08	568	00:04:31	325	00:50:59	41	00:00:43	301	00:27:43	278	01:34:03	278	01:34:03	
279	1282	Bonnie Wanat	421	00:10:18	28	00:02:09	121	00:46:27	372	00:01:21	739	00:33:49	279	01:34:03	279	01:34:03	
280	856	Jessica Carie	389	00:10:09	272	00:03:28	437	00:53:03	128	00:00:57	219	00:26:29	280	01:34:05	280	01:34:05	
281	999	Jennifer Stenberg	523	00:10:52	93	00:02:37	384	00:52:07	199	00:01:06	302	00:27:43	281	01:34:24	281	01:34:24	
282	939	Cheryl Duda	847	00:12:47	444	00:04:05	329	00:51:03	522	00:01:31	120	00:25:01	282	01:34:26	282	01:34:26	
283	312	Marietta Hall	422	00:10:18	301	00:03:34	181	00:47:59	350	00:01:19	598	00:31:24	283	01:34:33	283	01:34:33	
284	768	Sara Rottman	843	00:12:45	454	00:04:07	337	00:51:15	815	00:01:57	95	00:24:31	284	01:34:34	284	01:34:34	
285	811	Melissa Gangl	187	00:08:47	537	00:04:24	434	00:53:02	870	00:02:02	204	00:26:24	285	01:34:37	285	01:34:37	
286	643	Ila Dillon	524	00:10:53	502	00:04:17	272	00:50:05	278	00:01:13	342	00:28:12	286	01:34:38	286	01:34:38	
287	1192	Anna Straka	342	00:09:52	361	00:03:48	289	00:50:30	500	00:01:30	414	00:29:01	287	01:34:40	287	01:34:40	
288	762	Tapia Hansen	779	00:12:19	392	00:03:54	173	00:47:45	722	00:01:48	407	00:28:57	288	01:34:41	288	01:34:41	
289	1409	Melissa Banker	481	00:10:38	557	00:04:28	299	00:50:38	1026	00:02:24	225	00:26:36	289	01:34:43	289	01:34:43	
290	904	Maggi Arend	494	00:10:41	238	00:03:22	160	00:47:24	796	00:01:55	596	00:31:23	290	01:34:44	290	01:34:44	
291	1373	Kristi Senden	507	00:10:47	10	00:01:56	182	00:48:04	302	00:01:16	679	00:32:44	291	01:34:46	291	01:34:46	
292	1371	Kristin Papp	909	00:13:15	495	00:04:16	256	00:49:46	997	00:02:19	133	00:25:13	292	01:34:48	292	01:34:48	
293	207	Hannah Chandler	58	00:07:26	729	00:05:12	356	00:51:39	63	00:00:47	467	00:29:51	293	01:34:54	293	01:34:54	
294	1492	Jeanne Anderson	503	00:10:46	686	00:04:59	222	00:49:02	1082	00:02:35	292	00:27:36	294	01:34:57	294	01:34:57	
295	803	Bronwyn Haynes	1121	00:15:20	197	00:03:11	156	00:47:21	205	00:01:06	330	00:28:03	295	01:35:00	295	01:35:00	
296	1443	Catherine Goolsby	945	00:13:38	408	00:03:57	200	00:48:29	893	00:02:04	249	00:26:58	296	01:35:06	296	01:35:06	
297	809	Sarah Leavitt	129	00:08:18	598	00:04:37	331	00:51:08	1027	00:02:24	383	00:28:42	297	01:35:07	297	01:35:07	
298	1448	Brittany Larock	830	00:12:38	201	00:03:12	349	00:51:29	1084	00:02:35	136	00:25:17	298	01:35:10	298	01:35:10	
299	176	Anna Cha	560	00:11:01	765	00:05:23	372	00:51:59	80	00:00:51	170	00:26:01	299	01:35:13	299	01:35:13	
300	725	Ginger Cooley	144	00:08:25	223	00:03:19	242	00:49:30	877	00:02:02	637	00:32:00	300	01:35:15	300	01:35:15	

Gold Nugget Triathlon ANCHORAGE, ALASKA
05/15/2011
Timing and Results by Up and Running Event Management
FINAL RESULTS

OV'Al Place	NO.	NAME	Swim Pl	SWIM Split	T1 Pl	T1 split	Bike Pl	BIKE Split	T2 PL	T2 Split	Run Pl	RUN split	Raw PL	Raw TIME	OVl Pl	Overall Time	Pen- alty
301	1305	Alex Okeson	383	00:10:07	42	00:02:19	616	00:56:18	237	00:01:09	141	00:25:24	301	01:35:16	301	01:35:16	
302	1218	Amber Weimer	474	00:10:36	327	00:03:39	609	00:56:07	192	00:01:05	74	00:23:53	302	01:35:19	302	01:35:19	
303	916	Christina Libert	139	00:08:23	358	00:03:47	421	00:52:46	233	00:01:09	427	00:29:17	303	01:35:22	303	01:35:22	
304	204	Katie Cartee	402	00:10:12	605	00:04:38	67	00:44:13	1022	00:02:23	751	00:34:00	304	01:35:24	304	01:35:24	
305	1009	Alaina Prince	653	00:11:37	217	00:03:17	165	00:47:31	1018	00:02:22	536	00:30:40	305	01:35:26	305	01:35:26	
306	607	Mary Vollandorf	446	00:10:28	270	00:03:28	366	00:51:53	175	00:01:04	384	00:28:42	306	01:35:33	306	01:35:33	
307	1002	Diane Loopstra	409	00:10:14	150	00:02:55	462	00:53:24	234	00:01:09	315	00:27:52	307	01:35:33	307	01:35:33	
308	335	Gianna Thornton	153	00:08:31	304	00:03:34	335	00:51:11	857	00:02:01	516	00:30:22	308	01:35:37	308	01:35:37	
309	118	Lia Keller	451	00:10:29	372	00:03:50	245	00:49:37	513	00:01:31	508	00:30:13	309	01:35:38	309	01:35:38	
310	721	Shaina Seidner	120	00:08:11	161	00:02:58	709	00:58:14	203	00:01:06	137	00:25:17	310	01:35:45	310	01:35:45	
311	1427	Sarah Callaway	535	00:10:56	281	00:03:30	281	00:50:16	653	00:01:41	443	00:29:27	311	01:35:49	311	01:35:49	
312	959	Mona Bremont	790	00:12:23	127	00:02:49	192	00:48:20	633	00:01:40	544	00:30:44	312	01:35:54	312	01:35:54	
313	475	Amy White-Baxter	944	00:13:37	255	00:03:25	324	00:50:59	584	00:01:36	202	00:26:22	313	01:35:57	313	01:35:57	
314	979	Brynn Moe	696	00:11:50	644	00:04:49	240	00:49:27	824	00:01:58	331	00:28:03	314	01:36:05	314	01:36:05	
315	1088	Cassia Roe	564	00:11:03	334	00:03:41	252	00:49:43	1005	00:02:20	445	00:29:30	315	01:36:15	315	01:36:15	
316	1265	Jessica Kulm	180	00:08:42	507	00:04:18	341	00:51:21	621	00:01:38	511	00:30:17	316	01:36:15	316	01:36:15	
317	590	Joy Atrops-Kimura	511	00:10:48	692	00:05:02	440	00:53:06	214	00:01:07	192	00:26:16	317	01:36:17	317	01:36:17	
318	893	Jennifer McKinnon	260	00:09:17	137	00:02:52	124	00:46:29	1070	00:02:33	811	00:35:08	318	01:36:17	318	01:36:17	
319	1025	Stacy Carpenter	461	00:10:33	205	00:03:13	332	00:51:08	314	00:01:17	501	00:30:09	319	01:36:19	319	01:36:19	
320	71	Sarah Hardin	96	00:07:55	332	00:03:41	469	00:53:33	36	00:00:42	527	00:30:31	320	01:36:21	320	01:36:21	
321	323	Emily Longbrake	124	00:08:13	755	00:05:20	486	00:53:51	826	00:01:58	252	00:27:01	321	01:36:22	321	01:36:22	
322	414	Laura Tauke	378	00:10:04	771	00:05:24	285	00:50:20	666	00:01:42	405	00:28:57	322	01:36:25	322	01:36:25	
323	621	Durelle Smith	228	00:09:04	285	00:03:31	363	00:51:51	588	00:01:36	521	00:30:25	323	01:36:26	323	01:36:26	
324	1275	Kathleen Redmond	561	00:11:01	299	00:03:33	301	00:50:39	419	00:01:24	468	00:29:51	324	01:36:27	324	01:36:27	
325	1382	Charlotte Harvey	516	00:10:50	532	00:04:23	339	00:51:20	1220	00:03:30	213	00:26:25	325	01:36:28	325	01:36:28	
326	1405	Lauren Fee	333	00:09:49	660	00:04:54	368	00:51:54	462	00:01:27	359	00:28:25	326	01:36:29	326	01:36:29	
327	89	Kelly Grawunder	625	00:11:26	148	00:02:55	279	00:50:12	276	00:01:13	545	00:30:45	327	01:36:30	327	01:36:30	
328	1194	Elisa Singleton	202	00:08:52	601	00:04:37	352	00:51:34	1170	00:03:00	363	00:28:28	328	01:36:31	328	01:36:31	
329	831	Kimberly Osburn	682	00:11:45	390	00:03:53	309	00:50:43	211	00:01:07	417	00:29:04	329	01:36:31	329	01:36:31	
330	779	Jenny Nugent	554	00:11:00	552	00:04:27	539	00:54:42	146	00:00:59	142	00:25:27	330	01:36:34	330	01:36:34	
331	980	Kristin Cross	689	00:11:48	751	00:05:19	304	00:50:40	735	00:01:49	251	00:27:00	331	01:36:34	331	01:36:34	
332	822	Jane Tuomi	374	00:10:03	226	00:03:19	576	00:55:28	248	00:01:11	226	00:26:36	332	01:36:36	332	01:36:36	
333	1488	Tammy Pickett	896	00:13:08	356	00:03:46	394	00:52:20	496	00:01:30	171	00:26:01	333	01:36:44	333	01:36:44	
334	1280	Adele George	499	00:10:44	553	00:04:27	191	00:48:15	810	00:01:56	603	00:31:28	334	01:36:50	334	01:36:50	
335	1197	Megan Lemasters	145	00:08:25	505	00:04:18	360	00:51:47	606	00:01:37	546	00:30:45	335	01:36:51	335	01:36:51	
336	843	Jeri Stenberg	367	00:09:59	102	00:02:39	392	00:52:19	232	00:01:09	548	00:30:46	336	01:36:51	336	01:36:51	
337	1318	Teanna Hehnlin	643	00:11:31	776	00:05:25	459	00:53:23	626	00:01:39	121	00:25:01	337	01:36:58	337	01:36:58	
338	781	Terra Hansen	433	00:10:23	91	00:02:36	354	00:51:36	534	00:01:32	560	00:30:54	338	01:36:59	338	01:36:59	
339	1455	Jennifer Lancaste	798	00:12:26	142	00:02:53	457	00:53:21	590	00:01:36	235	00:26:48	339	01:37:03	339	01:37:03	
340	1463	Leslie Jones	718	00:11:57	118	00:02:43	353	00:51:35	422	00:01:24	439	00:29:25	340	01:37:03	340	01:37:03	
341	109	Dani Crosby	307	00:09:38	725	00:05:10	549	00:54:55	159	00:01:02	206	00:26:25	341	01:37:08	341	01:37:08	
342	969	Alyssa Hampton	20	00:06:52	294	00:03:33	410	00:52:37	255	00:01:12	692	00:32:58	342	01:37:10	342	01:37:10	
343	1300	Hannah Booher	487	00:10:40	399	00:03:56	521	00:54:29	307	00:01:16	247	00:26:56	343	01:37:16	343	01:37:16	
344	830	Kirsten Olson	512	00:10:48	78	00:02:33	287	00:50:25	351	00:01:19	654	00:32:12	344	01:37:16	344	01:37:16	
345	996	Krysten Ginochio	154	00:08:31	234	00:03:21	656	00:57:09	368	00:01:21	250	00:26:59	345	01:37:19	345	01:37:19	
346	1224	Kristina Swenor	255	00:09:15	377	00:03:50	570	00:55:14	185	00:01:04	321	00:27:57	346	01:37:19	346	01:37:19	
347	333	Donna Van Flein	229	00:09:04	262	00:03:25	326	00:50:59	445	00:01:26	666	00:32:26	347	01:37:19	347	01:37:19	
348	334	Laura Rhyner	266	00:09:19	501	00:04:17	336	00:51:11	1036	00:02:26	502	00:30:09	348	01:37:21	348	01:37:21	
349	1377	Heather Campfield	550	00:10:59	491	00:04:15	385	00:52:08	1239	00:03:44	199	00:26:19	349	01:37:25	349	01:37:25	
350	942	Amy Kohlhase	820	00:12:35	574	00:04:32	227	00:49:05	766	00:01:52	434	00:29:23	350	01:37:25	350	01:37:25	

Gold Nugget Triathlon ANCHORAGE, ALASKA
05/15/2011
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FINAL RESULTS

OV'Al Place	NO.	NAME	Swim Pl	SWIM Split	T1 Pl	T1 split	Bike Pl	BIKE Split	T2 PL	T2 Split	Run Pl	RUN split	Raw PL	Raw TIME	Ov1 Pl	Overall Time	Pen- alty
351	796	Laura Zamborsky	68	00:07:37	872	00:05:59	475	00:53:43	582	00:01:36	371	00:28:33	351	01:37:26	351	01:37:26	
352	143	Bonnie Cudnohufsk	690	00:11:48	325	00:03:39	376	00:52:01	49	00:00:45	426	00:29:17	352	01:37:28	352	01:37:28	
353	1415	Melissa Saunders	555	00:11:00	136	00:02:51	348	00:51:26	645	00:01:41	526	00:30:31	353	01:37:28	353	01:37:28	
354	1078	Gloria Clendaniel	176	00:08:41	269	00:03:27	544	00:54:50	656	00:01:41	391	00:28:50	354	01:37:29	354	01:37:29	
355	804	Nancy Kragt	440	00:10:26	249	00:03:23	277	00:50:10	905	00:02:06	601	00:31:26	355	01:37:30	355	01:37:30	
356	637	Katherine Updegra	137	00:08:22	829	00:05:42	509	00:54:17	982	00:02:17	244	00:26:54	356	01:37:31	356	01:37:31	
357	1499	Kristen Drummond	261	00:09:17	359	00:03:47	313	00:50:48	1148	00:02:52	553	00:30:48	357	01:37:31	357	01:37:31	
358	1216	Dana Kujala	48	00:07:14	278	00:03:29	541	00:54:44	251	00:01:11	561	00:30:55	358	01:37:33	358	01:37:33	
359	842	Samantha Sloan	656	00:11:38	149	00:02:55	497	00:54:02	144	00:00:59	329	00:28:02	359	01:37:34	359	01:37:34	
360	405	Wendy Manninen	888	00:13:04	430	00:04:03	215	00:48:57	409	00:01:23	504	00:30:11	360	01:37:36	360	01:37:36	
361	819	Lona Sims	935	00:13:30	242	00:03:22	305	00:50:40	133	00:00:58	422	00:29:09	361	01:37:39	361	01:37:39	
362	972	Tricia Perkins	739	00:12:05	339	00:03:42	408	00:52:36	222	00:01:08	338	00:28:10	362	01:37:39	362	01:37:39	
363	60	Kay Kesling	468	00:10:34	407	00:03:57	295	00:50:36	91	00:00:53	616	00:31:41	363	01:37:40	363	01:37:40	
364	852	Sara Turner	719	00:11:58	387	00:03:52	502	00:54:05	686	00:01:44	177	00:26:04	364	01:37:43	364	01:37:43	
365	1027	Ann Lovejoy	140	00:08:24	350	00:03:44	640	00:56:47	163	00:01:02	310	00:27:49	365	01:37:44	365	01:37:44	
366	1493	Jackie Cason	725	00:12:00	606	00:04:38	273	00:50:05	957	00:02:13	401	00:28:55	366	01:37:50	366	01:37:50	
367	315	Sarah Harris	60	00:07:27	517	00:04:21	563	00:55:07	94	00:00:53	493	00:30:05	367	01:37:50	367	01:37:50	
368	696	Regan Brooks	280	00:09:27	1079	00:07:48	218	00:49:00	934	00:02:09	444	00:29:28	368	01:37:50	368	01:37:50	
369	741	Tana Stone	108	00:08:05	481	00:04:13	334	00:51:11	177	00:01:04	719	00:33:22	369	01:37:53	369	01:37:53	
370	1250	Jenna Gruenstein	441	00:10:26	309	00:03:34	413	00:52:40	532	00:01:32	458	00:29:43	370	01:37:53	370	01:37:53	
371	84	Christina Waters	99	00:07:56	123	00:02:47	311	00:50:45	100	00:00:54	850	00:35:45	371	01:38:05	371	01:38:05	
372	180	Susan Bury	517	00:10:50	467	00:04:09	351	00:51:33	316	00:01:17	513	00:30:17	372	01:38:05	372	01:38:05	
373	620	Megan Olson	622	00:11:25	745	00:05:17	473	00:53:41	480	00:01:29	197	00:26:19	373	01:38:09	373	01:38:09	
374	1408	Alissa Wardwell	149	00:08:28	661	00:04:54	344	00:51:23	524	00:01:31	631	00:31:55	374	01:38:11	374	01:38:11	
375	1353	Rebecca Cuniberti	396	00:10:10	727	00:05:10	464	00:53:28	748	00:01:50	289	00:27:36	375	01:38:12	375	01:38:12	
376	1150	Emily Hendersen	277	00:09:25	439	00:04:04	400	00:52:27	1021	00:02:23	486	00:29:58	376	01:38:16	376	01:38:16	
377	117	Kathryn Cuddy	633	00:11:28	1029	00:07:13	343	00:51:22	728	00:01:48	216	00:26:27	377	01:38:17	377	01:38:17	
378	740	Laurie Orell	93	00:07:53	279	00:03:30	622	00:56:24	116	00:00:56	454	00:29:38	378	01:38:19	378	01:38:19	
379	778	Molly Hickox	462	00:10:33	305	00:03:34	526	00:54:32	145	00:00:59	387	00:28:45	379	01:38:22	379	01:38:22	
380	792	Rachel Hopkins	986	00:13:55	406	00:03:57	243	00:49:32	687	00:01:44	430	00:29:21	380	01:38:28	380	01:38:28	
381	679	Megan McClaren	542	00:10:57	733	00:05:14	487	00:53:54	153	00:01:01	282	00:27:25	381	01:38:29	381	01:38:29	
382	1294	Erin Schumacher	72	00:07:39	476	00:04:12	461	00:53:23	1035	00:02:26	556	00:30:50	382	01:38:30	382	01:38:30	
383	1440	Joanna Reast	525	00:10:53	227	00:03:19	157	00:47:22	984	00:02:17	792	00:34:39	383	01:38:30	383	01:38:30	
384	850	Erikka Viehman	262	00:09:17	761	00:05:21	565	00:55:08	548	00:01:33	277	00:27:20	384	01:38:37	384	01:38:37	
385	749	Mandy O'Farrell	437	00:10:24	510	00:04:19	449	00:53:15	512	00:01:31	425	00:29:15	385	01:38:42	385	01:38:42	
386	1461	Paula York	598	00:11:15	433	00:04:03	534	00:54:38	533	00:01:32	275	00:27:17	386	01:38:44	386	01:38:44	
387	1173	Laurie Macchello	747	00:12:08	202	00:03:12	391	00:52:18	353	00:01:20	464	00:29:48	387	01:38:44	387	01:38:44	
388	1269	Alana Davis	543	00:10:57	151	00:02:55	428	00:52:54	279	00:01:13	550	00:30:46	388	01:38:45	388	01:38:45	
389	719	Allison Erickson	375	00:10:03	174	00:03:03	573	00:55:19	176	00:01:04	431	00:29:22	389	01:38:49	389	01:38:49	
390	953	Deeann Lees	207	00:08:54	578	00:04:32	403	00:52:31	1030	00:02:24	524	00:30:29	390	01:38:49	390	01:38:49	
391	751	Amanda Clayton	948	00:13:39	789	00:05:28	230	00:49:07	881	00:02:03	376	00:28:37	391	01:38:52	391	01:38:52	
392	1393	Cindy Kupczynski	364	00:09:58	80	00:02:33	527	00:54:32	616	00:01:38	507	00:30:13	392	01:38:53	392	01:38:53	
393	664	Barbara Hall	308	00:09:38	469	00:04:10	422	00:52:47	527	00:01:31	554	00:30:49	393	01:38:54	393	01:38:54	
394	1402	Jordin Thompson	141	00:08:24	922	00:06:16	436	00:53:02	992	00:02:19	410	00:28:58	394	01:38:58	394	01:38:58	
395	1189	Sara McCormick	76	00:07:43	263	00:03:25	247	00:49:38	1077	00:02:34	845	00:35:40	395	01:39:00	395	01:39:00	
396	678	Dana Grubb	531	00:10:55	425	00:04:02	492	00:54:00	229	00:01:09	408	00:28:58	396	01:39:01	396	01:39:01	
397	1334	Anne Bott	365	00:09:58	646	00:04:49	524	00:54:31	438	00:01:26	356	00:28:23	397	01:39:05	397	01:39:05	
398	1032	Lora Jorgensen	767	00:12:14	20	00:02:05	397	00:52:24	916	00:02:06	510	00:30:16	398	01:39:05	398	01:39:05	
399	770	Paula Davies	251	00:09:14	273	00:03:29	557	00:55:03	812	00:01:57	441	00:29:26	399	01:39:07	399	01:39:07	
400	854	Carisa Verdoia	203	00:08:52	638	00:04:47	752	00:59:06	571	00:01:35	115	00:24:52	400	01:39:11	400	01:39:11	

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FINAL RESULTS

OV'Al Place	NO.	NAME	Swim Pl	SWIM Split	T1 Pl	T1 split	Bike Pl	BIKE Split	T2 PL	T2 Split	Run Pl	RUN split	Raw PL	Raw TIME	OV1 Pl	Overall Time	Pen- alty
401	1389	Rebecca Gerik	704	00:11:54	353	00:03:45	374	00:52:00	1124	00:02:45	389	00:28:49	401	01:39:13	401	01:39:13	
402	693	Anna Scanlan	1027	00:14:18	743	00:05:17	231	00:49:08	1025	00:02:23	341	00:28:10	402	01:39:16	402	01:39:16	
403	1434	Audrey Ricks	428	00:10:20	492	00:04:15	417	00:52:41	733	00:01:49	509	00:30:14	403	01:39:18	403	01:39:18	
404	606	Kathryn Dalton	4	00:06:10	987	00:06:43	589	00:55:40	801	00:01:56	393	00:28:51	404	01:39:18	404	01:39:18	
405	614	Maggie Ridges	852	00:12:49	421	00:04:00	345	00:51:24	415	00:01:24	460	00:29:46	405	01:39:21	405	01:39:21	
406	1130	Tara DeGeorge	1	00:05:57	369	00:03:49	698	00:58:01	266	00:01:12	518	00:30:23	406	01:39:21	406	01:39:21	
407	922	Nicole Carr	390	00:10:09	504	00:04:17	498	00:54:02	715	00:01:47	418	00:29:07	407	01:39:21	407	01:39:21	
408	1252	Andrea Ritter	237	00:09:09	473	00:04:11	517	00:54:25	981	00:02:17	435	00:29:23	408	01:39:23	408	01:39:23	
409	314	Lilly Harris	47	00:07:13	140	00:02:53	445	00:53:11	96	00:00:53	820	00:35:16	409	01:39:25	409	01:39:25	
410	1466	Cindy Sykes	188	00:08:47	282	00:03:30	306	00:50:41	602	00:01:37	800	00:34:53	410	01:39:27	410	01:39:27	
411	1283	Nancy Murphy	1128	00:15:24	474	00:04:11	268	00:50:04	545	00:01:33	353	00:28:19	411	01:39:30	411	01:39:30	
412	183	Senya Roscovius	1054	00:14:28	879	00:06:01	303	00:50:40	736	00:01:49	223	00:26:35	412	01:39:31	412	01:39:31	
413	1258	Regina Daniels	996	00:13:58	92	00:02:36	298	00:50:38	958	00:02:13	500	00:30:09	413	01:39:32	413	01:39:32	
414	1168	Suzanne Armentrou	668	00:11:41	243	00:03:22	493	00:54:00	747	00:01:50	380	00:28:41	414	01:39:32	414	01:39:32	
415	941	Schawna Thoma	991	00:13:57	303	00:03:34	523	00:54:31	219	00:01:08	210	00:26:25	415	01:39:33	415	01:39:33	
416	190	Lynn Gray	79	00:07:44	472	00:04:11	614	00:56:14	655	00:01:41	459	00:29:46	416	01:39:35	416	01:39:35	
417	827	Kara Moore	157	00:08:32	963	00:06:33	520	00:54:28	298	00:01:15	394	00:28:51	417	01:39:38	417	01:39:38	
418	396	Celine Becker	721	00:11:59	962	00:06:32	507	00:54:17	252	00:01:11	153	00:25:42	418	01:39:40	418	01:39:40	
419	59	Lori Davey	1014	00:14:09	248	00:03:23	314	00:50:48	238	00:01:09	506	00:30:13	419	01:39:41	419	01:39:41	
420	1011	Allie Lees	565	00:11:04	843	00:05:47	458	00:53:23	649	00:01:41	316	00:27:54	420	01:39:47	420	01:39:47	
421	771	Ursula Fogarty	959	00:13:43	768	00:05:23	361	00:51:49	322	00:01:18	294	00:27:37	421	01:39:48	421	01:39:48	
422	1221	Laura Stewart	722	00:11:59	720	00:05:07	560	00:55:04	434	00:01:25	191	00:26:14	422	01:39:49	422	01:39:49	
423	1223	Kendra Anyan	679	00:11:44	244	00:03:22	395	00:52:22	823	00:01:58	520	00:30:24	423	01:39:50	423	01:39:50	
424	64	Marcia Davis	426	00:10:19	633	00:04:46	265	00:50:00	92	00:00:53	743	00:33:54	424	01:39:51	424	01:39:51	
425	113	Roxanne Bradenbur	384	00:10:07	462	00:04:08	476	00:53:43	85	00:00:52	572	00:31:04	425	01:39:52	425	01:39:52	
426	331	Anna Widman	989	00:13:56	624	00:04:44	333	00:51:10	1241	00:03:48	198	00:26:19	426	01:39:56	426	01:39:56	
427	1182	Hannah Papa	902	00:13:10	665	00:04:55	402	00:52:31	610	00:01:37	303	00:27:45	427	01:39:56	427	01:39:56	
428	1351	Kimberley Kaplun	756	00:12:11	533	00:04:23	490	00:53:57	664	00:01:42	306	00:27:46	428	01:39:58	428	01:39:58	
429	848	Meg Kurtagh	654	00:11:37	443	00:04:05	396	00:52:24	850	00:02:00	476	00:29:54	429	01:39:58	429	01:39:58	
430	103	Diane Mohwinkel	703	00:11:53	458	00:04:08	205	00:48:39	482	00:01:29	744	00:33:55	430	01:40:02	430	01:40:02	
431	644	Sue Parry	309	00:09:38	125	00:02:48	692	00:57:46	388	00:01:22	370	00:28:33	431	01:40:05	431	01:40:05	
432	423	Jan Barron	570	00:11:06	313	00:03:35	379	00:52:02	692	00:01:45	619	00:31:44	432	01:40:11	432	01:40:11	
433	1005	Carina Welker	731	00:12:02	674	00:04:57	634	00:56:38	1038	00:02:26	82	00:24:13	433	01:40:15	433	01:40:15	
434	868	Cherie Jernstrom	1028	00:14:18	403	00:03:57	216	00:48:58	863	00:02:01	569	00:31:03	434	01:40:15	434	01:40:15	
435	761	Anna Fischer	166	00:08:35	545	00:04:26	663	00:57:15	356	00:01:20	386	00:28:43	435	01:40:18	435	01:40:18	
436	786	Kyla Retzer	32	00:07:02	739	00:05:16	489	00:53:56	950	00:02:12	630	00:31:54	436	01:40:18	436	01:40:18	
437	1231	Danielle Miller	897	00:13:08	378	00:03:50	254	00:49:45	853	00:02:01	615	00:31:41	437	01:40:23	437	01:40:23	
438	926	Julie Denny	645	00:11:32	585	00:04:33	350	00:51:33	956	00:02:13	535	00:30:39	438	01:40:29	438	01:40:29	
439	1096	Pamela Boyleston	657	00:11:38	414	00:03:59	377	00:52:01	1085	00:02:35	517	00:30:22	439	01:40:35	439	01:40:35	
440	540	Melanie Gehman	768	00:12:14	530	00:04:23	529	00:54:35	381	00:01:21	336	00:28:08	440	01:40:39	440	01:40:39	
441	382	Maggie Ebeling	520	00:10:51	759	00:05:21	472	00:53:41	147	00:01:00	465	00:29:49	441	01:40:40	441	01:40:40	
442	1456	Tisha Sutton	1010	00:14:05	163	00:02:58	416	00:52:40	1096	00:02:37	357	00:28:23	442	01:40:42	442	01:40:42	
443	1497	Rebecca Palsha	109	00:08:05	343	00:03:42	756	00:59:14	773	00:01:52	313	00:27:51	443	01:40:43	443	01:40:43	
444	877	Kate Johnson	551	00:10:59	615	00:04:41	484	00:53:50	358	00:01:20	481	00:29:55	444	01:40:44	444	01:40:44	
445	1388	Linda Ireland	700	00:11:52	250	00:03:23	234	00:49:12	878	00:02:02	780	00:34:23	445	01:40:52	445	01:40:52	
446	465	Kelly Rygh	708	00:11:55	998	00:06:48	355	00:51:37	1234	00:03:42	243	00:26:53	446	01:40:54	446	01:40:54	
447	997	Bronwyn De Schwei	313	00:09:41	800	00:05:32	370	00:51:56	1003	00:02:20	602	00:31:28	447	01:40:55	447	01:40:55	
448	1120	Morgan Weimer	376	00:10:03	457	00:04:07	726	00:58:42	644	00:01:40	212	00:26:25	448	01:40:57	448	01:40:57	
449	112	Crystal Timmcke	80	00:07:44	748	00:05:18	613	00:56:13	289	00:01:14	525	00:30:30	449	01:40:58	449	01:40:58	
450	1205	Jennifer Bostick	1202	00:16:55	808	00:05:35	142	00:46:58	834	00:01:59	451	00:29:34	450	01:40:59	450	01:40:59	

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OV'Al Place	NO.	NAME	Swim Pl	SWIM Split	T1 Pl	T1 split	Bike Pl	BIKE Split	T2 PL	T2 Split	Run Pl	RUN split	Raw PL	Raw TIME	Ov1 Pl	Overall Time	Pen- alty
451	97	Lori Bodwell	321	00:09:45	577	00:04:32	302	00:50:39	822	00:01:58	760	00:34:08	451	01:41:02	451	01:41:02	
452	986	Katrina Cooper	855	00:12:50	434	00:04:03	233	00:49:09	565	00:01:35	721	00:33:26	452	01:41:02	452	01:41:02	
453	1356	Kari Gdula	84	00:07:46	527	00:04:22	758	00:59:15	464	00:01:27	345	00:28:14	453	01:41:03	453	01:41:03	
454	961	Patrice Parker	933	00:13:28	591	00:04:35	572	00:55:17	475	00:01:28	201	00:26:20	454	01:41:07	454	01:41:07	
455	608	Julie Hanson	172	00:08:38	839	00:05:46	540	00:54:42	887	00:02:03	488	00:30:00	455	01:41:07	455	01:41:07	
456	1090	Janis Reynolds	244	00:09:12	885	00:06:03	505	00:54:10	793	00:01:55	472	00:29:53	456	01:41:12	456	01:41:12	
457	669	Karen Marcey	575	00:11:07	426	00:04:02	443	00:53:10	593	00:01:36	590	00:31:18	457	01:41:12	457	01:41:12	
458	1478	Haylee Donovan	248	00:09:13	143	00:02:53	682	00:57:41	646	00:01:41	462	00:29:47	458	01:41:14	458	01:41:14	
459	128	Carrie Bjorn-Roli	323	00:09:46	460	00:04:08	579	00:55:29	435	00:01:25	523	00:30:28	459	01:41:15	459	01:41:15	
460	1240	Erica McCall Vale	353	00:09:56	650	00:04:50	454	00:53:20	1180	00:03:07	497	00:30:08	460	01:41:19	460	01:41:19	
461	1462	Kimberly Buskirk	434	00:10:23	221	00:03:18	623	00:56:26	767	00:01:52	437	00:29:24	461	01:41:22	461	01:41:22	
462	1234	Katie Malotky	249	00:09:13	786	00:05:27	686	00:57:42	967	00:02:15	241	00:26:51	462	01:41:27	462	01:41:27	
463	1195	Janett Phelps	579	00:11:10	730	00:05:12	441	00:53:07	1218	00:03:29	368	00:28:32	463	01:41:29	463	01:41:29	
464	1165	Ivy Eakes	241	00:09:10	388	00:03:52	600	00:55:53	508	00:01:31	574	00:31:05	464	01:41:29	464	01:41:29	
465	142	Gretchen Clark-Ro	955	00:13:42	183	00:03:06	365	00:51:52	29	00:00:41	651	00:32:12	465	01:41:32	465	01:41:32	
466	1412	Veronica Smith	595	00:11:14	417	00:03:59	546	00:54:51	558	00:01:34	484	00:29:56	466	01:41:33	466	01:41:33	
467	1380	Kimberley Keller	483	00:10:39	496	00:04:16	561	00:55:04	544	00:01:33	494	00:30:05	467	01:41:36	467	01:41:36	
468	988	Lisa Gray	536	00:10:56	360	00:03:47	367	00:51:54	1153	00:02:55	645	00:32:07	468	01:41:38	468	01:41:38	
469	764	Leah Mullenbach	788	00:12:22	471	00:04:11	514	00:54:21	206	00:01:06	455	00:29:40	469	01:41:39	469	01:41:39	
470	495	Tara Kulin	810	00:12:32	450	00:04:06	530	00:54:35	906	00:02:06	355	00:28:22	470	01:41:39	470	01:41:39	
471	1387	Julie Lafrance	844	00:12:45	512	00:04:19	463	00:53:25	990	00:02:18	403	00:28:55	471	01:41:41	471	01:41:41	
472	102	Chera Boom	1051	00:14:27	681	00:04:58	480	00:53:47	110	00:00:55	291	00:27:36	472	01:41:42	472	01:41:42	
473	178	Katie Anderson	620	00:11:24	526	00:04:22	569	00:55:10	34	00:00:42	498	00:30:08	473	01:41:44	473	01:41:44	
474	291	Nicole Sweeney	905	00:13:12	345	00:03:43	617	00:56:20	187	00:01:04	286	00:27:33	474	01:41:51	474	01:41:51	
475	373	Collette Bentz	1240	00:18:34	846	00:05:49	310	00:50:44	135	00:00:58	161	00:25:52	475	01:41:55	475	01:41:55	
476	356	Meadow Bailey	866	00:12:54	367	00:03:49	657	00:57:10	67	00:00:48	279	00:27:20	476	01:41:59	476	01:41:59	
477	865	Karen Divelbiss	1147	00:15:40	180	00:03:06	414	00:52:40	190	00:01:05	448	00:29:32	477	01:42:02	477	01:42:02	
478	1495	Amanda Duvall	232	00:09:06	861	00:05:54	673	00:57:30	814	00:01:57	298	00:27:40	478	01:42:06	478	01:42:06	
479	1080	Helen Bohn	946	00:13:38	832	00:05:43	439	00:53:03	752	00:01:50	318	00:27:55	479	01:42:07	479	01:42:07	
480	1109	Amy Spargo	674	00:11:43	753	00:05:19	378	00:52:01	457	00:01:27	614	00:31:39	480	01:42:08	480	01:42:08	
481	1475	Kelsey Tranel	759	00:12:12	122	00:02:46	238	00:49:23	1016	00:02:22	837	00:35:28	481	01:42:10	481	01:42:10	
482	201	Rachel Irons	709	00:11:55	463	00:04:08	419	00:52:43	42	00:00:43	681	00:32:44	482	01:42:12	482	01:42:12	
483	702	Marla Jakab	729	00:12:01	400	00:03:56	338	00:51:19	719	00:01:47	702	00:33:11	483	01:42:13	483	01:42:13	
484	1217	Mackenzie Morriso	658	00:11:38	401	00:03:56	522	00:54:30	280	00:01:14	566	00:30:58	484	01:42:15	484	01:42:15	
485	394	Tania Hall	934	00:13:29	867	00:05:56	411	00:52:38	69	00:00:49	436	00:29:24	485	01:42:15	485	01:42:15	
486	513	Liane Nagata	236	00:09:08	483	00:04:14	562	00:55:06	492	00:01:30	660	00:32:20	486	01:42:16	486	01:42:16	
487	915	Angela Powell	742	00:12:07	176	00:03:03	607	00:56:04	268	00:01:13	483	00:29:56	487	01:42:22	487	01:42:22	
488	951	Christine Lundgre	311	00:09:40	856	00:05:53	744	00:59:00	554	00:01:34	195	00:26:17	488	01:42:23	488	01:42:23	
489	895	Elizabeth Rawlins	686	00:11:46	710	00:05:04	438	00:53:03	437	00:01:26	578	00:31:06	489	01:42:24	489	01:42:24	
490	254	Leland Reed	238	00:09:09	379	00:03:50	431	00:52:59	871	00:02:02	782	00:34:25	490	01:42:24	490	01:42:24	
491	615	Kathryn Smith	281	00:09:27	620	00:04:43	724	00:58:38	186	00:01:04	377	00:28:38	491	01:42:29	491	01:42:29	
492	790	Magdalena McCay	769	00:12:14	860	00:05:54	399	00:52:26	416	00:01:24	531	00:30:38	492	01:42:34	492	01:42:34	
493	793	Karla Ebert	305	00:09:36	1024	00:07:08	373	00:52:00	668	00:01:43	659	00:32:18	493	01:42:44	493	01:42:44	
494	1370	Megan Young	91	00:07:51	331	00:03:40	734	00:58:50	680	00:01:44	543	00:30:44	494	01:42:48	494	01:42:48	
495	906	Anita Johnson	1002	00:14:01	171	00:03:02	468	00:53:33	560	00:01:34	539	00:30:42	495	01:42:50	495	01:42:50	
496	101	Beth Baker	791	00:12:23	324	00:03:39	382	00:52:06	341	00:01:19	724	00:33:31	496	01:42:56	496	01:42:56	
497	733	Katia Buyanova	147	00:08:26	465	00:04:09	564	00:55:07	942	00:02:11	698	00:33:05	497	01:42:56	497	01:42:56	
498	1208	Abigail Luck	268	00:09:21	609	00:04:39	672	00:57:30	394	00:01:22	496	00:30:07	498	01:42:58	498	01:42:58	
499	309	Stephanie Ferguso	518	00:10:50	1044	00:07:24	494	00:54:00	1232	00:03:41	258	00:27:05	499	01:42:59	499	01:42:59	
500	1348	Kelley Tompkins	190	00:08:48	651	00:04:50	654	00:57:04	376	00:01:21	565	00:30:58	500	01:43:00	500	01:43:00	

Gold Nugget Triathlon ANCHORAGE, ALASKA
05/15/2011
Timing and Results by Up and Running Event Management
FINAL RESULTS

OV'Al Place	NO.	NAME	Swim Pl	SWIM Split	T1 Pl	T1 split	Bike Pl	BIKE Split	T2 PL	T2 Split	Run Pl	RUN split	Raw PL	Raw TIME	OV1 Pl	Overall Time	Pen- alty
501	1344	Zoe Morris	606	00:11:16	228	00:03:19	706	00:58:09	305	00:01:16	415	00:29:02	501	01:43:01	501	01:43:01	
502	133	Emily Becker	222	00:09:01	645	00:04:49	777	00:59:38	53	00:00:46	396	00:28:53	502	01:43:05	502	01:43:05	
503	1270	Deborah Ratcliffe	801	00:12:27	192	00:03:08	610	00:56:07	465	00:01:27	487	00:29:58	503	01:43:06	503	01:43:06	
504	260	Laura Peek	1157	00:15:49	1069	00:07:42	433	00:53:01	188	00:01:05	145	00:25:31	504	01:43:06	504	01:43:06	
505	1429	Laura McLaughlin	475	00:10:36	477	00:04:12	495	00:54:01	1002	00:02:20	636	00:31:59	505	01:43:07	505	01:43:07	
506	1457	Jennifer Blake	650	00:11:36	187	00:03:07	679	00:57:39	623	00:01:38	420	00:29:09	506	01:43:09	506	01:43:09	
507	100	Dona Endsley	885	00:13:02	547	00:04:27	491	00:53:59	269	00:01:13	528	00:30:32	507	01:43:11	507	01:43:11	
508	199	Janet Thibert	760	00:12:12	410	00:03:58	219	00:49:01	837	00:01:59	872	00:36:05	508	01:43:13	508	01:43:13	
509	1430	Jamie Scherffius	463	00:10:33	222	00:03:18	531	00:54:36	455	00:01:27	717	00:33:21	509	01:43:14	509	01:43:14	
510	1225	Abby Beltz	807	00:12:30	348	00:03:43	528	00:54:33	774	00:01:52	534	00:30:39	510	01:43:16	510	01:43:16	
511	1020	Cherith Lafferty	1062	00:14:30	893	00:06:06	435	00:53:02	1048	00:02:28	267	00:27:12	511	01:43:17	511	01:43:17	
512	914	Dayna Pendergraft	770	00:12:14	449	00:04:06	264	00:49:56	628	00:01:39	832	00:35:24	512	01:43:17	512	01:43:17	
513	1046	Ann Pruszenski	34	00:07:03	546	00:04:26	805	01:00:23	499	00:01:30	490	00:30:02	513	01:43:23	513	01:43:23	
514	826	Kimberly Metzger	932	00:13:25	719	00:05:07	347	00:51:26	541	00:01:33	633	00:31:57	514	01:43:26	514	01:43:26	
515	1327	Melissa Lamebull	586	00:11:11	447	00:04:05	784	00:59:47	714	00:01:47	227	00:26:37	515	01:43:27	515	01:43:27	
516	984	Katie Groff	410	00:10:14	1189	00:10:29	426	00:52:52	914	00:02:06	311	00:27:49	516	01:43:28	516	01:43:28	
517	146	Lindsey Ellingson	537	00:10:56	880	00:06:01	477	00:53:44	173	00:01:03	622	00:31:48	517	01:43:31	517	01:43:31	
518	430	Danielle Fay	799	00:12:26	333	00:03:41	515	00:54:23	447	00:01:26	612	00:31:38	518	01:43:33	518	01:43:33	
519	1188	Rebecca Van Wyck	337	00:09:51	286	00:03:31	420	00:52:43	334	00:01:18	882	00:36:13	519	01:43:35	519	01:43:35	
520	956	Cinda Devine	545	00:10:58	520	00:04:21	618	00:56:21	357	00:01:20	533	00:30:39	520	01:43:37	520	01:43:37	
521	1050	Laura Hartz	580	00:11:10	565	00:04:30	803	01:00:17	739	00:01:49	163	00:25:54	521	01:43:40	521	01:43:40	
522	859	Lisa Demer	726	00:12:00	380	00:03:50	499	00:54:04	292	00:01:15	672	00:32:34	522	01:43:41	522	01:43:41	
523	1206	Anne Olson	1145	00:15:39	607	00:04:38	516	00:54:24	785	00:01:54	260	00:27:09	523	01:43:42	523	01:43:42	
524	1332	Nicole Votaw	825	00:12:36	435	00:04:03	814	01:00:28	420	00:01:24	135	00:25:16	524	01:43:45	524	01:43:45	
525	277	Christina Wood	610	00:11:17	702	00:05:03	815	01:00:28	97	00:00:53	181	00:26:08	525	01:43:47	525	01:43:47	
526	1129	Gianna Kay	612	00:11:20	115	00:02:42	551	00:54:56	246	00:01:11	733	00:33:42	526	01:43:50	526	01:43:50	
527	77	Valarie Coscia	817	00:12:34	680	00:04:58	571	00:55:15	161	00:01:02	492	00:30:03	527	01:43:51	527	01:43:51	
528	1323	Amy Haley	596	00:11:14	523	00:04:21	602	00:55:55	636	00:01:40	547	00:30:46	528	01:43:54	528	01:43:54	
529	1298	Makenna Okeson	225	00:09:03	362	00:03:48	802	01:00:17	259	00:01:12	452	00:29:36	529	01:43:55	529	01:43:55	
530	521	Danielle Laybourn	447	00:10:28	584	00:04:33	500	00:54:05	453	00:01:26	725	00:33:31	530	01:44:02	530	01:44:02	
531	150	Christianna Colle	886	00:13:02	841	00:05:46	666	00:57:24	448	00:01:26	218	00:26:28	531	01:44:05	531	01:44:05	
532	1339	Kayle Blackmore	876	00:12:58	354	00:03:45	889	01:02:31	502	00:01:30	58	00:23:23	532	01:44:07	532	01:44:07	
533	463	Melissa Pike	913	00:13:17	315	00:03:35	545	00:54:50	131	00:00:58	610	00:31:36	533	01:44:15	533	01:44:15	
534	775	Angela Stewart	710	00:11:55	203	00:03:13	208	00:48:51	716	00:01:47	978	00:38:34	534	01:44:18	534	01:44:18	
535	873	Alicia Clemetson	882	00:13:00	803	00:05:34	481	00:53:49	624	00:01:39	514	00:30:19	535	01:44:19	535	01:44:19	
536	1477	Victoria Gralian	691	00:11:48	436	00:04:03	821	01:00:41	700	00:01:46	176	00:26:04	536	01:44:20	536	01:44:20	
537	1019	Marika Athens	556	00:11:00	316	00:03:35	810	01:00:25	207	00:01:06	350	00:28:17	537	01:44:23	537	01:44:23	
538	276	Sara Pfau	1148	00:15:40	166	00:03:00	635	00:56:38	158	00:01:01	335	00:28:05	538	01:44:23	538	01:44:23	
539	129	Janelle Abad	861	00:12:51	556	00:04:28	501	00:54:05	55	00:00:46	658	00:32:16	539	01:44:24	539	01:44:24	
540	302	Desiree Simeon	1019	00:14:12	744	00:05:17	466	00:53:29	551	00:01:33	477	00:29:54	540	01:44:25	540	01:44:25	
541	957	Judith Williamson	488	00:10:40	558	00:04:28	800	01:00:15	429	00:01:25	297	00:27:39	541	01:44:26	541	01:44:26	
542	212	Davianna Olert	772	00:12:15	717	00:05:07	717	00:58:28	363	00:01:20	276	00:27:17	542	01:44:26	542	01:44:26	
543	104	Tara Adams	563	00:11:02	892	00:06:06	383	00:52:06	607	00:01:37	729	00:33:39	543	01:44:28	543	01:44:28	
544	398	Renna Hoener	1063	00:14:30	826	00:05:41	511	00:54:19	285	00:01:14	395	00:28:52	544	01:44:35	544	01:44:35	
545	498	Erika Braun	826	00:12:36	614	00:04:41	286	00:50:21	1150	00:02:54	758	00:34:05	545	01:44:35	545	01:44:35	
546	886	Justine Sanders	853	00:12:49	237	00:03:22	398	00:52:25	699	00:01:46	770	00:34:17	546	01:44:37	546	01:44:37	
547	1325	Tawnya Roberts	438	00:10:25	290	00:03:32	851	01:01:27	410	00:01:23	314	00:27:52	547	01:44:38	547	01:44:38	
548	1426	Sara Ewers	1079	00:14:40	534	00:04:23	532	00:54:37	925	00:02:07	406	00:28:57	548	01:44:43	548	01:44:43	
549	791	Kim Ward	158	00:08:32	215	00:03:17	780	00:59:45	82	00:00:51	661	00:32:21	549	01:44:44	549	01:44:44	
550	79	Barbara Wong	1036	00:14:22	582	00:04:33	220	00:49:01	1078	00:02:34	771	00:34:17	550	01:44:46	550	01:44:46	

Gold Nugget Triathlon ANCHORAGE, ALASKA
05/15/2011
Timing and Results by Up and Running Event Management
FINAL RESULTS

OV'Al Place	NO.	NAME	Swim Pl	SWIM Split	T1 Pl	T1 split	Bike Pl	BIKE Split	T2 PL	T2 Split	Run Pl	RUN split	Raw PL	Raw TIME	Ov1 Pl	Overall Time	Pen- alty
551	789	Thea Paschall	1029	00:14:18	1091	00:08:03	450	00:53:15	899	00:02:05	270	00:27:14	552	01:44:53	551	01:44:53	
552	402	Amber Winkel	1074	00:14:36	413	00:03:59	558	00:55:03	38	00:00:42	532	00:30:38	553	01:44:57	552	01:44:57	
553	247	Rhonda Clodfelter	497	00:10:43	688	00:05:01	627	00:56:31	820	00:01:57	552	00:30:47	554	01:44:58	553	01:44:58	
554	1279	Sandra Mahoney	354	00:09:56	627	00:04:44	583	00:55:32	723	00:01:48	694	00:32:59	555	01:44:58	554	01:44:58	
555	383	Van Le	1274	00:20:47	330	00:03:40	369	00:51:55	123	00:00:57	300	00:27:41	556	01:44:59	555	01:44:59	
556	1299	Alyssa Bash	835	00:12:41	229	00:03:19	693	00:57:51	349	00:01:19	473	00:29:53	557	01:45:02	556	01:45:02	
557	1151	Anna Jemmings	35	00:07:04	653	00:04:52	658	00:57:10	1014	00:02:22	737	00:33:45	558	01:45:12	557	01:45:12	
558	122	Courtney Durham	1224	00:17:52	288	00:03:32	553	00:54:58	106	00:00:55	322	00:27:57	559	01:45:12	558	01:45:12	
559	1133	Carina Kay	736	00:12:03	206	00:03:13	736	00:58:53	281	00:01:14	471	00:29:53	560	01:45:14	559	01:45:14	
560	340	Felicia Cassel	419	00:10:17	693	00:05:02	559	00:55:03	1123	00:02:45	648	00:32:10	561	01:45:16	560	01:45:16	
561	981	Heather Fuller	962	00:13:44	144	00:02:53	404	00:52:32	725	00:01:48	777	00:34:21	562	01:45:17	561	01:45:17	
562	1363	Beverly Harrison	751	00:12:10	586	00:04:33	603	00:55:55	1140	00:02:49	474	00:29:53	563	01:45:19	562	01:45:19	
563	657	Lisa Carr	903	00:13:10	794	00:05:31	406	00:52:34	1101	00:02:39	600	00:31:26	564	01:45:19	563	01:45:19	
564	723	Jennie Schroll	1032	00:14:19	385	00:03:52	703	00:58:04	127	00:00:57	347	00:28:15	565	01:45:26	564	01:45:26	
565	1480	Sarah Resseguie	31	00:07:00	1192	00:10:34	508	00:54:17	693	00:01:45	629	00:31:54	566	01:45:29	565	01:45:29	
566	1226	Vanessa Beck	214	00:08:57	817	00:05:38	621	00:56:23	557	00:01:34	693	00:32:58	567	01:45:29	566	01:45:29	
567	1144	Rachel Shercliffe	25	00:06:53	690	00:05:01	957	01:04:00	339	00:01:18	351	00:28:18	568	01:45:29	567	01:45:29	
568	681	Amy Utley	616	00:11:23	714	00:05:05	452	00:53:16	284	00:01:14	789	00:34:35	569	01:45:32	568	01:45:32	
569	1454	Danielle Mason	269	00:09:21	470	00:04:10	587	00:55:36	800	00:01:56	790	00:34:38	570	01:45:39	569	01:45:39	
570	257	Jen Feucht	675	00:11:43	427	00:04:02	772	00:59:32	17	00:00:37	463	00:29:47	571	01:45:40	570	01:45:40	
571	1498	Nancy Housh	62	00:07:29	300	00:03:33	858	01:01:34	407	00:01:23	618	00:31:44	572	01:45:42	571	01:45:42	
572	674	Gretchen Carrick	476	00:10:36	700	00:05:03	412	00:52:40	886	00:02:03	829	00:35:22	573	01:45:42	572	01:45:42	
573	320	Sarah Jensen	821	00:12:35	538	00:04:24	630	00:56:33	217	00:01:08	577	00:31:06	574	01:45:45	573	01:45:45	
574	874	Emily Garhart	873	00:12:56	1093	00:08:04	479	00:53:45	1128	00:02:46	348	00:28:16	575	01:45:45	574	01:45:45	
575	1366	Faith Hewlett	40	00:07:09	283	00:03:30	668	00:57:25	321	00:01:18	895	00:36:26	576	01:45:46	575	01:45:46	
576	910	Deanna Blazejewsk	276	00:09:24	583	00:04:33	749	00:59:04	484	00:01:29	592	00:31:21	577	01:45:49	576	01:45:49	
577	687	Rhonda Donlin	477	00:10:36	823	00:05:40	625	00:56:28	553	00:01:33	607	00:31:35	578	01:45:51	577	01:45:51	
578	1030	Anessia Farrell	350	00:09:54	513	00:04:19	685	00:57:42	872	00:02:02	635	00:31:58	579	01:45:54	578	01:45:54	
579	1021	Rebecca Jarnagin	370	00:10:00	437	00:04:03	712	00:58:20	696	00:01:45	626	00:31:50	580	01:45:57	579	01:45:57	
580	286	Alicia Spencer	599	00:11:15	735	00:05:15	598	00:55:47	271	00:01:13	668	00:32:29	581	01:45:58	580	01:45:58	
581	127	Angela Piccard	528	00:10:54	493	00:04:15	806	01:00:24	833	00:01:59	372	00:28:35	582	01:46:05	581	01:46:05	
582	825	Mary McCormick	630	00:11:27	701	00:05:03	647	00:56:58	612	00:01:37	568	00:31:02	583	01:46:06	582	01:46:06	
583	987	Kelly Luck	70	00:07:38	1104	00:08:11	510	00:54:17	573	00:01:35	784	00:34:30	584	01:46:09	583	01:46:09	
584	944	Claire Torbensen-	711	00:11:55	961	00:06:32	594	00:55:42	970	00:02:15	466	00:29:49	585	01:46:12	584	01:46:12	
585	1355	Selena Moore	1038	00:14:23	252	00:03:24	782	00:59:46	907	00:02:06	224	00:26:35	586	01:46:13	585	01:46:13	
586	326	Debby Burwen	256	00:09:15	634	00:04:46	710	00:58:17	154	00:01:01	562	00:30:57	533	01:44:14	586	01:46:14	2:00
587	1136	Clair Degeorge	29	00:06:58	662	00:04:54	933	01:03:25	503	00:01:30	447	00:29:31	587	01:46:17	587	01:46:17	
588	457	Paige Henslee	705	00:11:54	618	00:04:42	867	01:01:47	88	00:00:52	261	00:27:09	588	01:46:23	588	01:46:23	
589	649	Ginni Burbridge	411	00:10:14	486	00:04:14	684	00:57:42	470	00:01:28	686	00:32:47	589	01:46:24	589	01:46:24	
590	338	Laurel Renkert	796	00:12:25	397	00:03:56	940	01:03:39	932	00:02:08	89	00:24:18	590	01:46:26	590	01:46:26	
591	1487	Anne Blount	626	00:11:26	323	00:03:38	554	00:54:59	1207	00:03:22	700	00:33:06	591	01:46:31	591	01:46:31	
592	729	Alecia Wood	737	00:12:03	563	00:04:30	689	00:57:43	375	00:01:21	563	00:30:57	592	01:46:32	592	01:46:32	
593	653	Heidi Valantas	848	00:12:48	521	00:04:21	643	00:56:50	398	00:01:22	584	00:31:14	593	01:46:35	593	01:46:35	
594	83	Carol Waters	977	00:13:50	580	00:04:33	315	00:50:49	317	00:01:17	876	00:36:08	594	01:46:35	594	01:46:35	
595	907	Catherine Coon	257	00:09:16	357	00:03:47	393	00:52:19	972	00:02:15	991	00:38:59	595	01:46:36	595	01:46:36	
596	891	Kerry Carl	513	00:10:48	398	00:03:56	732	00:58:45	876	00:02:02	576	00:31:06	596	01:46:36	596	01:46:36	
597	1381	Beth McNaughton	355	00:09:56	617	00:04:41	447	00:53:12	1231	00:03:40	813	00:35:10	597	01:46:38	597	01:46:38	
598	776	Sarah Sheshunoff	245	00:09:12	741	00:05:16	849	01:01:23	776	00:01:53	399	00:28:55	598	01:46:38	598	01:46:38	
599	709	Lisa Falon	397	00:10:10	835	00:05:45	737	00:58:53	985	00:02:17	453	00:29:38	599	01:46:42	599	01:46:42	
600	1243	Heidi Drygas	435	00:10:23	809	00:05:35	633	00:56:37	1172	00:03:02	579	00:31:08	600	01:46:44	600	01:46:44	

Gold Nugget Triathlon ANCHORAGE, ALASKA
05/15/2011
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FINAL RESULTS

OV'Al Place	NO.	NAME	Swim Pl	SWIM Split	T1 Pl	T1 split	Bike Pl	BIKE Split	T2 PL	T2 Split	Run Pl	RUN split	Raw PL	Raw TIME	OVl Pl	Overall Time	Pen- alty
601	1419	Gretta Pickett	183	00:08:44	310	00:03:34	863	01:01:40	618	00:01:38	582	00:31:13	601	01:46:48	601	01:46:48	
602	1237	Whitney Froehlich	920	00:13:20	587	00:04:33	700	00:58:02	851	00:02:00	400	00:28:55	602	01:46:49	602	01:46:49	
603	677	Mel Chapman	1096	00:14:57	673	00:04:57	386	00:52:09	595	00:01:36	704	00:33:12	603	01:46:50	603	01:46:50	
604	570	Chloe Peterson	611	00:11:17	978	00:06:39	585	00:55:34	943	00:02:11	581	00:31:13	604	01:46:52	604	01:46:52	
605	1236	Jeanette Tapley	802	00:12:27	777	00:05:25	677	00:57:37	665	00:01:42	461	00:29:47	605	01:46:56	605	01:46:56	
606	1152	Jaclyn Zeznock	587	00:11:27	389	00:03:52	830	01:00:59	535	00:01:32	433	00:29:23	606	01:46:57	606	01:46:57	
607	1452	Jennifer Dobson	1110	00:15:12	554	00:04:27	687	00:57:42	867	00:02:02	290	00:27:36	607	01:46:58	607	01:46:58	
608	508	Pam Okeson	484	00:10:39	428	00:04:02	728	00:58:43	75	00:00:50	680	00:32:44	608	01:46:58	608	01:46:58	
609	1094	Heather Huff	286	00:09:29	818	00:05:38	753	00:59:09	778	00:01:53	557	00:30:52	609	01:46:59	609	01:46:59	
610	1273	Karen Heath	727	00:12:00	478	00:04:12	407	00:52:36	1125	00:02:46	838	00:35:28	610	01:47:01	610	01:47:01	
611	193	Megan Ritter	809	00:12:31	935	00:06:20	542	00:54:48	399	00:01:22	639	00:32:02	611	01:47:02	611	01:47:02	
612	461	Jessica Hagan	346	00:09:53	944	00:06:27	932	01:03:21	107	00:00:55	221	00:26:33	612	01:47:07	612	01:47:07	
613	416	Meghan Fay	720	00:11:58	636	00:04:47	536	00:54:40	124	00:00:57	797	00:34:47	613	01:47:07	613	01:47:07	
614	1385	Holly Krenz	898	00:13:09	516	00:04:20	538	00:54:41	634	00:01:40	714	00:33:20	614	01:47:09	614	01:47:09	
615	1091	Shelly Cochrane	152	00:08:30	1008	00:06:53	446	00:53:12	1228	00:03:39	804	00:35:01	615	01:47:13	615	01:47:13	
616	1199	Theresa Knoll	740	00:12:05	965	00:06:33	548	00:54:53	1193	00:03:15	529	00:30:33	616	01:47:18	616	01:47:18	
617	1085	Beth Wilson	347	00:09:53	625	00:04:44	702	00:58:02	691	00:01:45	691	00:32:57	617	01:47:19	617	01:47:19	
618	300	Michele Worm	478	00:10:36	1052	00:07:29	512	00:54:19	1227	00:03:39	589	00:31:18	618	01:47:19	618	01:47:19	
619	292	Rena Bookman	455	00:10:31	575	00:04:32	593	00:55:42	189	00:01:05	843	00:35:38	619	01:47:26	619	01:47:26	
620	470	Mary Blazina	699	00:11:51	306	00:03:34	952	01:03:54	140	00:00:59	280	00:27:20	620	01:47:37	620	01:47:37	
621	1161	Julie Schultz	997	00:13:58	363	00:03:48	261	00:49:50	1087	00:02:35	933	00:37:32	621	01:47:42	621	01:47:42	
622	1016	Ann Ashley	670	00:11:42	159	00:02:58	235	00:49:13	1206	00:03:22	1029	00:40:28	622	01:47:42	622	01:47:42	
623	1148	Kassidy Rhodes	57	00:07:24	1062	00:07:36	903	01:02:46	763	00:01:51	340	00:28:10	623	01:47:47	623	01:47:47	
624	1420	Maria McLaughlin	415	00:10:15	815	00:05:37	872	01:02:04	900	00:02:05	308	00:27:48	624	01:47:48	624	01:47:48	
625	630	Linda Edwards	302	00:09:35	593	00:04:36	237	00:49:22	1024	00:02:23	1077	00:41:56	625	01:47:52	625	01:47:52	
626	67	Mary Flanigin	889	00:13:04	307	00:03:34	894	01:02:37	45	00:00:44	320	00:27:55	626	01:47:53	626	01:47:53	
627	509	Rena Sather	1076	00:14:38	566	00:04:30	619	00:56:22	194	00:01:05	594	00:31:22	627	01:47:56	627	01:47:56	
628	1365	Secora Patterson	1003	00:14:02	497	00:04:16	738	00:58:54	821	00:01:57	390	00:28:50	628	01:47:58	628	01:47:58	
629	863	Jessica Spuhler	597	00:11:14	540	00:04:25	718	00:58:28	753	00:01:50	643	00:32:07	629	01:48:02	629	01:48:02	
630	1079	Jessica Martine	942	00:13:35	459	00:04:08	697	00:57:59	335	00:01:18	573	00:31:05	630	01:48:04	630	01:48:04	
631	1394	Lori Haynes	1158	00:15:50	364	00:03:48	506	00:54:13	559	00:01:34	678	00:32:43	631	01:48:07	631	01:48:07	
632	72	Kristy Grawunder	640	00:11:30	802	00:05:33	590	00:55:40	712	00:01:47	730	00:33:39	632	01:48:07	632	01:48:07	
633	73	Chelsea Seagars	212	00:08:56	756	00:05:20	641	00:56:47	784	00:01:53	816	00:35:14	633	01:48:09	633	01:48:09	
634	1350	Hailey Nelson	1047	00:14:26	395	00:03:54	323	00:50:58	1058	00:02:30	893	00:36:23	634	01:48:09	634	01:48:09	
635	1304	Allison Thomas	529	00:10:54	411	00:03:58	787	00:59:51	574	00:01:35	627	00:31:53	635	01:48:10	635	01:48:10	
636	1089	Meaghan Rothermel	780	00:12:19	830	00:05:42	713	00:58:21	920	00:02:07	456	00:29:43	636	01:48:10	636	01:48:10	
637	1036	Lynette Nish	692	00:11:48	564	00:04:30	552	00:54:58	488	00:01:29	836	00:35:27	637	01:48:11	637	01:48:11	
638	1068	Shelley Biss	617	00:11:23	630	00:04:45	456	00:53:20	983	00:02:17	896	00:36:27	638	01:48:12	638	01:48:12	
639	1074	Dawn Rebesch	636	00:11:29	811	00:05:36	764	00:59:21	724	00:01:48	489	00:30:02	639	01:48:14	639	01:48:14	
640	1268	Heather Nelles	680	00:11:44	797	00:05:31	483	00:53:50	1154	00:02:55	768	00:34:15	640	01:48:14	640	01:48:14	
641	1329	Heather Magee	557	00:11:00	94	00:02:37	811	01:00:26	481	00:01:29	689	00:32:49	641	01:48:20	641	01:48:20	
642	299	Julie Hasquet	651	00:11:36	666	00:04:55	854	01:01:31	89	00:00:52	450	00:29:34	642	01:48:27	642	01:48:27	
643	1438	Denise Carey	1040	00:14:24	943	00:06:26	478	00:53:44	922	00:02:07	625	00:31:50	643	01:48:29	643	01:48:29	
644	989	Lois Epstein	694	00:11:49	652	00:04:52	488	00:53:55	1017	00:02:22	842	00:35:38	644	01:48:35	644	01:48:35	
645	1047	Cassie Collins	287	00:09:30	386	00:03:52	664	00:57:21	860	00:02:01	864	00:35:58	645	01:48:41	645	01:48:41	
646	1288	Mary Shreves	448	00:10:28	543	00:04:25	661	00:57:14	742	00:01:49	796	00:34:46	646	01:48:42	646	01:48:42	
647	471	Dawn Bird	218	00:08:59	1048	00:07:26	817	01:00:34	1244	00:03:55	312	00:27:50	647	01:48:43	647	01:48:43	
648	960	Lois Olson	1091	00:14:51	528	00:04:22	340	00:51:21	479	00:01:29	904	00:36:41	648	01:48:43	648	01:48:43	
649	1437	Kimberly Mack	142	00:08:24	291	00:03:32	838	01:01:06	678	00:01:44	753	00:34:02	649	01:48:46	649	01:48:46	
650	159	Debbi Heinen	894	00:13:07	405	00:03:57	628	00:56:33	198	00:01:05	759	00:34:08	650	01:48:48	650	01:48:48	

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FINAL RESULTS

OV'Al Place	NO.	NAME	Swim Pl	SWIM Split	T1 Pl	T1 split	Bike Pl	BIKE Split	T2 PL	T2 Split	Run Pl	RUN split	Raw PL	Raw TIME	Ov1 Pl	Overall Time	Pen- alty
651	943	Susan Halvor	571	00:11:06	763	00:05:22	671	00:57:29	486	00:01:29	726	00:33:32	651	01:48:57	651	01:48:57	
652	1024	Jennifer Slaughte	200	00:08:51	595	00:04:36	470	00:53:36	993	00:02:19	1008	00:39:42	652	01:49:03	652	01:49:03	
653	962	Colleen Newgaard	1098	00:14:58	548	00:04:27	748	00:59:03	439	00:01:26	438	00:29:25	653	01:49:17	653	01:49:17	
654	1384	Kelly Day	442	00:10:26	812	00:05:36	794	00:59:59	965	00:02:15	571	00:31:03	654	01:49:17	654	01:49:17	
655	234	Jonel Schenk	464	00:10:33	396	00:03:55	708	00:58:12	78	00:00:50	857	00:35:51	655	01:49:20	655	01:49:20	
656	1306	Kristen Ratcliffe	250	00:09:13	498	00:04:16	910	01:02:54	318	00:01:17	620	00:31:44	656	01:49:23	656	01:49:23	
657	743	Angela Johnson	838	00:12:44	902	00:06:09	725	00:58:39	220	00:01:08	549	00:30:46	657	01:49:24	657	01:49:24	
658	275	Susan Greer	908	00:13:14	946	00:06:28	581	00:55:31	580	00:01:36	676	00:32:41	659	01:49:29	658	01:49:29	
659	1230	Jennifer Comeau	776	00:12:18	452	00:04:06	550	00:54:56	938	00:02:10	871	00:36:02	660	01:49:30	659	01:49:30	
660	1229	Kyndall Carey	773	00:12:16	596	00:04:36	981	01:04:43	529	00:01:31	209	00:26:25	661	01:49:31	660	01:49:31	
661	1491	Janet Petersen	984	00:13:53	514	00:04:19	513	00:54:21	603	00:01:37	834	00:35:26	662	01:49:34	661	01:49:34	
662	662	Carol Kleckner	822	00:12:35	705	00:05:03	813	01:00:27	221	00:01:08	519	00:30:24	663	01:49:36	662	01:49:36	
663	731	Emily Lescak	987	00:13:55	371	00:03:50	733	00:58:45	125	00:00:57	656	00:32:15	664	01:49:40	663	01:49:40	
664	1311	Jessica Skripps	538	00:10:56	311	00:03:34	729	00:58:44	489	00:01:29	805	00:35:03	665	01:49:45	664	01:49:45	
665	161	Jeanne Fischer	1106	00:15:04	432	00:04:03	667	00:57:25	208	00:01:06	649	00:32:10	666	01:49:47	665	01:49:47	
666	605	Terilyn Lawson	327	00:09:47	683	00:04:59	831	01:01:01	516	00:01:31	673	00:32:34	667	01:49:51	666	01:49:51	
667	1100	Alicia Marvin	600	00:11:15	328	00:03:39	575	00:55:21	671	00:01:43	947	00:37:55	668	01:49:52	667	01:49:52	
668	623	Elizabeth Miller	1071	00:14:35	588	00:04:34	429	00:52:56	844	00:02:00	856	00:35:50	669	01:49:53	668	01:49:53	
669	730	Joanne Ballagh	607	00:11:16	1108	00:08:21	574	00:55:21	600	00:01:37	716	00:33:21	670	01:49:53	669	01:49:53	
670	567	Kathy Keck	128	00:08:17	1107	00:08:15	833	01:01:02	828	00:01:58	522	00:30:26	671	01:49:58	670	01:49:58	
671	169	Pamela Burlingame	465	00:10:33	1074	00:07:45	588	00:55:39	1073	00:02:34	723	00:33:31	672	01:49:59	671	01:49:59	
672	572	Tanya Engle	1022	00:14:15	1060	00:07:35	543	00:54:48	864	00:02:01	593	00:31:21	673	01:49:59	672	01:49:59	
673	384	Delynn James	965	00:13:45	1027	00:07:11	381	00:52:05	635	00:01:40	833	00:35:24	674	01:50:03	673	01:50:03	
674	646	Rosemary Hill	890	00:13:05	519	00:04:21	568	00:55:10	277	00:01:13	887	00:36:20	675	01:50:08	674	01:50:08	
675	1278	Jennifer Ballinge	940	00:13:33	675	00:04:57	518	00:54:25	1028	00:02:24	798	00:34:52	676	01:50:11	675	01:50:11	
676	613	Jessica Badgley	792	00:12:23	896	00:06:08	690	00:57:45	454	00:01:27	669	00:32:31	677	01:50:12	676	01:50:12	
677	179	Missy Anderson	338	00:09:51	642	00:04:48	754	00:59:09	1270	00:05:11	585	00:31:15	678	01:50:12	677	01:50:12	
678	810	Ruth Carter	52	00:07:20	782	00:05:26	296	00:50:37	1111	00:02:42	1136	00:44:11	679	01:50:14	678	01:50:14	
679	217	Jennifer Tuttle	1020	00:14:12	393	00:03:54	906	01:02:51	37	00:00:42	375	00:28:37	680	01:50:15	679	01:50:15	
680	135	Diane Barnett	925	00:13:23	911	00:06:12	482	00:53:50	235	00:01:09	848	00:35:43	681	01:50:16	680	01:50:16	
681	998	Tiffany Flowers	568	00:11:05	621	00:04:43	856	01:01:32	342	00:01:19	617	00:31:41	682	01:50:19	681	01:50:19	
682	1486	Alma Hill	676	00:11:43	838	00:05:45	905	01:02:50	930	00:02:08	326	00:27:59	683	01:50:25	682	01:50:25	
683	954	Lynn Botwinick	1077	00:14:38	1200	00:10:45	317	00:50:50	459	00:01:27	684	00:32:47	684	01:50:25	683	01:50:25	
684	794	Amy Hollon	786	00:12:21	1140	00:08:42	642	00:56:49	411	00:01:23	587	00:31:16	685	01:50:30	684	01:50:30	
685	1308	Kalena Weimer	793	00:12:23	355	00:03:45	880	01:02:18	249	00:01:11	559	00:30:54	686	01:50:30	685	01:50:30	
686	750	Marci Cartier	1253	00:18:59	731	00:05:12	465	00:53:29	1167	00:02:59	469	00:29:51	687	01:50:30	686	01:50:30	
687	56	Chasity Huddleston	1114	00:15:14	424	00:04:02	535	00:54:39	1079	00:02:34	757	00:34:04	688	01:50:32	687	01:50:32	
688	1432	Nicole Clark	713	00:11:56	754	00:05:19	823	01:00:45	789	00:01:54	541	00:30:43	689	01:50:36	688	01:50:36	
689	690	Angela McKee	500	00:10:44	1092	00:08:03	722	00:58:35	650	00:01:41	611	00:31:36	690	01:50:38	689	01:50:38	
690	1312	Susanna Kelly	910	00:13:15	778	00:05:25	474	00:53:42	1177	00:03:04	818	00:35:15	691	01:50:40	690	01:50:40	
691	699	Caroline Hogan	906	00:13:13	807	00:05:35	887	01:02:30	1009	00:02:21	257	00:27:05	692	01:50:42	691	01:50:42	
692	1264	Jan Darch	1127	00:15:22	329	00:03:39	460	00:53:23	730	00:01:48	898	00:36:33	694	01:50:45	692	01:50:45	
693	1291	Nancy Jones	444	00:10:27	440	00:04:04	327	00:51:02	1061	00:02:31	1100	00:42:42	695	01:50:45	693	01:50:45	
694	1347	Katherine Tompkin	498	00:10:43	762	00:05:21	580	00:55:31	403	00:01:23	949	00:37:57	696	01:50:53	694	01:50:53	
695	1055	Jennie Perry	738	00:12:03	494	00:04:16	601	00:55:54	440	00:01:26	925	00:37:16	697	01:50:54	695	01:50:54	
696	1391	Lisa Venner-Gill	1192	00:16:46	567	00:04:30	415	00:52:40	1060	00:02:30	786	00:34:31	698	01:50:56	696	01:50:56	
697	684	Olivia Heath	899	00:13:09	1155	00:09:01	485	00:53:51	685	00:01:44	710	00:33:18	699	01:51:02	697	01:51:02	
698	952	Anita Wright	947	00:13:38	592	00:04:36	586	00:55:34	1196	00:03:18	747	00:33:57	700	01:51:02	698	01:51:02	
699	514	Sophie Wenzel	781	00:12:19	461	00:04:08	694	00:57:51	148	00:01:00	853	00:35:49	701	01:51:06	699	01:51:06	
700	487	Kristen Kuehl	646	00:11:33	1038	00:07:20	798	01:00:12	768	00:01:52	505	00:30:11	702	01:51:06	700	01:51:06	

Gold Nugget Triathlon ANCHORAGE, ALASKA
05/15/2011
Timing and Results by Up and Running Event Management
FINAL RESULTS

OV'Al Place	NO.	NAME	Swim Pl	SWIM Split	T1 Pl	T1 split	Bike Pl	BIKE Split	T2 PL	T2 Split	Run Pl	RUN split	Raw PL	Raw TIME	OVl Pl	Overall Time	Pen- alty
701	166	Lisa Butler	831	00:12:38	869	00:05:57	719	00:58:31	312	00:01:17	683	00:32:46	703	01:51:06	701	01:51:06	
702	70	Laura Asbell	588	00:11:12	576	00:04:32	909	01:02:54	468	00:01:27	575	00:31:05	704	01:51:09	702	01:51:09	
703	919	Michelle Pitner	743	00:12:07	489	00:04:15	595	00:55:43	471	00:01:28	940	00:37:41	705	01:51:12	703	01:51:12	
704	685	Kate Beecroft	11	00:06:38	1165	00:09:26	652	00:57:03	543	00:01:33	901	00:36:35	706	01:51:13	704	01:51:13	
705	433	Renata Milatova	659	00:11:38	798	00:05:31	779	00:59:44	151	00:01:00	720	00:33:24	707	01:51:16	705	01:51:16	
706	519	Alicia Smith	403	00:10:12	445	00:04:05	592	00:55:41	126	00:00:57	1025	00:40:24	708	01:51:17	706	01:51:17	
707	1362	Katie Sechrist	1237	00:18:24	555	00:04:27	555	00:55:01	517	00:01:31	634	00:31:57	709	01:51:19	707	01:51:19	
708	167	Mary Dickson	356	00:09:56	919	00:06:15	888	01:02:31	756	00:01:50	402	00:28:55	658	01:49:25	708	01:51:25	2:00
709	1180	Fiona Crowley	589	00:11:12	728	00:05:11	853	01:01:29	460	00:01:27	652	00:32:12	710	01:51:30	709	01:51:30	
710	1464	Stephanie Galbrai	846	00:12:46	524	00:04:21	735	00:58:50	1109	00:02:41	695	00:33:02	711	01:51:40	710	01:51:40	
711	549	Sarah Peters	662	00:11:40	930	00:06:19	899	01:02:44	629	00:01:39	429	00:29:21	712	01:51:42	711	01:51:42	
712	1023	Jessica Eason	196	00:08:50	994	00:06:46	696	00:57:58	597	00:01:37	903	00:36:37	713	01:51:47	712	01:51:47	
713	808	Wendy Heck	366	00:09:58	1145	00:08:50	241	00:49:29	1181	00:03:09	1028	00:40:27	714	01:51:52	713	01:51:52	
714	955	Jenny Moore	385	00:10:07	801	00:05:32	796	01:00:01	813	00:01:57	772	00:34:19	715	01:51:54	714	01:51:54	
715	1084	Kristine Nelson	177	00:08:41	957	00:06:31	704	00:58:06	1040	00:02:26	881	00:36:12	716	01:51:55	715	01:51:55	
716	1315	Megan Lenorman	65	00:07:34	344	00:03:42	730	00:58:44	514	00:01:31	1026	00:40:26	717	01:51:56	716	01:51:56	
717	411	Lauren Gaither	521	00:10:51	676	00:04:57	1044	01:06:44	72	00:00:50	378	00:28:38	718	01:51:59	717	01:51:59	
718	432	Suzanne Alioto	296	00:09:34	655	00:04:53	904	01:02:47	195	00:01:05	735	00:33:43	719	01:52:01	718	01:52:01	
719	894	Lu Gallego	601	00:11:15	216	00:03:17	701	00:58:02	340	00:01:18	962	00:38:11	720	01:52:02	719	01:52:02	
720	377	Kelli Powers	782	00:12:19	659	00:04:54	818	01:00:34	181	00:01:04	706	00:33:13	721	01:52:03	720	01:52:03	
721	1044	Ariel Olson	496	00:10:42	628	00:04:44	681	00:57:41	1233	00:03:41	824	00:35:18	722	01:52:04	721	01:52:04	
722	1013	Rachel Glaister	627	00:11:26	173	00:03:02	766	00:59:24	493	00:01:30	907	00:36:46	723	01:52:06	722	01:52:06	
723	1207	Julie Kane	891	00:13:05	698	00:05:02	695	00:57:52	1141	00:02:49	712	00:33:19	724	01:52:07	723	01:52:07	
724	1342	Makenna Rhodes	15	00:06:44	980	00:06:39	921	01:03:05	433	00:01:25	767	00:34:15	725	01:52:08	724	01:52:08	
725	308	Rachel Faria	1023	00:14:15	870	00:05:57	471	00:53:39	395	00:01:22	917	00:37:01	726	01:52:12	725	01:52:12	
726	1403	Nicole Knox	849	00:12:48	438	00:04:03	774	00:59:36	908	00:02:06	732	00:33:41	727	01:52:13	726	01:52:13	
727	668	Cheryl Milline	1210	00:17:15	901	00:06:09	750	00:59:04	385	00:01:21	364	00:28:29	728	01:52:16	727	01:52:16	
728	936	Elizabeth Baltens	566	00:11:04	1141	00:08:45	755	00:59:13	1217	00:03:27	478	00:29:55	729	01:52:23	728	01:52:23	
729	1015	Holly Bjerke	581	00:11:10	764	00:05:22	751	00:59:05	1051	00:02:29	773	00:34:20	730	01:52:24	729	01:52:24	
730	242	April McClain	777	00:12:18	912	00:06:12	770	00:59:29	745	00:01:50	674	00:32:38	731	01:52:25	730	01:52:25	
731	469	Martha Beavers	683	00:11:45	865	00:05:55	648	00:56:59	1067	00:02:32	827	00:35:21	732	01:52:31	731	01:52:31	
732	52	Trudy Keller	628	00:11:26	619	00:04:42	792	00:59:55	62	00:00:47	849	00:35:44	733	01:52:32	732	01:52:32	
733	449	Jeanette Bulaong	1085	00:14:45	772	00:05:24	971	01:04:23	118	00:00:56	268	00:27:12	734	01:52:39	733	01:52:39	
734	116	Sandra Miller	985	00:13:53	464	00:04:08	455	00:53:20	76	00:00:50	1031	00:40:30	735	01:52:40	734	01:52:40	
735	283	Kristina Talbert	811	00:12:32	1084	00:07:56	636	00:56:39	392	00:01:22	763	00:34:13	736	01:52:40	735	01:52:40	
736	91	Valerie Brown	637	00:11:29	920	00:06:15	504	00:54:08	254	00:01:11	1005	00:39:41	737	01:52:43	736	01:52:43	
737	1147	Jessie Benedict	712	00:11:55	535	00:04:23	714	00:58:23	1262	00:04:34	604	00:31:30	693	01:50:44	737	01:52:44	2:00
738	742	Crystal Annett	1135	00:15:30	455	00:04:07	503	00:54:05	244	00:01:10	950	00:37:57	738	01:52:48	738	01:52:48	
739	1451	Kimberly Sledgist	856	00:12:50	253	00:03:24	662	00:57:15	690	00:01:45	941	00:37:41	740	01:52:54	739	01:52:54	
740	368	Kelly Merrick	1066	00:14:31	1042	00:07:23	390	00:52:18	417	00:01:24	929	00:37:22	741	01:52:55	740	01:52:55	
741	1086	Cierra Reynolds	938	00:13:32	479	00:04:12	941	01:03:39	672	00:01:43	479	00:29:55	742	01:53:00	741	01:53:00	
742	1183	Ashleigh Farris	427	00:10:19	908	00:06:10	653	00:57:04	1174	00:03:03	899	00:36:33	743	01:53:08	742	01:53:08	
743	881	Terry Slaven	1217	00:17:30	679	00:04:58	246	00:49:38	1080	00:02:34	974	00:38:30	744	01:53:08	743	01:53:08	
744	574	Rebecca Gall	816	00:12:33	752	00:05:19	678	00:57:39	562	00:01:34	875	00:36:07	745	01:53:12	744	01:53:12	
745	1171	Janet Kelly	623	00:11:25	711	00:05:04	584	00:55:34	978	00:02:16	990	00:38:55	746	01:53:13	745	01:53:13	
746	1107	Bonnie Smith	663	00:11:40	1072	00:07:44	629	00:56:33	1171	00:03:01	774	00:34:20	747	01:53:17	746	01:53:17	
747	1326	Heidi Zwiefel	765	00:12:13	312	00:03:34	778	00:59:44	1063	00:02:31	828	00:35:21	748	01:53:22	747	01:53:22	
748	327	Amanda Hegna	201	00:08:51	522	00:04:21	1126	01:10:37	171	00:01:03	367	00:28:32	749	01:53:23	748	01:53:23	
749	788	Nina Menghini	391	00:10:09	685	00:04:59	843	01:01:11	373	00:01:21	851	00:35:47	750	01:53:26	749	01:53:26	
750	596	Jessica Melchior	618	00:11:23	718	00:05:07	836	01:01:05	300	00:01:15	791	00:34:38	751	01:53:27	750	01:53:27	

Gold Nugget Triathlon ANCHORAGE, ALASKA
05/15/2011
Timing and Results by Up and Running Event Management
FINAL RESULTS

OV'Al Place	NO.	NAME	Swim Pl	SWIM Split	T1 Pl	T1 split	Bike Pl	BIKE Split	T2 PL	T2 Split	Run Pl	RUN split	Raw PL	Raw TIME	OVl Pl	Overall Time	Pen- alty
751	1087	Cydney Reynolds	660	00:11:38	969	00:06:35	943	01:03:40	688	00:01:44	475	00:29:54	752	01:53:31	751	01:53:31	
752	1119	Susan Luetters	1057	00:14:29	851	00:05:50	533	00:54:38	1110	00:02:42	862	00:35:54	753	01:53:32	752	01:53:32	
753	636	Lauri Lingafelt	787	00:12:21	824	00:05:40	651	00:57:03	263	00:01:12	926	00:37:17	754	01:53:32	753	01:53:32	
754	1422	Nicole Stopa	449	00:10:28	610	00:04:39	1110	01:09:11	702	00:01:46	285	00:27:32	755	01:53:35	754	01:53:35	
755	1338	Maria Ramirez	191	00:08:49	722	00:05:08	955	01:03:56	706	00:01:46	748	00:33:58	756	01:53:37	755	01:53:37	
756	835	Valerie Rettmann	324	00:09:46	456	00:04:07	427	00:52:53	1105	00:02:41	1137	00:44:13	757	01:53:39	756	01:53:39	
757	1424	Victoria Thorson	839	00:12:44	499	00:04:16	742	00:58:59	677	00:01:43	863	00:35:58	758	01:53:40	757	01:53:40	
758	310	Adriana Gardino	310	00:09:38	573	00:04:32	801	01:00:16	418	00:01:24	951	00:37:57	759	01:53:46	758	01:53:46	
759	648	Val McKenney	466	00:10:33	1011	00:06:56	566	00:55:09	505	00:01:30	1007	00:39:42	760	01:53:48	759	01:53:48	
760	1494	Vera Hershey	1255	00:19:08	827	00:05:41	745	00:59:01	1145	00:02:51	263	00:27:09	761	01:53:49	760	01:53:49	
761	1163	Lana Metcalf	697	00:11:50	482	00:04:13	768	00:59:27	504	00:01:30	910	00:36:50	762	01:53:50	761	01:53:50	
762	489	Lindsey Brown	867	00:12:54	1066	00:07:40	715	00:58:25	682	00:01:44	705	00:33:13	763	01:53:54	762	01:53:54	
763	488	Abi Brock	837	00:12:42	857	00:05:53	741	00:58:59	840	00:01:59	779	00:34:23	764	01:53:56	763	01:53:56	
764	1014	Alma John	322	00:09:45	773	00:05:24	1056	01:07:18	951	00:02:12	428	00:29:20	765	01:53:58	764	01:53:58	
765	191	Annette Pankoski	879	00:12:59	626	00:04:44	727	00:58:43	775	00:01:53	865	00:36:00	767	01:54:17	765	01:54:17	
766	189	Margorie Keene	1174	00:16:10	541	00:04:25	638	00:56:45	348	00:01:19	846	00:35:41	768	01:54:17	766	01:54:17	
767	462	Emily Lucy	980	00:13:52	878	00:06:00	917	01:03:01	547	00:01:33	480	00:29:55	769	01:54:20	767	01:54:20	
768	364	Keely Moon	1030	00:14:18	1153	00:09:00	604	00:56:01	918	00:01:07	701	00:33:06	770	01:54:31	768	01:54:31	
769	734	Cassandra Barsalo	602	00:11:15	713	00:05:05	911	01:02:54	396	00:01:22	749	00:33:59	771	01:54:33	769	01:54:33	
770	108	Jan Nofsinger	1015	00:14:09	785	00:05:27	915	01:03:00	54	00:00:46	583	00:31:14	772	01:54:35	770	01:54:35	
771	213	Elizabeth June	1133	00:15:29	511	00:04:19	870	01:01:57	332	00:01:18	613	00:31:39	773	01:54:40	771	01:54:40	
772	491	Jennifer Wingard	1137	00:15:31	453	00:04:07	763	00:59:20	1161	00:02:57	687	00:32:48	774	01:54:41	772	01:54:41	
773	1369	Jessica Rauchenst	1048	00:14:26	936	00:06:21	632	00:56:33	1173	00:03:03	775	00:34:20	775	01:54:42	773	01:54:42	
774	330	Luemma Balise	907	00:13:13	694	00:05:02	975	01:04:30	1053	00:02:29	449	00:29:33	776	01:54:46	774	01:54:46	
775	1145	Alexandra Kitchen	981	00:13:52	723	00:05:08	670	00:57:28	962	00:02:14	873	00:36:05	777	01:54:47	775	01:54:47	
776	163	Heather Brooks	590	00:11:12	973	00:06:36	705	00:58:07	591	00:01:36	826	00:35:19	739	01:52:49	776	01:54:49	2:00
777	673	Val Jokela	1082	00:14:41	613	00:04:40	795	01:00:00	617	00:01:38	746	00:33:57	778	01:54:55	777	01:54:55	
778	395	Holly Dean	546	00:10:58	1213	00:11:21	605	00:56:02	1258	00:04:21	657	00:32:16	779	01:54:56	778	01:54:56	
779	946	Anne Burr	916	00:13:19	484	00:04:14	877	01:02:15	308	00:01:16	742	00:33:54	780	01:54:57	779	01:54:57	
780	1417	Rebecca Perkins	100	00:07:56	365	00:03:48	1097	01:08:45	676	00:01:43	688	00:32:48	782	01:54:59	780	01:54:59	
781	767	Ashley Schaber	857	00:12:50	1065	00:07:39	898	01:02:41	683	00:01:44	499	00:30:08	783	01:55:01	781	01:55:01	
782	289	Amy Lucke	936	00:13:30	1116	00:08:24	655	00:57:04	969	00:02:15	738	00:33:49	784	01:55:01	782	01:55:01	
783	1266	Kathryn Winsor	914	00:13:17	805	00:05:34	775	00:59:37	1200	00:03:20	711	00:33:19	785	01:55:05	783	01:55:05	
784	1103	Kiana Farr	467	00:10:33	1068	00:07:41	746	00:59:01	674	00:01:43	877	00:36:08	786	01:55:06	784	01:55:06	
785	901	Heather Jensen	274	00:09:23	611	00:04:39	852	01:01:29	1001	00:02:20	928	00:37:20	787	01:55:09	785	01:55:09	
786	544	Katrina Moss	1130	00:15:26	629	00:04:45	776	00:59:37	389	00:01:22	754	00:34:02	788	01:55:10	786	01:55:10	
787	1375	Kimberly Halstead	539	00:10:56	1049	00:07:26	828	01:00:55	804	00:01:56	752	00:34:00	789	01:55:13	787	01:55:13	
788	215	Cristina Whitwort	482	00:10:38	1242	00:13:17	804	01:00:21	738	00:01:49	423	00:29:10	790	01:55:14	788	01:55:14	
789	1436	Kendra Remsen	404	00:10:12	500	00:04:16	835	01:01:05	717	00:01:47	952	00:37:57	791	01:55:17	789	01:55:17	
790	456	Dynasti Roark	1259	00:19:15	1139	00:08:40	611	00:56:11	794	00:01:55	432	00:29:22	792	01:55:21	790	01:55:21	
791	1146	Colleen Shendow	219	00:08:59	188	00:03:07	1133	01:10:56	679	00:01:44	542	00:30:43	793	01:55:28	791	01:55:28	
792	173	Maria Harmse	206	00:08:53	648	00:04:50	878	01:02:16	639	00:01:40	953	00:37:59	794	01:55:36	792	01:55:36	
793	800	Lena Lawhead	870	00:12:55	669	00:04:56	723	00:58:37	200	00:01:06	959	00:38:07	795	01:55:39	793	01:55:39	
794	522	Sarah Shoffstall	774	00:12:17	1134	00:08:37	790	00:59:53	283	00:01:14	731	00:33:40	796	01:55:39	794	01:55:39	
795	1076	Nicole McCormick	892	00:13:05	806	00:05:34	807	01:00:24	478	00:01:28	814	00:35:10	797	01:55:40	795	01:55:40	
796	288	Kirsten Johnson	1089	00:14:48	1164	00:09:25	691	00:57:46	805	00:01:56	623	00:31:48	798	01:55:42	796	01:55:42	
797	716	Crystal Miller	982	00:13:52	544	00:04:26	683	00:57:41	265	00:01:12	977	00:38:32	799	01:55:42	797	01:55:42	
798	787	Jeannette Shiffle	858	00:12:50	970	00:06:35	644	00:56:51	362	00:01:20	961	00:38:08	800	01:55:43	798	01:55:43	
799	593	Natasha Sorenson	915	00:13:18	1070	00:07:42	871	01:01:59	790	00:01:54	558	00:30:52	801	01:55:44	799	01:55:44	
800	717	Pamela Kauveyaku	489	00:10:40	1058	00:07:34	873	01:02:07	520	00:01:31	745	00:33:55	802	01:55:46	800	01:55:46	

Gold Nugget Triathlon ANCHORAGE, ALASKA
05/15/2011
Timing and Results by Up and Running Event Management
FINAL RESULTS

OV'Al Place	NO.	NAME	Swim Pl	SWIM Split	T1 Pl	T1 split	Bike Pl	BIKE Split	T2 PL	T2 Split	Run Pl	RUN split	Raw PL	Raw TIME	OV1 Pl	Overall Time	Pen- alty
801	1485	Mary Groot Bluemi	1250	00:18:55	831	00:05:42	432	00:53:00	737	00:01:49	891	00:36:23	803	01:55:47	801	01:55:47	
802	1049	Lori Olson	479	00:10:36	597	00:04:36	646	00:56:57	980	00:02:16	1068	00:41:27	804	01:55:52	802	01:55:52	
803	534	Joyce McCollum	714	00:11:56	997	00:06:48	781	00:59:46	1212	00:03:25	750	00:33:59	805	01:55:52	803	01:55:52	
804	1190	Brenda Johanson	582	00:11:10	1197	00:10:42	791	00:59:54	1144	00:02:51	588	00:31:17	806	01:55:53	804	01:55:53	
805	252	Kristila Gardner	1039	00:14:23	1071	00:07:43	883	01:02:23	404	00:01:23	491	00:30:02	807	01:55:53	805	01:55:53	
806	455	Alexis Traxinger	956	00:13:42	689	00:05:01	944	01:03:42	576	00:01:35	632	00:31:55	808	01:55:55	806	01:55:55	
807	667	Gayle Martin	490	00:10:40	1174	00:09:49	707	00:58:10	1223	00:03:35	734	00:33:43	809	01:55:56	807	01:55:56	
808	140	Alison Bradley	1149	00:15:41	859	00:05:54	882	01:02:23	155	00:01:01	567	00:31:02	810	01:55:59	808	01:55:59	
809	244	Jennifer Benda	1243	00:18:39	703	00:05:03	448	00:53:14	808	00:01:56	922	00:37:09	811	01:56:00	809	01:56:00	
810	561	Amy Hart	330	00:09:48	1123	00:08:32	961	01:04:07	732	00:01:48	628	00:31:53	812	01:56:08	810	01:56:08	
811	976	Camryn Williams	30	00:06:59	100	00:02:39	1046	01:06:52	141	00:00:59	986	00:38:45	813	01:56:13	811	01:56:13	
812	1041	Kathy McArthur	664	00:11:40	1010	00:06:55	537	00:54:41	1062	00:02:31	973	00:38:29	766	01:54:14	812	01:56:14	2:00
813	523	Leisa Deyarmon	794	00:12:23	767	00:05:23	797	01:00:12	490	00:01:29	913	00:36:53	814	01:56:19	813	01:56:19	
814	1126	Michelle Smith	757	00:12:11	164	00:02:58	896	01:02:38	431	00:01:25	921	00:37:09	815	01:56:20	814	01:56:20	
815	1056	Naomi Barker	591	00:11:12	828	00:05:41	918	01:03:02	694	00:01:45	795	00:34:46	816	01:56:25	815	01:56:25	
816	1435	Sara Jokela	715	00:11:56	915	00:06:14	829	01:00:58	859	00:02:01	825	00:35:19	817	01:56:27	816	01:56:27	
817	884	Kim Brown	1247	00:18:47	989	00:06:43	577	00:55:28	1160	00:02:57	675	00:32:38	818	01:56:32	817	01:56:32	
818	231	Casey King	1150	00:15:42	529	00:04:22	824	01:00:47	264	00:01:12	785	00:34:30	819	01:56:33	818	01:56:33	
819	520	Ashley Swanson	423	00:10:18	1097	00:08:07	767	00:59:24	555	00:01:34	927	00:37:17	820	01:56:38	819	01:56:38	
820	392	Jennie Sodergren	417	00:10:16	847	00:05:50	914	01:02:59	494	00:01:30	880	00:36:10	821	01:56:43	820	01:56:43	
821	1404	Ann Jennings	631	00:11:27	1122	00:08:30	739	00:58:57	734	00:01:49	866	00:36:01	822	01:56:43	821	01:56:43	
822	1069	Allison Devine	209	00:08:55	366	00:03:42	1060	01:07:36	273	00:01:13	815	00:35:12	823	01:56:43	822	01:56:43	
823	261	Dale Kodama	761	00:12:12	1144	00:08:48	837	01:01:05	441	00:01:26	708	00:33:16	824	01:56:46	823	01:56:46	
824	1276	Kathleen Adams	868	00:12:54	409	00:03:57	608	00:56:05	648	00:01:41	1086	00:42:10	825	01:56:46	824	01:56:46	
825	1215	Elizabeth Matthew	840	00:12:44	783	00:05:26	998	01:05:09	378	00:01:21	647	00:32:10	826	01:56:49	825	01:56:49	
826	1245	Samantha Tocchini	223	00:09:01	602	00:04:37	1098	01:08:51	866	00:02:02	667	00:32:27	827	01:56:57	826	01:56:57	
827	1337	Anne Johnson	1055	00:14:28	888	00:06:04	897	01:02:41	1069	00:02:33	424	00:29:12	781	01:54:58	827	01:56:58	2:00
828	1469	Christine Peterse	126	00:08:16	844	00:05:48	1103	01:09:00	780	00:01:53	638	00:32:02	828	01:56:58	828	01:56:58	
829	1285	Karen Lawton	1049	00:14:26	954	00:06:30	525	00:54:31	1250	00:04:06	938	00:37:37	829	01:57:09	829	01:57:09	
830	682	Taylor Wilson	204	00:08:52	1082	00:07:51	968	01:04:22	891	00:02:04	755	00:34:03	830	01:57:10	830	01:57:10	
831	301	Michele Coad	893	00:13:06	1110	00:08:21	721	00:58:35	365	00:01:20	854	00:35:49	831	01:57:10	831	01:57:10	
832	200	Cierra Sharp	33	00:07:02	791	00:05:28	1040	01:06:37	164	00:01:02	918	00:37:04	832	01:57:12	832	01:57:12	
833	1470	Paige Abernathy	117	00:08:10	1132	00:08:36	954	01:03:56	1271	00:05:13	595	00:31:23	833	01:57:17	833	01:57:17	
834	525	Deborah Hentges	1084	00:14:43	570	00:04:31	676	00:57:36	1260	00:04:27	869	00:36:01	834	01:57:18	834	01:57:18	
835	1063	Cara Housh	871	00:12:55	394	00:03:54	783	00:59:47	769	00:01:52	988	00:38:53	835	01:57:19	835	01:57:19	
836	378	Valerie Watkins	990	00:13:56	1032	00:07:14	747	00:59:01	1135	00:02:48	778	00:34:22	836	01:57:20	836	01:57:20	
837	1003	Emily Rosenfield	1007	00:14:04	813	00:05:36	989	01:04:52	896	00:02:04	551	00:30:47	837	01:57:23	837	01:57:23	
838	87	Deborah Corral	677	00:11:43	531	00:04:23	591	00:55:40	99	00:00:54	1145	00:44:45	838	01:57:24	838	01:57:24	
839	1352	Kyra Meyer	526	00:10:53	928	00:06:18	1011	01:05:38	1147	00:02:52	621	00:31:45	839	01:57:25	839	01:57:25	
840	206	Angeline Ebnet	81	00:07:44	560	00:04:29	1030	01:06:28	274	00:01:13	936	00:37:36	840	01:57:28	840	01:57:28	
841	1033	Carla Williams	540	00:10:56	317	00:03:35	606	00:56:04	510	00:01:31	1162	00:45:24	841	01:57:29	841	01:57:29	
842	287	Kara De Armond	603	00:11:15	1206	00:10:57	496	00:54:01	1277	00:05:50	839	00:35:29	842	01:57:31	842	01:57:31	
843	1476	Tayvia Wright	613	00:11:20	351	00:03:44	582	00:55:31	973	00:02:16	1144	00:44:42	843	01:57:32	843	01:57:32	
844	1131	Ripple Sato	59	00:07:26	995	00:06:46	990	01:04:55	519	00:01:31	916	00:36:55	844	01:57:32	844	01:57:32	
845	588	Tracy Lohman	583	00:11:10	1006	00:06:53	773	00:59:32	1031	00:02:24	937	00:37:36	845	01:57:34	845	01:57:34	
846	795	Elaina Hveding	263	00:09:17	882	00:06:02	567	00:55:09	1185	00:03:11	1130	00:43:57	846	01:57:35	846	01:57:35	
847	316	Julie Holden	732	00:12:02	604	00:04:38	985	01:04:46	345	00:01:19	802	00:34:54	847	01:57:37	847	01:57:37	
848	501	Cora Berbig	1058	00:14:29	842	00:05:47	1076	01:08:01	288	00:01:14	337	00:28:09	848	01:57:39	848	01:57:39	
849	857	Cassandra Rense	552	00:10:59	848	00:05:50	626	00:56:30	1041	00:02:26	1084	00:42:06	849	01:57:51	849	01:57:51	
850	23	Stacy Thompson	1179	00:16:27	977	00:06:38	842	01:01:11	921	00:02:07	605	00:31:31	850	01:57:53	850	01:57:53	

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FINAL RESULTS

OV'Al Place	NO.	NAME	Swim Pl	SWIM Split	T1 Pl	T1 split	Bike Pl	BIKE Split	T2 PL	T2 Split	Run Pl	RUN split	Raw PL	Raw TIME	Ov1 Pl	Overall Time	Pen- alty
851	1324	Shannon Hoffbeck	1034	00:14:21	287	00:03:31	929	01:03:15	443	00:01:26	830	00:35:22	851	01:57:54	851	01:57:54	
852	249	Myrna Jensen	1101	00:15:01	656	00:04:53	1024	01:06:07	397	00:01:22	540	00:30:42	852	01:58:04	852	01:58:04	
853	1406	Judy Thompson	766	00:12:13	937	00:06:21	740	00:58:59	874	00:02:02	975	00:38:31	853	01:58:05	853	01:58:05	
854	746	Kenya Pace	405	00:10:12	509	00:04:19	886	01:02:29	294	00:01:15	1015	00:39:56	854	01:58:10	854	01:58:10	
855	181	Katharine Lafores	669	00:11:41	849	00:05:50	808	01:00:25	1183	00:03:10	919	00:37:05	855	01:58:10	855	01:58:10	
856	126	Luann Piccard	371	00:11:00	696	00:05:02	716	00:58:27	228	00:01:09	1121	00:43:39	856	01:58:15	856	01:58:15	
857	1040	Maureen McGlone	544	00:10:57	834	00:05:44	650	00:57:01	885	00:02:03	1097	00:42:33	857	01:58:17	857	01:58:17	
858	472	Laura Richardson	834	00:12:40	916	00:06:14	639	00:56:47	904	00:02:05	1033	00:40:35	858	01:58:19	858	01:58:19	
859	339	Maddy Moore	572	00:11:06	868	00:05:56	1151	01:12:04	103	00:00:54	361	00:28:27	859	01:58:26	859	01:58:26	
860	1396	Deborah Warner	168	00:08:36	749	00:05:18	862	01:01:40	974	00:02:16	1036	00:40:38	860	01:58:26	860	01:58:26	
861	1219	Riann Anderson	1012	00:14:08	448	00:04:05	859	01:01:35	458	00:01:27	923	00:37:14	861	01:58:27	861	01:58:27	
862	494	Amy Hagan	169	00:08:36	1047	00:07:26	923	01:03:06	304	00:01:16	960	00:38:07	862	01:58:29	862	01:58:29	
863	1204	Lynnette Warren	1185	00:16:35	1112	00:08:22	312	00:50:47	1045	00:02:27	1027	00:40:27	863	01:58:38	863	01:58:38	
864	351	Laura Rose	661	00:11:39	921	00:06:16	845	01:01:17	178	00:01:04	971	00:38:24	864	01:58:38	864	01:58:38	
865	828	Sarah Nicholson	716	00:11:56	1126	00:08:34	960	01:04:06	310	00:01:16	696	00:33:02	865	01:58:53	865	01:58:53	
866	967	Liz Rohloff	239	00:09:09	1015	00:07:00	822	01:00:44	331	00:01:18	1045	00:40:52	866	01:59:02	866	01:59:02	
867	1018	Khara Hood	1103	00:15:03	979	00:06:39	759	00:59:17	1032	00:02:25	847	00:35:41	867	01:59:03	867	01:59:03	
868	617	Carly Dennis	823	00:12:35	738	00:05:16	999	01:05:10	258	00:01:12	799	00:34:53	868	01:59:05	868	01:59:05	
869	710	Elizabeth Shen	827	00:12:37	736	00:05:15	1002	01:05:11	250	00:01:11	806	00:35:04	869	01:59:16	869	01:59:16	
870	236	Jill Singleton	634	00:11:28	1170	00:09:41	951	01:03:51	326	00:01:18	697	00:33:02	870	01:59:18	870	01:59:18	
871	675	Stephanie Burchel	1182	00:16:32	926	00:06:17	912	01:02:57	991	00:02:19	586	00:31:15	871	01:59:19	871	01:59:19	
872	399	Ellie Farmer	1183	00:16:33	254	00:03:25	832	01:01:02	137	00:00:59	930	00:37:25	872	01:59:22	872	01:59:22	
873	1395	Charla Lee	1052	00:14:27	715	00:05:05	645	00:56:55	703	00:01:46	1060	00:41:11	873	01:59:23	873	01:59:23	
874	347	Marta Mueller	1278	00:21:33	1115	00:08:24	388	00:52:12	1248	00:04:05	703	00:33:11	874	01:59:23	874	01:59:23	
875	834	Aimee Rathbun	37	00:07:06	404	00:03:57	964	01:04:14	1208	00:03:22	1043	00:40:48	875	01:59:25	875	01:59:25	
876	1222	Kandis Price	974	00:13:49	525	00:04:21	839	01:01:06	842	00:01:59	967	00:38:20	876	01:59:35	876	01:59:35	
877	1059	Jodi Kay	1115	00:15:14	475	00:04:11	519	00:54:26	841	00:01:59	1128	00:43:48	877	01:59:38	877	01:59:38	
878	1418	Catherine McLaugh	836	00:12:41	899	00:06:08	1057	01:07:29	836	00:01:59	597	00:31:24	878	01:59:39	878	01:59:39	
879	875	Tobi Ashby Dunham	297	00:09:34	953	00:06:30	993	01:04:57	757	00:01:50	908	00:36:49	879	01:59:39	879	01:59:39	
880	380	Kristie Cranor	614	00:11:20	1057	00:07:31	556	00:55:02	961	00:02:14	1119	00:43:35	880	01:59:40	880	01:59:40	
881	1070	Allison Tyner	1069	00:14:33	932	00:06:19	1005	01:05:17	374	00:01:21	653	00:32:12	881	01:59:41	881	01:59:41	
882	1319	Aleshia Quennell	398	00:10:10	579	00:04:32	875	01:02:14	604	00:01:37	1061	00:41:11	882	01:59:44	882	01:59:44	
883	121	Catherine Adams	762	00:12:12	639	00:04:47	826	01:00:54	95	00:00:53	1052	00:40:59	883	01:59:44	883	01:59:44	
884	1241	Jessica Williams	963	00:13:44	1113	00:08:22	865	01:01:44	944	00:02:11	736	00:33:44	884	01:59:44	884	01:59:44	
885	1034	Kari Dupree	1242	00:18:37	1016	00:07:00	769	00:59:27	1103	00:02:40	650	00:32:11	885	01:59:54	885	01:59:54	
886	136	Cara Bethe	1104	00:15:03	1036	00:07:18	1051	01:07:05	191	00:01:05	442	00:29:27	886	01:59:56	886	01:59:56	
887	931	Roneille Modaffar	1209	00:17:11	1067	00:07:40	688	00:57:43	1179	00:03:06	776	00:34:21	887	01:59:59	887	01:59:59	
888	880	Lynn Hallford	1227	00:18:04	1022	00:07:07	444	00:53:11	1204	00:03:20	968	00:38:21	888	02:00:01	888	02:00:01	
889	618	Barbara Adams	733	00:12:02	958	00:06:31	809	01:00:25	521	00:01:31	1002	00:39:35	889	02:00:02	889	02:00:02	
890	1132	Meagan Bauer	38	00:07:06	1148	00:08:53	1192	01:15:11	861	00:02:01	242	00:26:53	890	02:00:03	890	02:00:03	
891	635	Lorelei Cuthbert	960	00:13:43	1090	00:08:02	926	01:03:12	1094	00:02:37	671	00:32:34	891	02:00:06	891	02:00:06	
892	995	Lindsey Hovden	501	00:10:44	822	00:05:39	920	01:03:04	330	00:01:18	999	00:39:27	892	02:00:11	892	02:00:11	
893	32	Kristina Swanson	1099	00:14:58	1171	00:09:44	788	00:59:52	1039	00:02:26	707	00:33:15	893	02:00:15	893	02:00:15	
894	645	Mary Ellen Summer	797	00:12:25	1043	00:07:23	890	01:02:31	911	00:02:06	860	00:35:52	894	02:00:16	894	02:00:16	
895	223	Robin Bowers	1236	00:18:23	1205	00:10:56	711	00:58:18	338	00:01:18	599	00:31:25	895	02:00:18	895	02:00:18	
896	974	Mary Burr	832	00:12:38	549	00:04:27	1079	01:08:11	257	00:01:12	741	00:33:54	896	02:00:20	896	02:00:20	
897	332	Madeleine Oakley	12	00:06:39	845	00:05:49	1191	01:15:04	296	00:01:15	606	00:31:35	897	02:00:21	897	02:00:21	
898	265	Caryn Rea	706	00:11:54	766	00:05:23	731	00:58:44	868	00:02:02	1093	00:42:24	898	02:00:25	898	02:00:25	
899	313	Hayley Harris	824	00:12:35	863	00:05:55	927	01:03:13	377	00:01:21	931	00:37:28	899	02:00:30	899	02:00:30	
900	823	Barb Williams	159	00:08:32	804	00:05:34	785	00:59:49	426	00:01:24	1153	00:45:13	900	02:00:31	900	02:00:31	

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FINAL RESULTS

OV'Al Place	NO.	NAME	Swim Pl	SWIM Split	T1 Pl	T1 split	Bike Pl	BIKE Split	T2 PL	T2 Split	Run Pl	RUN split	Raw PL	Raw TIME	OV1 Pl	Overall Time	Pen- alty
901	769	Cynthia Franzen	458	00:10:32	677	00:04:57	1043	01:06:44	406	00:01:23	920	00:37:08	901	02:00:43	901	02:00:43	
902	1297	Jennifer Quimby	644	00:11:31	622	00:04:43	984	01:04:45	811	00:01:57	944	00:37:49	902	02:00:44	902	02:00:44	
903	858	Rosa Guerra	763	00:12:12	663	00:04:55	987	01:04:48	858	00:02:01	912	00:36:51	903	02:00:46	903	02:00:46	
904	337	Elizabeth Housh	39	00:07:08	716	00:05:07	1033	01:06:32	143	00:00:59	1055	00:41:02	904	02:00:47	904	02:00:47	
905	168	Nelda Dodge	1256	00:19:09	855	00:05:52	945	01:03:44	172	00:01:03	570	00:31:03	905	02:00:49	905	02:00:49	
906	186	Lara Lockard	118	00:08:10	562	00:04:30	959	01:04:03	346	00:01:19	1103	00:42:49	906	02:00:49	906	02:00:49	
907	1357	Sarah Smith	527	00:10:53	667	00:04:55	1111	01:09:12	643	00:01:40	761	00:34:10	907	02:00:50	907	02:00:50	
908	661	Jane Garrard	1109	00:15:10	877	00:06:00	900	01:02:45	658	00:01:41	821	00:35:16	908	02:00:51	908	02:00:51	
909	336	Sadie Newhouse	119	00:08:10	418	00:03:59	1156	01:12:09	113	00:00:55	844	00:35:39	909	02:00:52	909	02:00:52	
910	139	Merrileigh Boring	226	00:09:03	876	00:06:00	1145	01:11:39	201	00:01:06	699	00:33:06	910	02:00:52	910	02:00:52	
911	932	Jayne Markiewicz	917	00:13:19	971	00:06:35	762	00:59:20	901	00:02:05	1003	00:39:36	911	02:00:54	911	02:00:54	
912	57	Elizabeth Senaga	1138	00:15:32	678	00:04:57	760	00:59:18	270	00:01:13	1014	00:39:55	912	02:00:54	912	02:00:54	
913	250	Leslie Johnson	1190	00:16:41	967	00:06:34	771	00:59:31	829	00:01:59	885	00:36:15	913	02:00:58	913	02:00:58	
914	407	Laurie Edge	1004	00:14:02	1034	00:07:15	950	01:03:50	1044	00:02:27	722	00:33:26	914	02:00:59	914	02:00:59	
915	839	Teri Seward	456	00:10:31	1063	00:07:37	965	01:04:15	1052	00:02:29	883	00:36:13	915	02:01:04	915	02:01:04	
916	994	Lauren Devine	576	00:11:08	635	00:04:46	1171	01:13:19	630	00:01:39	512	00:30:17	916	02:01:08	916	02:01:08	
917	925	Tamsin Kurth	303	00:09:35	1243	00:13:18	834	01:01:02	832	00:01:59	823	00:35:18	917	02:01:11	917	02:01:11	
918	530	Stephanie McCoy	778	00:13:50	1054	00:07:30	928	01:03:13	647	00:01:41	807	00:35:04	918	02:01:16	918	02:01:16	
919	1228	Brittany Keener	966	00:13:45	1050	00:07:26	660	00:57:11	979	00:02:16	1037	00:40:39	919	02:01:16	919	02:01:16	
920	1108	Kimberly Mancuso	170	00:08:36	559	00:04:28	953	01:03:55	740	00:01:49	1098	00:42:37	920	02:01:25	920	02:01:25	
921	899	Kathleen Judy	1059	00:14:29	890	00:06:05	442	00:53:09	1209	00:03:23	1140	00:44:22	921	02:01:26	921	02:01:26	
922	259	Jenny Stucky	875	00:12:57	1173	00:09:48	973	01:04:27	1201	00:03:20	564	00:30:57	922	02:01:28	922	02:01:28	
923	737	Sonya Funaro	1064	00:14:30	940	00:06:24	1008	01:05:30	344	00:01:19	740	00:33:52	923	02:01:32	923	02:01:32	
924	905	Allison Snow	979	00:13:50	959	00:06:31	1025	01:06:07	466	00:01:27	728	00:33:37	924	02:01:32	924	02:01:32	
925	1138	Maya Carle	290	00:09:32	889	00:06:04	1086	01:08:19	622	00:01:38	870	00:36:02	925	02:01:34	925	02:01:34	
926	350	Carol Simmons	372	00:10:00	1181	00:10:08	799	01:00:13	1136	00:02:49	983	00:38:41	926	02:01:49	926	02:01:49	
927	977	Anna Trujillo	412	00:10:14	1031	00:07:13	699	00:58:01	670	00:01:43	1143	00:44:39	927	02:01:49	927	02:01:49	
928	1233	Chelsea Ryan	604	00:11:15	737	00:05:15	963	01:04:12	1076	00:02:34	979	00:38:34	928	02:01:49	928	02:01:49	
929	1232	April Katz	532	00:10:55	819	00:05:38	983	01:04:45	987	00:02:18	964	00:38:16	929	02:01:51	929	02:01:51	
930	279	Shannon Yates	926	00:13:23	1268	00:16:23	612	00:56:12	1122	00:02:45	718	00:33:21	930	02:02:02	930	02:02:02	
931	459	Anna King	1233	00:18:18	1101	00:08:09	895	01:02:37	953	00:02:13	555	00:30:50	931	02:02:06	931	02:02:06	
932	1143	Erin Cockreham	27	00:06:55	1075	00:07:45	1169	01:13:10	1056	00:02:30	624	00:31:49	932	02:02:07	932	02:02:07	
933	390	Ivonne Segura	1107	00:15:04	996	00:06:47	1093	01:08:32	301	00:01:16	537	00:30:40	933	02:02:16	933	02:02:16	
934	460	Jamie McElwain	379	00:10:04	349	00:03:44	1059	01:07:35	98	00:00:53	1016	00:40:01	934	02:02:16	934	02:02:16	
935	205	Annie Hoefler	671	00:11:42	612	00:04:40	913	01:02:57	117	00:00:56	1083	00:42:02	935	02:02:16	935	02:02:16	
936	370	Kendra Booth	1111	00:15:12	1160	00:09:17	846	01:01:19	1203	00:03:20	709	00:33:17	936	02:02:24	936	02:02:24	
937	1213	Mimi Allen	592	00:11:12	1146	00:08:50	956	01:03:56	1088	00:02:35	858	00:35:52	937	02:02:24	937	02:02:24	
938	928	Jeanne Hickman	752	00:12:10	712	00:05:04	620	00:56:22	698	00:01:45	1202	00:47:06	938	02:02:26	938	02:02:26	
939	1274	Teresa Blackmore	930	00:13:24	891	00:06:05	1071	01:07:53	605	00:01:37	727	00:33:33	939	02:02:31	939	02:02:31	
940	680	Tori Mejia	1017	00:14:10	850	00:05:50	720	00:58:32	1020	00:02:23	1072	00:41:42	940	02:02:36	940	02:02:36	
941	391	Stephanie Huseman	918	00:13:19	1078	00:07:48	1015	01:05:49	1023	00:02:23	713	00:33:20	941	02:02:38	941	02:02:38	
942	1057	Shannon King Haml	73	00:07:39	894	00:06:07	1160	01:12:22	830	00:01:59	788	00:34:34	942	02:02:39	942	02:02:39	
943	1379	Lisa Anderson	429	00:10:20	536	00:04:23	1081	01:08:12	707	00:01:46	958	00:38:04	943	02:02:44	943	02:02:44	
944	1401	Maureen Hansen	1083	00:14:42	787	00:05:27	874	01:02:12	1089	00:02:36	945	00:37:52	944	02:02:48	944	02:02:48	
945	318	Emily Jensen	1200	00:16:54	695	00:05:02	1004	01:05:17	114	00:00:55	794	00:34:42	945	02:02:48	945	02:02:48	
946	358	Anne Lanier	95	00:07:54	1143	00:08:47	986	01:04:47	474	00:01:28	1013	00:39:54	946	02:02:49	946	02:02:49	
947	1400	Janet Hepplewhite	1166	00:16:02	910	00:06:11	596	00:55:43	787	00:01:54	1107	00:43:02	947	02:02:51	947	02:02:51	
948	1201	Mary Holman	785	00:12:20	589	00:04:34	1062	01:07:42	1176	00:03:04	817	00:35:15	948	02:02:53	948	02:02:53	
949	92	Carole Comeau	874	00:12:56	990	00:06:44	674	00:57:33	449	00:01:26	1138	00:44:19	949	02:02:56	949	02:02:56	
950	708	Claudia Flaherty	1018	00:14:11	1161	00:09:20	665	00:57:21	1274	00:05:23	914	00:36:54	950	02:03:08	950	02:03:08	

Gold Nugget Triathlon ANCHORAGE, ALASKA
05/15/2011
Timing and Results by Up and Running Event Management
FINAL RESULTS

OV'Al Place	NO.	NAME	Swim Pl	SWIM Split	T1 Pl	T1 split	Bike Pl	BIKE Split	T2 PL	T2 Split	Run Pl	RUN split	Raw PL	Raw TIME	Ov1 Pl	Overall Time	Pen- alty
951	1137	Averie Wells	804	00:12:28	631	00:04:45	1088	01:08:23	546	00:01:33	868	00:36:01	951	02:03:10	951	02:03:10	
952	422	Christina Buchlei	1070	00:14:33	704	00:05:03	1113	01:09:22	487	00:01:29	682	00:32:45	952	02:03:11	952	02:03:11	
953	348	Angela Irvin	1088	00:14:47	1096	00:08:07	857	01:01:33	1149	00:02:54	859	00:35:52	953	02:03:11	953	02:03:11	
954	445	Marjory Christoff	454	00:10:30	951	00:06:30	1020	01:05:56	614	00:01:38	981	00:38:41	954	02:03:13	954	02:03:13	
955	849	Sarah Murray	83	00:07:45	949	00:06:29	1109	01:09:10	651	00:01:41	963	00:38:13	955	02:03:17	955	02:03:17	
956	458	Summer Dallman	533	00:10:55	947	00:06:28	1031	01:06:29	848	00:02:00	932	00:37:29	956	02:03:19	956	02:03:19	
957	1113	Keryl Hoffman	803	00:12:27	873	00:05:59	974	01:04:28	933	00:02:09	970	00:38:22	957	02:03:24	957	02:03:24	
958	85	Barbara Espeland	850	00:12:48	1003	00:06:51	765	00:59:23	165	00:01:02	1116	00:43:21	958	02:03:24	958	02:03:24	
959	375	Amanda Kailing	971	00:13:48	1259	00:15:04	743	00:59:00	1188	00:03:13	663	00:32:24	959	02:03:26	959	02:03:26	
960	692	Kate Abbott	949	00:13:39	1026	00:07:09	997	01:05:08	960	00:02:13	835	00:35:26	960	02:03:34	960	02:03:34	
961	706	Teresa Derrickson	1093	00:14:52	929	00:06:19	1150	01:11:59	537	00:01:32	409	00:28:58	961	02:03:38	961	02:03:38	
962	1328	Tasha Reynolds	1118	00:15:16	833	00:05:43	1009	01:05:35	786	00:01:54	819	00:35:15	962	02:03:41	962	02:03:41	
963	1458	Morgan Newhouse	351	00:09:54	706	00:05:03	1157	01:12:10	1019	00:02:22	764	00:34:14	963	02:03:42	963	02:03:42	
964	1413	Amber Finley	508	00:10:47	370	00:03:49	994	01:04:57	892	00:02:04	1085	00:42:08	964	02:03:44	964	02:03:44	
965	1474	Jennifer Gilhuly	541	00:10:56	707	00:05:03	840	01:01:07	1118	00:02:44	1129	00:43:56	965	02:03:45	965	02:03:45	
966	1048	Alice Hurn	173	00:08:38	668	00:04:56	1131	01:10:50	940	00:02:10	924	00:37:14	966	02:03:47	966	02:03:47	
967	1141	Savannah Ericksen	101	00:08:00	874	00:05:59	841	01:01:10	781	00:01:53	1198	00:46:46	967	02:03:47	967	02:03:47	
968	111	Mari Stasco	1292	00:23:58	760	00:05:21	669	00:57:27	713	00:01:47	822	00:35:17	968	02:03:48	968	02:03:48	
969	1028	Carolyn Downie	641	00:11:30	1125	00:08:33	931	01:03:20	1162	00:02:58	934	00:37:32	969	02:03:53	969	02:03:53	
970	1178	Sadie Huffer	567	00:11:04	866	00:05:55	1139	01:11:10	583	00:01:36	762	00:34:11	970	02:03:55	970	02:03:55	
971	518	Victoria Shanklin	968	00:13:47	780	00:05:26	1016	01:05:50	333	00:01:18	939	00:37:40	971	02:03:59	971	02:03:59	
972	1008	Madeleine Dupree	1067	00:14:31	941	00:06:24	1032	01:06:30	638	00:01:40	803	00:35:00	972	02:04:03	972	02:04:03	
973	211	Quinlyn Skye Wika	106	00:08:04	1216	00:11:23	922	01:03:06	47	00:00:44	1054	00:41:01	973	02:04:17	973	02:04:17	
974	63	Susan Reeves	1290	00:22:46	945	00:06:28	578	00:55:28	750	00:01:50	955	00:38:02	974	02:04:32	974	02:04:32	
975	736	Misti Schiewe	665	00:11:40	670	00:04:56	1163	01:12:50	204	00:01:06	769	00:34:16	975	02:04:46	975	02:04:46	
976	594	Kimberly Resheske	1188	00:16:38	1119	00:08:26	850	01:01:24	825	00:01:58	894	00:36:24	976	02:04:49	976	02:04:49	
977	1261	Michelle Pentecos	357	00:09:56	1251	00:14:22	958	01:04:00	1273	00:05:17	591	00:31:19	977	02:04:53	977	02:04:53	
978	1202	Amy Stone	744	00:12:07	515	00:04:19	793	00:59:58	608	00:01:37	1200	00:46:59	978	02:04:59	978	02:04:59	
979	718	Niki Underwood	877	00:12:58	1226	00:11:59	659	00:57:11	894	00:02:04	1044	00:40:49	979	02:05:00	979	02:05:00	
980	548	Barbara Bryson	672	00:11:42	1103	00:08:09	885	01:02:25	846	00:02:00	1051	00:40:59	980	02:05:14	980	02:05:14	
981	1368	Kristine Burton	1241	00:18:35	955	00:06:30	761	00:59:19	1166	00:02:59	946	00:37:53	981	02:05:16	981	02:05:16	
982	1101	Sharon Holland	1025	00:14:16	981	00:06:39	624	00:56:28	556	00:01:34	1181	00:46:24	982	02:05:20	982	02:05:20	
983	814	Amanda Fitzgerald	701	00:11:52	1167	00:09:34	979	01:04:38	1219	00:03:29	852	00:35:48	983	02:05:20	983	02:05:20	
984	882	Anne Fontana	642	00:11:30	864	00:05:55	1120	01:10:10	461	00:01:27	890	00:36:23	984	02:05:24	984	02:05:24	
985	481	Lindsay Miksch	1161	00:15:55	1081	00:07:50	1034	01:06:33	708	00:01:46	715	00:33:21	985	02:05:24	985	02:05:24	
986	1099	Sharry Miller	937	00:13:30	810	00:05:36	675	00:57:36	1245	00:04:02	1148	00:44:51	986	02:05:34	986	02:05:34	
987	1038	Lori Hansen	1116	00:15:14	1021	00:07:06	978	01:04:31	852	00:02:00	905	00:36:44	987	02:05:34	987	02:05:34	
988	246	Andrea Dittrich	1189	00:16:39	637	00:04:47	1041	01:06:40	311	00:01:17	886	00:36:17	988	02:05:38	988	02:05:38	
989	1421	Tena Newhouse	407	00:10:13	1004	00:06:51	1154	01:12:06	1013	00:02:21	766	00:34:14	989	02:05:45	989	02:05:45	
990	947	Angie Jensen	1041	00:14:24	654	00:04:52	907	01:02:51	895	00:02:04	1071	00:41:37	990	02:05:47	990	02:05:47	
991	935	Dana Dickey	1122	00:15:20	913	00:06:12	937	01:03:37	1156	00:02:55	943	00:37:46	991	02:05:48	991	02:05:48	
992	665	Dede Schwartz	753	00:12:10	697	00:05:02	860	01:01:36	955	00:02:13	1146	00:44:49	992	02:05:49	992	02:05:49	
993	270	Emma White	1152	00:15:45	799	00:05:31	1176	01:13:54	44	00:00:44	485	00:29:56	993	02:05:49	993	02:05:49	
994	1066	Trish Lacey	1261	00:19:27	1179	00:10:04	855	01:01:32	818	00:01:57	690	00:32:52	994	02:05:51	994	02:05:51	
995	780	Bonnie Dolgonos	1230	00:18:12	1127	00:08:35	637	00:56:45	1092	00:02:36	1012	00:39:54	995	02:06:00	995	02:06:00	
996	542	Brenna Moss	246	00:09:12	816	00:05:38	1141	01:11:13	239	00:01:09	989	00:38:54	996	02:06:05	996	02:06:05	
997	531	Kimberly Traxinge	1165	00:16:01	923	00:06:16	919	01:03:03	1182	00:03:10	942	00:37:41	997	02:06:10	997	02:06:10	
998	543	Jennifer Stone	812	00:12:32	1014	00:06:58	1036	01:06:36	765	00:01:52	969	00:38:21	998	02:06:17	998	02:06:17	
999	1187	Johna Beech	413	00:10:14	1041	00:07:22	930	01:03:18	1242	00:03:49	1076	00:41:55	999	02:06:37	999	02:06:37	
1000	559	Kathryn Duhadway	927	00:13:23	708	00:05:03	868	01:01:53	193	00:01:05	1156	00:45:19	1000	02:06:43	1000	02:06:43	

Gold Nugget Triathlon ANCHORAGE, ALASKA
05/15/2011
Timing and Results by Up and Running Event Management
FINAL RESULTS

OV'Al Place	NO.	NAME	Swim Pl	SWIM Split	T1 Pl	T1 split	Bike Pl	BIKE Split	T2 PL	T2 Split	Run Pl	RUN split	Raw PL	Raw TIME	OV1 Pl	Overall Time	Pen- alty
1001	328	Betti Walters	1155	00:15:48	886	00:06:04	1172	01:13:25	291	00:01:15	530	00:30:35	1001	02:07:04	1001	02:07:04	
1002	1239	Jennifer Avery	1008	00:14:04	709	00:05:03	992	01:04:56	1187	00:03:12	1018	00:40:03	1002	02:07:17	1002	02:07:17	
1003	437	Victoria Milterse	1044	00:14:25	1117	00:08:25	1037	01:06:36	1221	00:03:31	781	00:34:24	1003	02:07:20	1003	02:07:20	
1004	1077	Kelsey Ratcliffe	707	00:11:54	623	00:04:43	1074	01:07:57	382	00:01:21	1067	00:41:26	1004	02:07:20	1004	02:07:20	
1005	1220	Madison Ellington	734	00:12:02	1234	00:12:22	967	01:04:18	1057	00:02:30	884	00:36:14	1005	02:07:24	1005	02:07:24	
1006	517	Krista Mendiola	775	00:12:17	726	00:05:10	893	01:02:36	563	00:01:34	1168	00:45:49	1006	02:07:25	1006	02:07:25	
1007	1006	Graylin Simes	972	00:13:48	999	00:06:49	1048	01:07:03	287	00:01:14	980	00:38:36	1007	02:07:29	1007	02:07:29	
1008	805	Christina Logan	443	00:10:26	1018	00:07:01	820	01:00:41	1033	00:02:25	1199	00:46:58	1008	02:07:30	1008	02:07:30	
1009	263	Charlotte Vilce	1219	00:17:34	956	00:06:31	908	01:02:53	1068	00:02:33	957	00:38:02	1009	02:07:32	1009	02:07:32	
1010	1211	Anne Swentik	328	00:09:47	381	00:03:50	597	00:55:45	782	00:01:53	1272	00:56:19	1010	02:07:33	1010	02:07:33	
1011	1340	Klaire Rhodes	693	00:11:48	905	00:06:09	1166	01:13:02	869	00:02:02	787	00:34:34	1011	02:07:33	1011	02:07:33	
1012	1098	Maryann Leenstra	1167	00:16:03	924	00:06:16	1006	01:05:25	1158	00:02:57	915	00:36:55	1012	02:07:34	1012	02:07:34	
1013	114	Mary Herrick	1042	00:14:24	837	00:05:45	1064	01:07:42	456	00:01:27	966	00:38:19	1013	02:07:35	1013	02:07:35	
1014	817	Tammy Gongliewski	1140	00:15:34	966	00:06:34	884	01:02:25	937	00:02:09	1062	00:41:13	1014	02:07:54	1014	02:07:54	
1015	622	Beth Amrich	859	00:12:50	836	00:05:45	936	01:03:33	472	00:01:28	1141	00:44:27	1015	02:08:01	1015	02:08:01	
1016	963	Kathleen Lynch	1222	00:17:45	917	00:06:14	869	01:01:55	661	00:01:42	1030	00:40:29	1016	02:08:03	1016	02:08:03	
1017	654	Lynn Degeorge	7	00:06:25	852	00:05:50	1179	01:14:15	731	00:01:48	1011	00:39:49	1017	02:08:07	1017	02:08:07	
1018	598	Candi Markk	1248	00:18:47	821	00:05:39	901	01:02:45	710	00:01:47	995	00:39:10	1018	02:08:07	1018	02:08:07	
1019	602	Charlene Williams	1216	00:17:26	1089	00:07:59	988	01:04:49	1130	00:02:47	810	00:35:07	1019	02:08:07	1019	02:08:07	
1020	1309	Vanessa Hall	1094	00:14:55	1012	00:06:56	1123	01:10:19	578	00:01:35	783	00:34:26	1020	02:08:10	1020	02:08:10	
1021	911	Susan Mitchell	813	00:12:32	1219	00:11:35	879	01:02:16	1132	00:02:48	993	00:39:03	1021	02:08:13	1021	02:08:13	
1022	429	Jennifer Hodge	749	00:12:09	884	00:06:03	1038	01:06:36	788	00:01:54	1070	00:41:35	1022	02:08:16	1022	02:08:16	
1023	1140	Leah Degeorge	71	00:07:38	640	00:04:47	1181	01:14:18	709	00:01:47	1010	00:39:48	1023	02:08:17	1023	02:08:17	
1024	759	Jennifer Barsalou	841	00:12:44	793	00:05:30	916	01:03:00	485	00:01:29	1166	00:45:36	1024	02:08:18	1024	02:08:18	
1025	968	Glory Green	1203	00:16:56	649	00:04:50	1204	01:16:25	941	00:02:11	323	00:27:58	1025	02:08:18	1025	02:08:18	
1026	538	Oriele Jones	808	00:12:30	1196	00:10:39	1061	01:07:37	884	00:02:03	840	00:35:30	1026	02:08:18	1026	02:08:18	
1027	578	Cheree Vasquez	1095	00:14:55	1149	00:08:57	1104	01:09:02	1178	00:03:04	670	00:32:33	1027	02:08:31	1027	02:08:31	
1028	1082	Julie McCormick	998	00:13:58	641	00:04:47	1146	01:11:40	847	00:02:00	878	00:36:09	1028	02:08:33	1028	02:08:33	
1029	1039	Sheryl Warmbold	1168	00:16:03	1151	00:08:58	819	01:00:39	1247	00:04:05	987	00:38:53	1029	02:08:37	1029	02:08:37	
1030	1433	Annette Funk	1267	00:20:05	974	00:06:36	996	01:05:04	1106	00:02:41	765	00:34:14	1030	02:08:38	1030	02:08:38	
1031	691	Kate Huckert	1124	00:15:21	1102	00:08:09	1082	01:08:13	935	00:02:09	801	00:34:54	1031	02:08:44	1031	02:08:44	
1032	1467	Amber Morey	684	00:11:45	691	00:05:01	1066	01:07:46	897	00:02:04	1087	00:42:14	1032	02:08:50	1032	02:08:50	
1033	965	Susan Whiton	1060	00:14:29	900	00:06:08	1014	01:05:45	856	00:02:01	1034	00:40:35	1033	02:08:57	1033	02:08:57	
1034	1181	Megan McComick	1045	00:14:25	647	00:04:49	1147	01:11:43	783	00:01:53	879	00:36:09	1034	02:08:59	1034	02:08:59	
1035	755	Miranda Burzinski	805	00:12:28	983	00:06:40	789	00:59:53	596	00:01:36	1214	00:48:36	1035	02:09:13	1035	02:09:13	
1036	486	Jennifer Laplante	1162	00:15:55	1120	00:08:28	1053	01:07:08	1107	00:02:41	809	00:35:05	1036	02:09:15	1036	02:09:15	
1037	686	Michelle Ziegler	1266	00:19:58	781	00:05:26	1026	01:06:09	387	00:01:21	900	00:36:35	1037	02:09:28	1037	02:09:28	
1038	345	Dede Gracey	1102	00:15:02	1184	00:10:21	844	01:01:16	759	00:01:51	1056	00:41:04	1038	02:09:32	1038	02:09:32	
1039	964	Kathleen Shepro	895	00:13:07	1233	00:12:20	881	01:02:20	1127	00:02:46	992	00:39:01	1039	02:09:33	1039	02:09:33	
1040	595	Ingrid Rasmussen	1223	00:17:50	1064	00:07:38	827	01:00:55	777	00:01:53	1066	00:41:25	1040	02:09:40	1040	02:09:40	
1041	785	Colleen Libbey	102	00:08:00	895	00:06:07	938	01:03:38	695	00:01:45	1231	00:50:16	1041	02:09:44	1041	02:09:44	
1042	560	Noelle Sharrai	666	00:11:40	1136	00:08:38	902	01:02:45	1195	00:03:18	1118	00:43:28	1042	02:09:48	1042	02:09:48	
1043	1121	September Martin	878	00:12:58	1180	00:10:07	786	00:59:51	1120	00:02:45	1135	00:44:09	1043	02:09:48	1043	02:09:48	
1044	683	Renee Christensen	1218	00:17:33	608	00:04:39	977	01:04:30	428	00:01:25	1073	00:41:44	1044	02:09:49	1044	02:09:49	
1045	152	Tasha Bolt	717	00:11:56	938	00:06:22	1042	01:06:43	227	00:01:08	1125	00:43:44	1045	02:09:52	1045	02:09:52	
1046	428	Jynene Black	884	00:13:01	1264	00:15:31	847	01:01:20	1211	00:03:24	911	00:36:51	1046	02:10:05	1046	02:10:05	
1047	1053	Abigail Harding	495	00:10:41	774	00:05:24	1127	01:10:39	1054	00:02:29	1047	00:40:56	1047	02:10:08	1047	02:10:08	
1048	1392	Julie McDonald	860	00:12:50	933	00:06:19	972	01:04:27	1134	00:02:48	1127	00:43:48	1048	02:10:11	1048	02:10:11	
1049	545	Heidi Miles	1172	00:16:06	964	00:06:33	1019	01:05:55	659	00:01:41	1017	00:40:01	1049	02:10:15	1049	02:10:15	
1050	453	Emily Schultz	1215	00:17:24	1094	00:08:05	1116	01:09:48	1008	00:02:21	685	00:32:47	1050	02:10:23	1050	02:10:23	

Gold Nugget Triathlon ANCHORAGE, ALASKA
05/15/2011
Timing and Results by Up and Running Event Management
FINAL RESULTS

OV'Al Place	NO.	NAME	Swim Pl	SWIM Split	T1 Pl	T1 split	Bike Pl	BIKE Split	T2 PL	T2 Split	Run Pl	RUN split	Raw PL	Raw TIME	OVl Pl	Overall Time	Pen- alty
1051	342	Loretta Winton	1187	00:16:37	1231	00:12:17	848	01:01:23	1199	00:03:19	909	00:36:49	1051	02:10:25	1051	02:10:25	
1052	482	Valerie Maeker	1238	00:18:27	795	00:05:31	1094	01:08:34	506	00:01:30	897	00:36:29	1052	02:10:29	1052	02:10:29	
1053	367	Michelle Keller	969	00:13:47	1002	00:06:51	1035	01:06:35	760	00:01:51	1069	00:41:34	1053	02:10:37	1053	02:10:37	
1054	1114	Mali Durbin	114	00:08:08	603	00:04:37	1136	01:11:04	329	00:01:18	1165	00:45:36	1054	02:10:42	1054	02:10:42	
1055	558	Gail Hoefler	943	00:13:35	1080	00:07:50	991	01:04:56	909	00:02:06	1090	00:42:18	1055	02:10:43	1055	02:10:43	
1056	319	Rebekah Jensen	1156	00:15:48	721	00:05:08	1129	01:10:41	56	00:00:46	972	00:38:28	1057	02:10:49	1056	02:10:49	
1057	322	Sabine Kretschek	964	00:13:44	487	00:04:15	1200	01:16:02	156	00:01:01	855	00:35:49	1058	02:10:49	1057	02:10:49	
1058	55	Karen Nelson	1153	00:15:46	1056	00:07:31	1052	01:07:06	751	00:01:50	982	00:38:41	1059	02:10:52	1058	02:10:52	
1059	1037	Kelly Heithold	806	00:12:29	1111	00:08:21	962	01:04:09	1214	00:03:26	1096	00:42:31	1060	02:10:55	1059	02:10:55	
1060	1052	Misty Samuel	1024	00:14:15	590	00:04:24	1215	01:18:12	523	00:01:31	665	00:32:25	1061	02:10:57	1060	02:10:57	
1061	473	Lisa Heath	1201	00:16:54	993	00:06:46	948	01:03:47	391	00:01:22	1088	00:42:16	1062	02:11:03	1061	02:11:03	
1062	703	Mary Banaszak	1252	00:18:56	1131	00:08:36	680	00:57:39	949	00:02:12	1124	00:43:41	1063	02:11:03	1062	02:11:03	
1063	824	Kelly Joynt	1080	00:14:40	950	00:06:29	1055	01:07:17	627	00:01:39	1057	00:41:04	1064	02:11:08	1063	02:11:08	
1064	164	Heather Duffy	872	00:12:55	982	00:06:40	1067	01:07:48	216	00:01:08	1105	00:42:58	1065	02:11:26	1064	02:11:26	
1065	908	Anne Kessler	745	00:12:07	986	00:06:42	947	01:03:46	1097	00:02:38	1180	00:46:22	1066	02:11:34	1065	02:11:34	
1066	586	Carolyn Knowles	953	00:13:41	1214	00:11:22	980	01:04:42	1075	00:02:34	998	00:39:24	1067	02:11:41	1066	02:11:41	
1067	511	Sandra Lowther	1176	00:16:16	734	00:05:15	1115	01:09:48	224	00:01:08	996	00:39:20	1068	02:11:45	1067	02:11:45	
1068	434	Susannah Willahan	673	00:11:42	1114	00:08:23	1138	01:11:08	762	00:01:51	984	00:38:42	1069	02:11:45	1068	02:11:45	
1069	379	Valerie Herrera	695	00:11:49	1240	00:13:15	939	01:03:38	819	00:01:57	1059	00:41:10	1070	02:11:48	1069	02:11:48	
1070	632	Linda Westwick	1131	00:15:27	699	00:05:02	1210	01:17:39	413	00:01:23	664	00:32:24	1071	02:11:54	1070	02:11:54	
1071	634	Judy Kesler	1288	00:22:40	1098	00:08:07	599	00:55:52	620	00:01:38	1123	00:43:41	1072	02:11:57	1071	02:11:57	
1072	802	Tuyet Smallwood	783	00:12:19	742	00:05:17	1144	01:11:34	1104	00:02:40	1023	00:40:15	1073	02:12:04	1072	02:12:04	
1073	450	Colette Marshall	1120	00:15:19	904	00:06:09	1077	01:08:04	293	00:01:15	1064	00:41:22	1074	02:12:08	1073	02:12:08	
1074	1112	Grace Harris	514	00:10:48	972	00:06:35	1143	01:11:17	1072	00:02:33	1048	00:40:56	1075	02:12:09	1074	02:12:09	
1075	861	Mazzy Jackson	130	00:08:18	1095	00:08:06	1232	01:21:55	701	00:01:46	644	00:32:07	1076	02:12:10	1075	02:12:10	
1076	870	Karen Gonneharrel	1262	00:19:27	1202	00:10:46	1096	01:08:42	1113	00:02:42	538	00:30:40	1077	02:12:15	1076	02:12:15	
1077	401	Theresa Feighery	735	00:12:02	1176	00:09:56	1083	01:08:14	567	00:01:35	1040	00:40:45	1078	02:12:31	1077	02:12:31	
1078	625	Michelle Thomas	424	00:10:18	790	00:05:28	1195	01:15:33	589	00:01:36	1006	00:39:42	1079	02:12:35	1078	02:12:35	
1079	376	Wendy Hovden	1033	00:14:20	853	00:05:51	1148	01:11:51	1255	00:04:15	892	00:36:23	1080	02:12:39	1079	02:12:39	
1080	576	Christina Therrie	1178	00:16:26	840	00:05:46	1152	01:12:05	1198	00:03:18	812	00:35:09	1081	02:12:43	1080	02:12:43	
1081	711	Leslie Gordon	558	00:11:00	1040	00:07:22	631	00:56:33	1279	00:06:16	1224	00:49:36	1056	02:10:46	1081	02:12:46	2:00
1082	485	Jordan O'Connell	314	00:09:41	1083	00:07:54	982	01:04:44	611	00:01:37	1216	00:48:59	1082	02:12:54	1082	02:12:54	
1083	307	Veronica Pope	961	00:13:43	569	00:04:31	891	01:02:33	354	00:01:20	1235	00:50:58	1083	02:13:04	1083	02:13:04	
1084	921	Alicia Williams	795	00:12:23	1033	00:07:15	1130	01:10:44	798	00:01:55	1053	00:41:00	1084	02:13:16	1084	02:13:16	
1085	1301	Denali Blackmore	851	00:12:48	508	00:04:18	1164	01:13:01	436	00:01:25	1074	00:41:47	1085	02:13:18	1085	02:13:18	
1086	267	Linda Graham	1270	00:20:28	985	00:06:42	934	01:03:30	1049	00:02:28	1021	00:40:10	1086	02:13:18	1086	02:13:18	
1087	909	Christina Holmgre	1000	00:14:00	931	00:06:19	864	01:01:43	1225	00:03:37	1207	00:47:43	1087	02:13:21	1087	02:13:21	
1088	812	Dupree Walker	667	00:11:40	1137	00:08:39	1208	01:16:59	888	00:02:03	756	00:34:04	1088	02:13:24	1088	02:13:24	
1089	971	Charlene Hampton	1141	00:15:37	746	00:05:17	892	01:02:34	902	00:02:05	1209	00:47:53	1089	02:13:25	1089	02:13:25	
1090	303	Rhonda Fisk	975	00:13:49	1035	00:07:15	942	01:03:40	749	00:01:50	1201	00:46:59	1090	02:13:32	1090	02:13:32	
1091	1255	Kerynn Fisher	621	00:11:24	814	00:05:36	1058	01:07:35	1064	00:02:31	1188	00:46:33	1091	02:13:38	1091	02:13:38	
1092	1135	Julia Westwick	392	00:10:09	732	00:05:12	1241	01:24:28	476	00:01:28	662	00:32:24	1092	02:13:40	1092	02:13:40	
1093	1346	Ashley Rymer	1143	00:15:38	1204	00:10:48	861	01:01:39	1139	00:02:49	1101	00:42:49	1093	02:13:42	1093	02:13:42	
1094	599	Amber Hendrickson	1159	00:15:51	1195	00:10:37	1090	01:08:26	919	00:02:07	906	00:36:45	1094	02:13:44	1094	02:13:44	
1095	403	Peggie Huff	553	00:10:59	1147	00:08:52	1100	01:08:54	873	00:02:02	1106	00:43:01	1095	02:13:46	1095	02:13:46	
1096	165	Kathleen Dale	1005	00:14:02	1001	00:06:51	995	01:04:59	343	00:01:19	1192	00:46:40	1096	02:13:49	1096	02:13:49	
1097	1122	Janet Rasmussen	931	00:13:24	918	00:06:14	1080	01:08:11	1256	00:04:17	1075	00:41:53	1097	02:13:58	1097	02:13:58	
1098	1191	Angela Endres	863	00:12:53	788	00:05:27	1162	01:12:28	1090	00:02:36	1035	00:40:37	1098	02:13:59	1098	02:13:59	
1099	1450	Rheanna Shaw	880	00:12:59	757	00:05:20	1087	01:08:20	1213	00:03:25	1132	00:44:03	1099	02:14:07	1099	02:14:07	
1100	278	Deanna Roering	1232	00:18:16	1061	00:07:35	825	01:00:50	615	00:01:38	1170	00:45:52	1100	02:14:09	1100	02:14:09	

Gold Nugget Triathlon ANCHORAGE, ALASKA
05/15/2011
Timing and Results by Up and Running Event Management
FINAL RESULTS

OV'Al Place	NO.	NAME	Swim Pl	SWIM Split	T1 Pl	T1 split	Bike Pl	BIKE Split	T2 PL	T2 Split	Run Pl	RUN split	Raw PL	Raw TIME	OVl Pl	Overall Time	Pen- alty
1101	1065	Diane Thomas	1144	00:15:38	992	00:06:45	1075	01:07:58	572	00:01:35	1092	00:42:23	1101	02:14:18	1101	02:14:18	
1102	898	Robyn Elkins	491	00:10:40	975	00:06:37	1092	01:08:29	882	00:02:03	1189	00:46:35	1102	02:14:22	1102	02:14:22	
1103	1092	Sherrri Roberds	1208	00:17:09	211	00:03:15	1003	01:05:14	352	00:01:20	1205	00:47:33	1103	02:14:29	1103	02:14:29	
1104	1295	Brandi White	1108	00:15:07	779	00:05:25	1027	01:06:19	988	00:02:18	1160	00:45:23	1104	02:14:30	1104	02:14:30	
1105	527	Kimberlie Fister	919	00:13:19	1199	00:10:44	1153	01:12:06	1055	00:02:30	867	00:36:01	1105	02:14:38	1105	02:14:38	
1106	500	Laree Stone	1021	00:14:13	1133	00:08:37	1099	01:08:52	915	00:02:06	1049	00:40:56	1106	02:14:42	1106	02:14:42	
1107	145	Kirstin Enanoria	1001	00:14:00	1076	00:07:46	1118	01:09:54	1050	00:02:29	1039	00:40:43	1107	02:14:50	1107	02:14:50	
1108	381	Judy Kitagawa	400	00:10:11	968	00:06:35	1132	01:10:56	875	00:02:02	1154	00:45:17	1108	02:14:59	1108	02:14:59	
1109	355	Leah Stoehr	862	00:12:51	1274	00:17:16	1054	01:07:09	1102	00:02:40	808	00:35:05	1109	02:15:00	1109	02:15:00	
1110	1156	Pamela Smith	577	00:11:08	1222	00:11:44	1173	01:13:45	1074	00:02:34	861	00:35:54	1110	02:15:03	1110	02:15:03	
1111	1445	Amanda Amodemo	1181	00:16:29	429	00:04:02	1186	01:14:43	531	00:01:32	965	00:38:18	1111	02:15:03	1111	02:15:03	
1112	224	Julie Carlson	1204	00:16:58	1260	00:15:07	924	01:03:10	1263	00:04:38	831	00:35:23	1112	02:15:15	1112	02:15:15	
1113	535	Aisha Barnes	1184	00:16:33	907	00:06:10	1065	01:07:45	585	00:01:36	1117	00:43:22	1113	02:15:23	1113	02:15:23	
1114	1102	Ella Smith	1086	00:14:45	906	00:06:09	1174	01:13:45	491	00:01:29	1000	00:39:27	1114	02:15:35	1114	02:15:35	
1115	400	Cristin Bowser	1195	00:16:49	1249	00:14:16	1140	01:11:12	327	00:01:18	640	00:32:03	1115	02:15:37	1115	02:15:37	
1116	426	Shawnee Vanderpooy	678	00:11:43	1159	00:09:11	1018	01:05:55	1029	00:02:24	1184	00:46:31	1116	02:15:43	1116	02:15:43	
1117	1284	Lisa Weston	951	00:13:40	1020	00:07:03	1101	01:08:54	1275	00:05:24	1042	00:40:48	1117	02:15:48	1117	02:15:48	
1118	878	Krista Linegar	1090	00:14:49	1135	00:08:38	876	01:02:14	1042	00:02:27	1208	00:47:47	1118	02:15:54	1118	02:15:54	
1119	537	Cheryl Hannon	957	00:13:42	1169	00:09:36	1084	01:08:16	954	00:02:13	1089	00:42:17	1119	02:16:03	1119	02:16:03	
1120	806	Jean Sato	723	00:11:59	1194	00:10:36	1069	01:07:49	839	00:01:59	1126	00:43:45	1120	02:16:08	1120	02:16:08	
1121	198	Patricia Geitz	818	00:12:34	643	00:04:48	1114	01:09:45	989	00:02:18	1194	00:46:45	1121	02:16:09	1121	02:16:09	
1122	528	Kathleen Duhadway	471	00:10:35	1270	00:16:33	1070	01:07:49	803	00:01:56	997	00:39:21	1122	02:16:13	1122	02:16:13	
1123	454	Alexandra Thomas	728	00:12:00	775	00:05:25	1222	01:19:18	568	00:01:35	954	00:38:00	1123	02:16:16	1123	02:16:16	
1124	1390	Sherrille Connell	1043	00:14:24	883	00:06:02	451	00:53:16	1278	00:06:15	1273	00:56:24	1124	02:16:20	1124	02:16:20	
1125	1067	Shirleen Feller	1258	00:19:13	1073	00:07:44	1000	01:05:10	1165	00:02:59	1063	00:41:16	1125	02:16:21	1125	02:16:21	
1126	945	Erin Widener	192	00:08:49	1154	00:09:00	1022	01:06:06	1142	00:02:50	1225	00:49:41	1126	02:16:25	1126	02:16:25	
1127	1286	Linette Weinzirl	1293	00:24:07	1025	00:07:08	816	01:00:34	1121	00:02:45	1079	00:41:59	1127	02:16:31	1127	02:16:31	
1128	507	Mari Jamieson	648	00:11:35	1209	00:11:11	970	01:04:23	1159	00:02:57	1191	00:46:38	1128	02:16:42	1128	02:16:42	
1129	707	Jennifer Straight	1160	00:15:53	875	00:06:00	1175	01:13:53	971	00:02:15	985	00:38:45	1129	02:16:44	1129	02:16:44	
1130	478	Irene Persson-Gam	1053	00:14:27	942	00:06:25	1211	01:17:53	652	00:01:41	888	00:36:21	1130	02:16:46	1130	02:16:46	
1131	438	Joann Mitchell	1129	00:15:25	903	00:06:09	1050	01:07:05	601	00:01:37	1186	00:46:32	1131	02:16:47	1131	02:16:47	
1132	700	Kimberly Lovejoy	288	00:09:30	1163	00:09:24	1219	01:18:32	1240	00:03:46	841	00:35:38	1132	02:16:48	1132	02:16:48	
1133	504	Katie Bozone	1072	00:14:35	927	00:06:18	1158	01:12:13	370	00:01:21	1094	00:42:27	1133	02:16:52	1133	02:16:52	
1134	151	Disa Congdon	939	00:13:32	1221	00:11:39	1107	01:09:10	245	00:01:10	1065	00:41:23	1134	02:16:53	1134	02:16:53	
1135	647	Stephanie Kitchen	519	00:10:50	1023	00:07:08	1198	01:15:56	1112	00:02:42	1024	00:40:21	1135	02:16:56	1135	02:16:56	
1136	371	Phoebe Bredlie	1213	00:17:20	1158	00:09:09	1161	01:12:26	450	00:01:26	902	00:36:36	1136	02:16:57	1136	02:16:57	
1137	1345	Beth Graupmann	1136	00:15:30	914	00:06:12	1134	01:11:02	994	00:02:19	1078	00:41:58	1137	02:17:00	1137	02:17:00	
1138	496	Kathryn Haas	1228	00:18:08	1203	00:10:47	969	01:04:23	926	00:02:07	1080	00:41:59	1138	02:17:22	1138	02:17:22	
1139	529	Barbara Mahoney	608	00:11:16	1017	00:07:01	1013	01:05:43	927	00:02:08	1237	00:51:19	1139	02:17:25	1139	02:17:25	
1140	1058	Stephanie Adams	973	00:13:48	747	00:05:17	1117	01:09:50	975	00:02:16	1183	00:46:27	1140	02:17:36	1140	02:17:36	
1141	624	Robin Eckmann	828	00:12:37	952	00:06:30	1155	01:12:08	986	00:02:18	1139	00:44:20	1141	02:17:51	1141	02:17:51	
1142	503	Lisa Jamieson	730	00:12:01	1225	00:11:54	976	01:04:30	1146	00:02:51	1190	00:46:38	1142	02:17:52	1142	02:17:52	
1143	448	Amanda Hays	784	00:12:19	1085	00:07:56	1213	01:18:03	218	00:01:08	976	00:38:31	1143	02:17:57	1143	02:17:57	
1144	713	Victoria Hillwig	1229	00:18:11	825	00:05:41	1177	01:14:07	1108	00:02:41	935	00:37:33	1144	02:18:11	1144	02:18:11	
1145	551	Regan Duhadway	1097	00:14:57	1257	00:14:53	1063	01:07:42	463	00:01:27	1001	00:39:30	1145	02:18:28	1145	02:18:28	
1146	427	Colette Labonte	1163	00:15:56	1186	00:10:23	1106	01:09:07	1010	00:02:21	1041	00:40:47	1146	02:18:33	1146	02:18:33	
1147	581	Monica Martin	1231	00:18:13	1046	00:07:26	1049	01:07:04	743	00:01:49	1134	00:44:07	1147	02:18:37	1147	02:18:37	
1148	1407	Molly Webb	1050	00:14:26	925	00:06:16	1089	01:08:24	959	00:02:13	1204	00:47:33	1148	02:18:51	1148	02:18:51	
1149	562	Emily Ferrell	1046	00:14:25	1235	00:12:26	812	01:00:26	1243	00:03:52	1210	00:47:57	1149	02:19:05	1149	02:19:05	
1150	357	Charmaine Timmons	1239	00:18:28	991	00:06:45	1078	01:08:10	105	00:00:54	1149	00:44:53	1150	02:19:09	1150	02:19:09	

Gold Nugget Triathlon ANCHORAGE, ALASKA
05/15/2011
Timing and Results by Up and Running Event Management
FINAL RESULTS

OV'Al Place	NO.	NAME	Swim Pl	SWIM Split	T1 Pl	T1 split	Bike Pl	BIKE Split	T2 PL	T2 Split	Run Pl	RUN split	Raw PL	Raw TIME	OV1 Pl	Overall Time	Pen- alty
1151	264	Kathryn (swar Tot	928	00:13:23	1223	00:11:47	866	01:01:46	267	00:01:13	1240	00:51:26	1151	02:19:34	1151	02:19:34	
1152	642	Mary Waltz	1113	00:15:13	1086	00:07:57	1121	01:10:12	336	00:01:18	1151	00:45:11	1152	02:19:50	1152	02:19:50	
1153	546	Linda Eason	1196	00:16:50	1121	00:08:28	946	01:03:45	1169	00:03:00	1211	00:47:58	1153	02:20:00	1153	02:20:00	
1154	1097	Karen Blaney	1075	00:14:37	1000	00:06:49	757	00:59:14	947	00:02:11	1277	00:57:24	1154	02:20:14	1154	02:20:14	
1155	386	Nadia Johnson	929	00:13:23	796	00:05:31	1233	01:21:56	518	00:01:31	948	00:37:56	1155	02:20:16	1155	02:20:16	
1156	900	Heather Reier	970	00:13:47	1087	00:07:57	1023	01:06:06	1131	00:02:47	1226	00:49:42	1156	02:20:19	1156	02:20:19	
1157	1483	Christine Bond	1226	00:18:03	871	00:05:58	1073	01:07:54	720	00:01:47	1197	00:46:46	1157	02:20:28	1157	02:20:28	
1158	772	Sarah Johnson	746	00:12:07	1005	00:06:51	1235	01:22:00	530	00:01:32	956	00:38:02	1158	02:20:30	1158	02:20:30	
1159	366	Karyn Overturf	1134	00:15:29	1190	00:10:32	1167	01:13:08	501	00:01:30	1019	00:40:03	1159	02:20:41	1159	02:20:41	
1160	510	Dawn Hansen	1117	00:15:14	1077	00:07:47	1021	01:06:01	660	00:01:41	1228	00:50:02	1160	02:20:44	1160	02:20:44	
1161	1134	Madison Colbern	457	00:10:31	1105	00:08:11	1220	01:18:53	1152	00:02:54	1032	00:40:32	1161	02:21:00	1161	02:21:00	
1162	1496	Aurora Williams	334	00:09:50	1166	00:09:31	1184	01:14:26	797	00:01:55	1163	00:45:32	1162	02:21:13	1162	02:21:13	
1163	1095	Sarah Hotchkiss F	800	00:12:26	687	00:04:59	1194	01:15:32	998	00:02:20	1175	00:45:58	1163	02:21:14	1163	02:21:14	
1164	1198	Jolene McDowell	922	00:13:21	671	00:04:56	1182	01:14:18	1095	00:02:37	1178	00:46:11	1164	02:21:22	1164	02:21:22	
1165	1212	Lisa Weimer	1061	00:14:29	862	00:05:54	1125	01:10:21	1189	00:03:14	1203	00:47:33	1165	02:21:29	1165	02:21:29	
1166	1110	Jamie Patterson-S	952	00:13:40	820	00:05:38	1112	01:09:18	806	00:01:56	1236	00:51:17	1166	02:21:49	1166	02:21:49	
1167	125	Idamarie Piccard	778	00:12:18	976	00:06:37	1142	01:11:15	1015	00:02:22	1219	00:49:28	1167	02:21:58	1167	02:21:58	
1168	81	Linda Duck	1164	00:15:59	1183	00:10:18	966	01:04:17	1272	00:05:14	1179	00:46:20	1168	02:22:06	1168	02:22:06	
1169	1061	Lark Shellhamer	833	00:12:39	750	00:05:19	1206	01:16:52	862	00:02:01	1159	00:45:22	1169	02:22:12	1169	02:22:12	
1170	1081	Dana James	1173	00:16:08	1193	00:10:34	1017	01:05:51	1276	00:05:43	1133	00:44:05	1170	02:22:20	1170	02:22:20	
1171	225	Diane Lorusso	921	00:13:20	1212	00:11:21	1068	01:07:48	1246	00:04:04	1172	00:45:55	1171	02:22:26	1171	02:22:26	
1172	1307	Heather Greiner	1151	00:15:44	784	00:05:26	1128	01:10:40	744	00:01:49	1217	00:49:02	1172	02:22:41	1172	02:22:41	
1173	1472	Sarah Larimoreols	911	00:13:15	769	00:05:23	1202	01:16:13	977	00:02:16	1177	00:46:08	1173	02:23:14	1173	02:23:14	
1174	409	Susan Morrow	983	00:13:52	1150	00:08:58	1072	01:07:54	1284	00:08:02	1142	00:44:36	1174	02:23:20	1174	02:23:20	
1175	493	Mary Pollack	900	00:13:09	1156	00:09:04	1203	01:16:14	355	00:01:20	1120	00:43:38	1175	02:23:23	1175	02:23:23	
1176	1111	Connie Heinz	1206	00:17:02	1118	00:08:25	1137	01:11:05	1164	00:02:59	1131	00:44:02	1176	02:23:32	1176	02:23:32	
1177	1210	Madeline White	1035	00:14:21	1045	00:07:24	1187	01:14:48	879	00:02:03	1155	00:45:18	1177	02:23:52	1177	02:23:52	
1178	572	Amber Hess	1139	00:15:33	1109	00:08:21	1159	01:12:15	999	00:02:20	1164	00:45:32	1178	02:23:59	1178	02:23:59	
1179	290	Liane Ryan	1065	00:14:30	1130	00:08:36	1218	01:18:30	1157	00:02:55	1009	00:39:44	1179	02:24:14	1179	02:24:14	
1180	1043	Elizabeth Cooper	1235	00:18:21	897	00:06:08	1135	01:11:02	1091	00:02:36	1176	00:46:08	1180	02:24:14	1180	02:24:14	
1181	539	Lauren Scott	1191	00:16:41	1266	00:15:52	1012	01:05:43	1222	00:03:34	1099	00:42:41	1181	02:24:29	1181	02:24:29	
1182	352	Karen Simmons	1275	00:20:50	887	00:06:04	1119	01:10:09	952	00:02:12	1158	00:45:22	1182	02:24:35	1182	02:24:35	
1183	417	Jennifer Parkhurs	764	00:12:12	1232	00:12:19	1178	01:14:14	1224	00:03:36	1091	00:42:22	1183	02:24:42	1183	02:24:42	
1184	82	Cheryl Mandala	1154	00:15:46	909	00:06:11	1228	01:20:10	542	00:01:33	1058	00:41:05	1184	02:24:43	1184	02:24:43	
1185	583	Jody Allen	1125	00:15:21	1285	00:20:23	1028	01:06:19	1186	00:03:12	1004	00:39:38	1185	02:24:52	1185	02:24:52	
1186	248	Shelby Johnson	1169	00:16:03	724	00:05:09	1207	01:16:54	427	00:01:24	1161	00:45:23	1186	02:24:52	1186	02:24:52	
1187	412	Ellie Mitchell	339	00:09:51	1271	00:16:36	1122	01:10:16	657	00:01:41	1185	00:46:32	1187	02:24:54	1187	02:24:54	
1188	532	Dorene Treadway	1170	00:16:03	1039	00:07:22	1047	01:06:54	1265	00:04:51	1229	00:50:03	1188	02:25:12	1188	02:25:12	
1189	860	Jennifer Eason	789	00:12:22	740	00:05:16	1029	01:06:22	1098	00:02:39	1279	00:58:42	1189	02:25:21	1189	02:25:21	
1190	993	Hanna Daum	883	00:13:00	1256	00:14:48	1168	01:13:08	1236	00:03:44	1046	00:40:53	1190	02:25:32	1190	02:25:32	
1191	452	Amber Treadway	1073	00:14:35	1201	00:10:45	949	01:03:49	1184	00:03:10	1257	00:53:25	1191	02:25:43	1191	02:25:43	
1192	563	Melissa Strauss	988	00:13:55	898	00:06:08	1212	01:17:55	939	00:02:10	1167	00:45:38	1192	02:25:45	1192	02:25:45	
1193	96	Susan Garner	1283	00:22:09	1007	00:06:53	1105	01:09:06	663	00:01:42	1174	00:45:58	1193	02:25:47	1193	02:25:47	
1194	526	Lauren Cooper	1011	00:14:07	1291	00:27:35	1001	01:05:10	1257	00:04:18	793	00:34:41	1194	02:25:50	1194	02:25:50	
1195	552	Sara Falcone					1223	01:19:24	831	00:01:59	1260	00:53:50	1195	02:25:56	1195	02:25:56	
1196	271	Rachel Stone	754	00:12:10	1162	00:09:20	1230	01:21:44	854	00:02:01	1050	00:40:59	1196	02:26:12	1196	02:26:12	
1197	298	Sandra Lawrence	1212	00:17:16	1051	00:07:28	1102	01:08:58	1046	00:02:27	1230	00:50:04	1197	02:26:12	1197	02:26:12	
1198	35	Rose Colbern	901	00:13:09	1100	00:08:08	1199	01:15:57	1168	00:02:59	1193	00:46:43	1198	02:26:55	1198	02:26:55	
1199	940	Sonja Daum	1068	00:14:31	1168	00:09:34	1170	01:13:12	1226	00:03:38	1187	00:46:32	1199	02:27:26	1199	02:27:26	
1200	658	Debra Hinton	1198	00:16:53	1009	00:06:54	1216	01:18:18	845	00:02:00	1122	00:43:40	1200	02:27:43	1200	02:27:43	

Gold Nugget Triathlon ANCHORAGE, ALASKA
05/15/2011
Timing and Results by Up and Running Event Management
FINAL RESULTS

OV'Al Place	NO.	NAME	Swim Pl	SWIM Split	T1 Pl	T1 split	Bike Pl	BIKE Split	T2 PL	T2 Split	Run Pl	RUN split	Raw PL	Raw TIME	OVl Pl	Overall Time	Pen- alty
1201	697	Tamara Von Gemmin	1268	00:20:06	988	00:06:43	1007	01:05:28	770	00:01:52	1268	00:54:11	1201	02:28:18	1201	02:28:18	
1202	1209	Amanda Todd	459	00:10:32	382	00:03:50	1229	01:20:31	1086	00:02:35	1239	00:51:23	1202	02:28:50	1202	02:28:50	
1203	499	Jennifer Watkins	1031	00:14:18	1055	00:07:30	1225	01:19:28	669	00:01:43	1173	00:45:58	1203	02:28:55	1203	02:28:55	
1204	554	Teresa Hirst	1026	00:14:16	1247	00:13:40	925	01:03:11	1268	00:04:59	1250	00:53:11	1204	02:29:16	1204	02:29:16	
1205	582	Naomi Zurba	1265	00:19:47	1278	00:18:15	1039	01:06:37	1137	00:02:49	1095	00:42:29	1205	02:29:55	1205	02:29:55	
1206	515	Alice Campbell	1284	00:22:12	1152	00:09:00	1201	01:16:06	1083	00:02:35	1022	00:40:11	1206	02:30:02	1206	02:30:02	
1207	385	Jennifer Witt	1273	00:20:38	1053	00:07:29	1091	01:08:28	771	00:01:52	1245	00:52:18	1207	02:30:44	1207	02:30:44	
1208	484	Hilary Butler	1037	00:14:22	1030	00:07:13	1265	01:31:47	256	00:01:12	889	00:36:22	1208	02:30:54	1208	02:30:54	
1209	1071	Allyssa Davis	1013	00:14:08	1099	00:08:07	1193	01:15:21	1210	00:03:23	1234	00:50:35	1209	02:31:33	1209	02:31:33	
1210	1184	Michelle Theriaul	1112	00:15:12	934	00:06:19	1266	01:31:53	912	00:02:06	874	00:36:07	1210	02:31:36	1210	02:31:36	
1211	281	Meghan Lind	814	00:12:32	1280	00:18:24	1196	01:15:43	741	00:01:49	1115	00:43:19	1211	02:31:46	1211	02:31:46	
1212	1072	Selena Clemetson	1006	00:14:02	758	00:05:20	1239	01:23:36	880	00:02:03	1195	00:46:46	1212	02:31:46	1212	02:31:46	
1213	442	Maria Moreno	1105	00:15:03	1208	00:11:07	1214	01:18:04	1266	00:04:51	1102	00:42:49	1213	02:31:53	1213	02:31:53	
1214	670	Deb Deprospero	609	00:11:16	1255	00:14:46	1124	01:10:21	1037	00:02:26	1256	00:53:24	1214	02:32:11	1214	02:32:11	
1215	815	Lynda Limón	655	00:11:37	1106	00:08:13	1245	01:25:14	1249	00:04:06	1108	00:43:05	1215	02:32:13	1215	02:32:13	
1216	404	Melissa Falcone	492	00:10:40	960	00:06:32	1224	01:19:28	772	00:01:52	1261	00:53:50	1216	02:32:21	1216	02:32:21	
1217	137	Tracy Blais	992	00:13:57	1207	00:11:01	1236	01:22:42	637	00:01:40	1111	00:43:12	1217	02:32:29	1217	02:32:29	
1218	600	Jessica Bowers	1119	00:15:17	1238	00:13:02	1180	01:14:17	917	00:02:06	1212	00:48:02	1218	02:32:43	1218	02:32:43	
1219	784	Madison Barsalou	1142	00:15:37	1019	00:07:03	1243	01:24:46	1100	00:02:39	1109	00:43:05	1219	02:33:09	1219	02:33:09	
1220	479	Alaiah Gaines	1197	00:16:50	939	00:06:22	1165	01:13:01	1283	00:07:37	1218	00:49:28	1220	02:33:16	1220	02:33:16	
1221	672	Marilyn Shaurette	1251	00:18:55	1172	00:09:48	1085	01:08:18	1269	00:05:07	1238	00:51:22	1221	02:33:28	1221	02:33:28	
1222	879	Wendy Poulos	632	00:11:27	1275	00:17:31	1095	01:08:38	1254	00:04:15	1243	00:52:05	1222	02:33:54	1222	02:33:54	
1223	813	Lucero Walker	493	00:10:40	1178	00:09:57	1253	01:26:15	1251	00:04:07	1110	00:43:06	1223	02:34:04	1223	02:34:04	
1224	913	Mary Rosenfield	993	00:13:57	1253	00:14:35	1183	01:14:25	1261	00:04:32	1196	00:46:46	1224	02:34:14	1224	02:34:14	
1225	876	Anna Bryant	954	00:13:41	1187	00:10:26	1250	01:25:35	1138	00:02:49	1082	00:42:02	1225	02:34:31	1225	02:34:31	
1226	512	Paxson Lowther	1199	00:16:53	770	00:05:24	1252	01:26:01	495	00:01:30	1157	00:45:20	1226	02:35:06	1226	02:35:06	
1227	294	Elizabeth Harvey	994	00:13:57	1263	00:15:15	1227	01:20:05	1114	00:02:43	1152	00:45:12	1227	02:37:11	1227	02:37:11	
1228	992	Saralyn Tabachnic	343	00:09:52	1258	00:14:57	1255	01:26:40	1034	00:02:26	1150	00:44:57	1228	02:38:51	1228	02:38:51	
1229	565	Elizabeth Hilton	1087	00:14:46	1129	00:08:36	1237	01:22:50	1205	00:03:22	1223	00:49:35	1229	02:39:07	1229	02:39:07	
1230	258	Christina Humphri	950	00:13:39	1157	00:09:07	1260	01:29:38	1259	00:04:22	1104	00:42:55	1230	02:39:39	1230	02:39:39	
1231	297	Sharilyn Greiner	1257	00:19:11	1028	00:07:12	1238	01:23:00	619	00:01:38	1215	00:48:50	1231	02:39:50	1231	02:39:50	
1232	447	Arline Winn	1180	00:16:27	1210	00:11:15	1185	01:14:37	1282	00:07:08	1232	00:50:24	1232	02:39:50	1232	02:39:50	
1233	220	Elaine Bozone	1207	00:17:03	1037	00:07:19	1242	01:24:46	400	00:01:22	1227	00:49:45	1234	02:40:14	1233	02:40:14	
1234	353	Lara Madden	1294	00:26:07	1245	00:13:32	1149	01:11:53	1285	00:08:31	1038	00:40:39	1235	02:40:41	1234	02:40:41	
1235	410	Natalie Curtiss	1220	00:17:35	1175	00:09:50	1257	01:29:09	497	00:01:30	1112	00:43:13	1236	02:41:14	1235	02:41:14	
1236	603	Amanda Johnson	1249	00:18:48	1273	00:17:16	1190	01:14:56	1133	00:02:48	1206	00:47:37	1237	02:41:24	1236	02:41:24	
1237	397	Kimberly Webb	1211	00:17:15	1277	00:17:53	1217	01:18:27	1287	00:16:02	642	00:32:05	1238	02:41:40	1237	02:41:40	
1238	502	Sadie White	1295	00:32:16	1177	00:09:56	1205	01:16:40	1229	00:03:39	994	00:39:10	1239	02:41:40	1238	02:41:40	
1239	406	Jacque Filley	1277	00:21:28	1215	00:11:23	935	01:03:30	1237	00:03:44	1283	00:59:49	1233	02:39:53	1239	02:41:53	2:00
1240	553	Clare Boersma	1263	00:19:36	1224	00:11:48	1197	01:15:55	1093	00:02:36	1242	00:52:02	1240	02:41:56	1240	02:41:56	
1241	739	Monique Jackson	976	00:13:49	1294	00:32:26	1234	01:21:58	631	00:01:39	655	00:32:12	1241	02:42:02	1241	02:42:02	
1242	156	Judyann Farris	1221	00:17:42	1246	00:13:36	1221	01:19:00	587	00:01:36	1233	00:50:26	1242	02:42:19	1242	02:42:19	
1243	845	Kady Bryant	1205	00:17:01	1262	00:15:11	1251	01:25:39	1126	00:02:46	1081	00:42:01	1243	02:42:37	1243	02:42:37	
1244	547	Rachel Curtiss	1132	00:15:28	1248	00:14:11	1045	01:06:46	1288	00:23:50	1113	00:43:13	1244	02:43:26	1244	02:43:26	
1245	497	Lauren Chapman	1081	00:14:40	1088	00:07:57	1188	01:14:51	889	00:02:04	1290	01:04:31	1245	02:44:01	1245	02:44:01	
1246	1073	Emily Reast	629	00:11:26	1217	00:11:27	1189	01:14:54	849	00:02:00	1289	01:04:30	1246	02:44:16	1246	02:44:16	
1247	1164	Virginia Groesche	1193	00:16:46	1269	00:16:31	1244	01:25:10	1175	00:03:04	1182	00:46:24	1247	02:47:54	1247	02:47:54	
1248	439	Anita Thomas	1146	00:15:39	1279	00:18:21	1231	01:21:51	1280	00:06:36	1169	00:45:51	1248	02:48:17	1248	02:48:17	
1249	311	Engel Goodnight	829	00:12:37	1228	00:12:14	1254	01:26:17	525	00:01:31	1271	00:55:58	1249	02:48:36	1249	02:48:36	
1250	282	Jill Motz	958	00:13:42	1283	00:19:03	1226	01:19:58	1230	00:03:40	1247	00:52:33	1250	02:48:55	1250	02:48:55	

Gold Nugget Triathlon ANCHORAGE, ALASKA
05/15/2011
Timing and Results by Up and Running Event Management
FINAL RESULTS

OV'Al Place	NO.	NAME	Swim Pl	SWIM Split	T1 Pl	T1 split	Bike Pl	BIKE Split	T2 PL	T2 Split	Run Pl	RUN split	Raw PL	Raw TIME	OV1 Pl	Overall Time	Pen- alty
1251	631	Terise N'Ha Caitr	1177	00:16:21	1128	00:08:36	1268	01:33:26	1163	00:02:58	1213	00:48:06	1251	02:49:25	1251	02:49:25	
1252	524	Suesue Scott	941	00:13:33	1282	00:18:52	1247	01:25:15	1191	00:03:14	1220	00:49:30	1252	02:50:24	1252	02:50:24	
1253	476	Cecilia Ryman	1056	00:14:28	1229	00:12:15	1264	01:30:46	315	00:01:17	1244	00:52:06	1253	02:50:51	1253	02:50:51	
1254	663	Linda Bustamante	1194	00:16:46	1250	00:14:19	1259	01:29:21	1267	00:04:58	1171	00:45:54	1254	02:51:17	1254	02:51:17	
1255	585	Shauna Thornton	1260	00:19:17	1124	00:08:33	1240	01:24:25	1281	00:06:59	1251	00:53:13	1255	02:52:26	1255	02:52:26	
1256	188	Lisa Keller	197	00:08:50	1138	00:08:39	1270	01:34:16	323	00:01:18	1285	01:01:52	1256	02:54:53	1256	02:54:53	
1257	466	Teresa Scott	1282	00:22:00	1261	00:15:10	1246	01:25:14	1190	00:03:14	1222	00:49:32	1257	02:55:09	1257	02:55:09	
1258	589	Lucy Curtiss	573	00:11:06	1292	00:30:54	1258	01:29:14	393	00:01:22	1114	00:43:16	1258	02:55:51	1258	02:55:51	
1259	1360	Kimberly Fierley	547	00:10:58	1182	00:10:14	1108	01:09:10	1289	00:32:45	1253	00:53:23	1259	02:56:29	1259	02:56:29	
1260	187	Ciana Dragan	819	00:12:34	881	00:06:01	1273	01:35:03	119	00:00:56	1286	01:02:05	1260	02:56:38	1260	02:56:38	
1261	1214	Jessica Clark	1123	00:15:20	1059	00:07:34	1282	01:40:38	359	00:01:20	1254	00:53:23	1261	02:58:14	1261	02:58:14	
1262	262	Michelle Eicher	1271	00:20:31	1227	00:12:14	1256	01:28:52	1004	00:02:20	1269	00:54:36	1262	02:58:32	1262	02:58:32	
1263	441	Marti Scherbert	1175	00:16:12	1254	00:14:39	1262	01:30:25	1197	00:03:18	1263	00:54:06	1263	02:58:39	1263	02:58:39	
1264	346	Brooklyn Logan	1245	00:18:41	1284	00:19:45	1209	01:17:03	1264	00:04:47	1280	00:59:25	1264	02:59:39	1264	02:59:39	
1265	360	Brittany Partridg	1272	00:20:35	1288	00:22:14	1248	01:25:16	1192	00:03:14	1221	00:49:31	1265	03:00:49	1265	03:00:49	
1266	592	Audrey Hickman	881	00:12:59	948	00:06:29	1284	01:42:46	890	00:02:04	1275	00:57:02	1266	03:01:18	1266	03:01:18	
1267	579	Diana Johnson	1009	00:14:04	1191	00:10:33	1283	01:41:54	995	00:02:19	1246	00:52:32	1267	03:01:20	1267	03:01:20	
1268	550	Kate Buller	1289	00:22:41	1252	00:14:27	1280	01:39:59	1253	00:04:13	1020	00:40:04	1268	03:01:22	1268	03:01:22	
1269	436	Lisa Small	1269	00:20:14	1237	00:12:49	1267	01:32:56	754	00:01:50	1270	00:55:17	1269	03:03:05	1269	03:03:05	
1270	324	Tamar Lubitsh	999	00:13:59	1185	00:10:23	1289	01:46:18	632	00:01:40	1241	00:51:56	1270	03:04:13	1270	03:04:13	
1271	1361	Matrika Arrington	1254	00:19:04	1198	00:10:42	1010	01:05:37	1290	00:36:16	1252	00:53:21	1271	03:05:00	1271	03:05:00	
1272	451	Teresa Miksch	1286	00:22:19	1276	00:17:42	1249	01:25:22	1066	00:02:32	1276	00:57:06	1272	03:05:00	1272	03:05:00	
1273	255	Laura Portney	1171	00:16:04	1265	00:15:51	1274	01:35:59	1215	00:03:27	1265	00:54:08	1273	03:05:27	1273	03:05:27	
1274	253	Alexia Portney	1126	00:15:21	1272	00:16:52	1276	01:36:04	1216	00:03:27	1266	00:54:09	1274	03:05:52	1274	03:05:52	
1275	1083	Beth Knorr	1276	00:21:01	1142	00:08:46	1269	01:33:35	1155	00:02:55	1284	00:59:50	1275	03:06:06	1275	03:06:06	
1276	266	Roma Boyer	1285	00:22:18	1188	00:10:27	1275	01:36:00	1202	00:03:20	1267	00:54:09	1276	03:06:12	1276	03:06:12	
1277	408	Kayla Ray	1281	00:21:40	1218	00:11:29	1279	01:37:57	1129	00:02:47	1258	00:53:32	1277	03:07:22	1277	03:07:22	
1278	419	Aurora Hablett	1078	00:14:39	1267	00:15:56	467	00:53:32	1291	00:50:31	1255	00:53:23	1278	03:08:00	1278	03:08:00	
1279	131	Windy Alvarado-Ne	1214	00:17:22	1230	00:12:15	1285	01:43:28	1000	00:02:20	1249	00:52:40	1279	03:08:03	1279	03:08:03	
1280	555	Theresa Langberg	1279	00:21:36	1241	00:13:16	1278	01:37:04	1235	00:03:42	1259	00:53:32	1280	03:09:08	1280	03:09:08	
1281	420	Laura Schneller	469	00:10:34	1293	00:31:19	1263	01:30:25	1194	00:03:17	1264	00:54:07	1281	03:09:40	1281	03:09:40	
1282	568	Kerri Morris	1264	00:19:44	1286	00:21:01	1281	01:40:01	1252	00:04:10	1147	00:44:50	1282	03:09:44	1282	03:09:44	
1283	1042	Sharon Kelly	1244	00:18:40	1211	00:11:18	1272	01:34:49	1238	00:03:44	1287	01:02:19	1283	03:10:48	1283	03:10:48	
1284	446	Carol Mock	1246	00:18:42	1236	00:12:38	1287	01:45:15	550	00:01:33	1274	00:56:52	1284	03:14:59	1284	03:14:59	
1285	444	Judy Goins	1291	00:23:54	1239	00:13:06	1271	01:34:30	1143	00:02:51	1288	01:02:34	1285	03:16:53	1285	03:16:53	
1286	777	Heather Hoff	687	00:11:47	1290	00:26:40	1286	01:43:30	996	00:02:19	1248	00:52:39	1286	03:16:54	1286	03:16:54	
1287	573	Kerrisa Yarnot	1280	00:21:37	1281	00:18:42	1290	01:47:39	1007	00:02:21	1262	00:54:02	1287	03:24:20	1287	03:24:20	
1288	604	Nancy Arrington	1287	00:22:20	1220	00:11:36	1291	01:50:06	835	00:01:59	1281	00:59:35	1288	03:25:35	1288	03:25:35	
1289	440	Mary Pflughoft	1234	00:18:20	1287	00:21:20	1288	01:45:16	1117	00:02:44	1278	00:57:56	1289	03:25:35	1289	03:25:35	
1290	153	Amber Garcia	1186	00:16:36	1289	00:24:51	1277	01:37:00	1286	00:15:06	1282	00:59:38	1290	03:33:09	1290	03:33:09	
1291	243	Myrinel Uwekooolan	1225	00:17:58	1244	00:13:29	1292	01:57:59	1119	00:02:44	1291	01:09:40	1291	03:41:49	1291	03:41:49	
1292	216	Colleen Ormberg	472	00:10:35	550	00:04:27	1261	01:29:51									
1293	1017	Summer Wheeler	1016	00:14:09	632	00:04:45											
1294	1341	Heidi Booher	1100	00:14:58	854	00:05:51											
1295	937	Penny Booher	688	00:11:47	858	00:05:53											
1296	1290	Nancy Collins	702	00:11:52													