

Gold Nugget Triathlon ANCHORAGE, ALASKA  
05/20/2012  
Timing and Results by Up and Running Event Management  
FINAL Most Improved RESULTS

Place	Bib	Name	2011	2012	% change
1	809	Aurora Hablett	3:08:00	2:09:39	-31%
2	863	Windy Alvarado-Ne	3:08:02	2:21:57	-25%
3	220	Clare Boersma	2:41:56	2:05:00	-23%
4	681	Emily Reast	2:44:16	2:08:30	-22%
5	865	Jennifer Stone	2:06:17	1:39:54	-21%
6	239	Vickie Hood	2:36:58	2:05:28	-20%
7	148	Amanda Johnson	2:41:24	2:11:20	-19%
8	873	Emily Schultz	2:10:23	1:49:05	-16%
9	627	Alexandra Kitchen	1:54:47	1:39:08	-14%
10	860	Merrileigh Boring	2:00:52	1:44:38	-13%
11	1058	Van Le	1:44:59	1:31:22	-13%
12	524	Michelle Eicher	2:58:32	2:38:50	-11%
13	673	Lisa Small	3:03:09	2:43:33	-11%
14	73	Mary Holman	2:02:53	1:49:49	-11%
15	887	Amanda Hegna	1:53:23	1:41:40	-10%
16	937	Celine Becker	1:39:40	1:29:31	-10%
17	778	Julie Kane	1:52:07	1:40:45	-10%
18	845	Amy Hart	1:56:08	1:45:00	-10%
19	1364	Chelsea Ryan	2:01:49	1:50:44	-9%
20	1404	Summer Dallman	2:03:19	1:52:06	-9%
21	671	Jill Motz	2:48:55	2:34:43	-8%
22	1447	Gloria Clendaniel	1:37:30	1:29:19	-8%
23	1436	Bonnie Dolgonos	2:06:00	1:55:43	-8%
24	1531	Tracy Morrison	1:29:54	1:22:34	-8%
25	710	Naomi Zurba	2:29:55	2:18:16	-8%
26	498	Tracy Blais	2:32:29	2:20:47	-8%
27	1480	Jennifer Avery	2:07:17	1:57:38	-8%
28	1352	Renee Christensen	2:09:49	2:00:37	-7%
29	1437	Thea Paschall	1:44:53	1:37:38	-7%
30	143	Glenda Kerry	3:04:15	2:51:51	-7%
31	826	Holly Dean	1:54:56	1:47:15	-7%
32	1462	Victoria Shanklin	2:03:59	1:56:10	-6%
33	760	Alexandra Okeson	1:35:16	1:29:21	-6%
34	72	Laurie Edge	2:00:59	1:53:36	-6%
35	773	Danielle Fay	1:43:33	1:37:19	-6%
36	1237	Kari Dupree	1:59:54	1:52:50	-6%
37	1094	Anita Wright	1:51:02	1:44:50	-6%
38	628	Stephanie Kitchen	2:16:56	2:09:21	-6%
39	1192	Nicole Clark	1:50:36	1:44:37	-5%
40	1026	Paola Banchemo	1:29:22	1:24:39	-5%
41	226	Sara Rottman	1:34:34	1:29:40	-5%
42	912	Mimi Allen	2:02:24	1:56:11	-5%
43	952	Laurel Renkert	1:45:26	1:40:19	-5%
44	907	Claire Torbensen-	1:46:12	1:41:03	-5%
45	798	Carol Kleckner	1:49:36	1:44:48	-4%

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46	1487 September Reynaga	2:09:48	2:04:34	-4%
47	897 Ariel Olson	1:52:00	1:47:35	-4%
48	71 Jayne Markiewicz	2:00:54	1:56:09	-4%
49	1413 Suzanne Armentrou	1:39:32	1:35:44	-4%
50	1516 Beth Graupmann	2:17:00	2:11:53	-4%
51	175 Lisa Weston	2:15:48	2:11:05	-3%
52	1501 H. Kate Huckert	2:08:44	2:04:16	-3%
53	1357 Cristin Bowser	2:15:37	2:10:58	-3%
54	1088 Yvonne Henrickson	1:33:36	1:30:29	-3%
55	1117 Dale Kodama	1:56:46	1:52:53	-3%
56	1349 Nancy Jones	1:50:45	1:47:06	-3%
57	306 Wendy Moe Willis	1:24:53	1:22:06	-3%
58	1149 Christina Logan	2:07:30	2:03:40	-3%
59	1107 Katie Malotky	1:41:27	1:38:26	-3%
60	1453 Kerrisa Yarnot	3:24:20	3:18:20	-3%
61	1377 Kari Gdula	1:41:03	1:38:13	-3%
62	213 Madison Ellington	2:07:24	2:04:03	-3%
63	1378 Anna Fischer	1:40:18	1:37:40	-3%
64	1361 Maddy Moore	1:58:26	1:55:35	-2%
65	1556 Emily Garhart	1:45:45	1:43:21	-2%
66	935 Mary Ellen Summer	2:00:16	1:57:41	-2%
67	58 Anne Olson	1:46:15	1:44:02	-2%
68	1126 Laura Eakes	1:27:00	1:25:12	-2%
69	533 Beth Knorr	3:06:06	3:02:22	-2%
70	980 Laura Asbell	1:50:50	1:48:43	-2%
71	57 Wendy Manninen	1:37:36	1:36:22	-1%
72	1346 Shannon Hoffbeck	1:57:54	1:57:18	-1%
73	1195 Jennifer Bostick	1:40:59	1:40:30	0%
74	1191 Renae Bookman	1:47:26	1:46:58	0%
75	849 Christine Peterse	1:56:58	1:56:33	0%
76	974 Susan Halvor	1:48:57	1:48:50	0%
77	1471 Dana Grubb	1:39:01	1:38:59	0%
78	846 Kerynn Fisher	2:13:38	2:13:40	0%
79	1073 Ronda Aspengren	1:29:29	1:29:48	0%
80	380 Teresa Miksch	3:05:00	3:05:51	0%
81	1493 Kelly Rygh	1:40:54	1:41:22	0%
82	943 Kirsten Johnson	1:55:42	1:56:16	0%
83	744 Katie Cartee	1:35:24	1:35:53	1%
84	1278 Christine Lundgre	1:42:23	1:42:59	1%
85	799 Danielle Mason	1:45:40	1:46:29	1%
86	1050 Ana Jager	1:23:39	1:24:25	1%
87	1340 Heather Hogge	1:27:25	1:28:15	1%
88	526 Janet Rasmussen	2:13:48	2:15:06	1%
89	896 Kandis Price	1:59:35	2:00:57	1%
90	951 Leah Zuumwalt	1:31:50	1:32:55	1%
91	933 Melissa Lamebull	1:43:27	1:44:56	1%

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92	842 Melissa Banker	1:34:43	1:36:13	2%
93	830 Cindi Pannone	1:33:14	1:34:46	2%
94	719 Mary Waltz	2:19:50	2:22:12	2%
95	151 Lesley Yamauchi	1:26:22	1:27:51	2%
96	1350 Shaina Seidner	1:35:30	1:37:10	2%
97	1333 Riley Bennett	1:33:25	1:35:23	2%
98	259 Virginia Groesche	2:47:54	2:51:29	2%
99	1250 Kate Henderson	1:30:50	1:32:50	2%
100	746 Kate Abbott	2:03:34	2:06:19	2%
101	103 Jennifer Lancaste	1:37:03	1:39:14	2%
102	890 Jennie Sodergren	1:56:43	1:59:21	2%
103	329 Elizabeth Calabro	1:27:50	1:29:53	2%
104	779 Bronwyn Haynes	1:35:00	1:37:18	2%
105	731 Heather Jensen	1:55:09	1:58:05	3%
106	1543 Maryann Leenstra	2:07:34	2:10:49	3%
107	709 Karen Blaney	2:20:16	2:23:51	3%
108	305 Rachel Kemp	1:52:12	1:55:09	3%
109	1024 Meghan Fay	1:47:07	1:50:15	3%
110	6 Danelle Winn	1:09:19	1:11:24	3%
111	99 Elizabeth Hinson	1:52:23	1:55:59	3%
112	910 Erica McCall Vale	1:41:19	1:44:34	3%
113	1055 Adriana Hernandez	1:53:46	1:57:26	3%
114	1467 Tisha Sutton	1:40:40	1:44:17	4%
115	1046 Pamela Boyleston	1:40:35	1:44:16	4%
116	130 Jennifer Schrage	1:23:24	1:26:32	4%
117	1201 Jennifer Sees	1:20:52	1:23:55	4%
118	183 Disa Congdon	2:16:53	2:22:03	4%
119	1371 Nicole Knox	1:52:13	1:56:30	4%
120	768 Emily Ferrell	2:19:05	2:24:34	4%
121	1546 Jordan Pruszenski	1:23:54	1:27:13	4%
122	1190 Lora Jorgensen	1:39:05	1:43:04	4%
123	22 Kelly Powers	1:16:12	1:19:22	4%
124	1520 Elizabeth Cooper	2:24:14	2:30:14	4%
125	1443 Elizabeth Bow	1:32:54	1:36:46	4%
126	1473 Tapia Stover	1:34:41	1:38:50	4%
127	759 Makenna Okeson	1:43:55	1:48:36	5%
128	1089 Sharon Holland	2:05:20	2:11:14	5%
129	691 Laura Richardson	1:58:19	2:04:07	5%
130	916 Angela Mazur	1:42:22	1:47:31	5%
131	1290 Kimi Nord	1:30:31	1:35:21	5%
132	1011 Rachel Shercliffe	1:45:29	1:51:08	5%
133	1360 Stephanie Galbrai	1:51:40	1:57:41	5%
134	748 Kendra Anyan	1:39:00	1:44:24	5%
135	1452 Rebecca Cuniberti	1:38:12	1:43:35	5%
136	68 Kim Rivera	1:21:39	1:26:22	6%
137	1395 Jenny Jemison	1:24:38	1:29:33	6%

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138	1317 Lynnette Warren	1:58:38	2:05:33	6%
139	1091 Johna Beech	2:06:37	2:14:10	6%
140	1347 Theresa Feighery	2:12:35	2:20:33	6%
141	758 Christina Libert	1:35:22	1:41:21	6%
142	52 Idamarie Piccard	2:21:58	2:30:55	6%
143	1207 Tara Kulin	1:41:39	1:48:06	6%
144	59 Valerie Brown	1:52:30	1:59:39	6%
145	583 Robyn Elkins	2:14:22	2:22:55	6%
146	1049 Amy Johns	1:23:55	1:29:20	6%
147	1423 Alecia Wood	1:46:32	1:53:28	7%
148	1542 Kristen Drummond	1:37:31	1:44:12	7%
149	1558 Carolyn Knowles	2:11:41	2:20:49	7%
150	1396 Erin Cockreham	2:02:07	2:10:44	7%
151	1312 Julie Denny	1:40:29	1:47:53	7%
152	319 Erika Bennett	1:28:09	1:34:41	7%
153	1309 Ginger Cooley	1:35:15	1:42:22	7%
154	455 Tamara Von Gemmin	2:28:18	2:39:31	8%
155	119 Regina Daniels	1:39:32	1:47:10	8%
156	898 Lois Olson	1:48:00	1:56:33	8%
157	1242 Bonnie Wanat	1:34:03	1:41:52	8%
158	1180 Stephanie Huseman	2:02:38	2:12:53	8%
159	839 Ann Pruszenski	1:43:23	1:52:09	8%
160	1526 Kristine Nelson	1:51:55	2:01:28	9%
161	1090 Val Jokela	1:54:55	2:04:47	9%
162	838 Stacy Thompson	1:57:53	2:08:04	9%
163	900 Kimberly Halstead	1:55:13	2:05:42	9%
164	827 Nancy Murphy	1:39:30	1:48:46	9%
165	371 Ruth Carter	1:50:14	2:01:12	10%
166	105 Caryn Rea	2:00:25	2:13:24	11%
167	999 Valerie Maeker	2:10:29	2:24:35	11%
168	1153 Rachel Goertz	1:52:06	2:04:13	11%
169	1031 Sherrille Connell	2:04:00	2:17:26	11%
170	236 Carol Mock	3:14:59	3:37:00	11%
171	1533 Jennifer Ballew	2:03:45	2:18:20	12%
172	1253 Natasha Pierce-SI	1:31:32	1:42:26	12%
173	994 Pamela Kauveyaku	1:55:46	2:10:06	12%
174	822 Hailey Nelson	1:48:09	2:01:46	13%
175	971 Justine Sanders	1:44:37	1:58:05	13%
176	954 Sara McCormick	1:37:19	1:50:09	13%
177	927 Kristila Gardner	1:55:55	2:12:42	14%
178	1096 Cindy Freistone	1:25:01	1:37:24	15%
179	56 Cindy Cooper	1:15:20	1:26:21	15%
180	1259 Ellie Kiser	1:59:22	2:17:23	15%
181	1435 Regan Brooks	1:37:50	1:53:44	16%
182	1537 Deanna Blazjewsk	1:45:49	2:03:47	17%
183	984 Elizabeth Miller	1:49:53	2:09:04	17%

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184	412 Sharon Kelly	3:10:48	3:53:53	23%
185	74 Kristy Grawunder	1:45:00	2:09:20	23%
186	926 Renae Sather	1:47:56	2:15:20	25%
187	325 Bonnie Cudnohufsk	1:37:28	2:02:59	26%
188	334 Anne Barnett	1:06:00	1:24:01	27%
189	335 Jonel Schenk	1:49:20	2:22:24	30%
190	820 Helen Bohn	1:40:33	2:13:16	33%
191	1338 Michele Coad	1:45:00	2:21:13	34%
192	1330 Cara Bethe	1:59:56	2:45:10	38%
193	1252 Kathleen Adams	1:56:46	2:46:42	43%