

**Gold Nugget Triathlon
Most Improved
5/19/13**

Skinny Raven Timing

PLACE	BIB	FIRST_NAME	LAST_NAME	2012	2013	% Change
1	284	Amy	Utley	2:42:56	1:49:29	-32.80%
2	1183	Brandy	baker	2:07:10	1:31:15	-28.24%
3	338	Tammy	Gongliewski	3:13:29	2:20:20	-27.47%
4	965	Aurora	Hablett	2:09:39	1:38:51	-23.76%
5	1078	matrika	arrington	3:05:00	2:23:15	-22.57%
6	1214	Rebecca	Van Wyck	2:52:44	2:13:50	-22.52%
7	172	holly	mittchell	2:58:00	2:19:40	-21.54%
8	991	Trisha	Clark	2:53:32	2:20:37	-18.97%
9	1016	Jaylee	Brendel	2:33:51	2:06:04	-18.06%
10	552	Denali	Blackmore	2:40:00	2:11:19	-17.93%
11	1133	Nicole	Thibodeau	2:10:04	1:47:29	-17.36%
12	1440	Melanie	Arnolds	2:14:19	1:51:43	-16.83%
13	316	Carolyn	Rudzinski	2:15:17	1:52:35	-16.78%
14	998	Bonnie	Cudnohufsky	2:02:59	1:43:20	-15.98%
15	1240	Madeline	Ramuglia	1:54:54	1:38:29	-14.29%
16	429	Emily	Evans	1:44:03	1:29:26	-14.05%
17	985	Molly	Young	2:06:06	1:50:58	-12.00%
18	1260	September	Reynaga	2:04:34	1:50:08	-11.59%
19	381	Gina	Lucas	2:27:14	2:10:11	-11.58%
20	787	Jennifer	Hardy	1:54:00	1:40:52	-11.52%
21	1462	Rena	Anderson	2:11:58	1:57:11	-11.20%
22	1324	Terri	Mayeur	2:23:29	2:07:37	-11.06%
23	273	Emily	Reast	2:08:30	1:54:49	-10.65%
24	1088	Stephanie	Devenny	2:12:29	1:58:38	-10.45%
25	1382	Rebecca	Graham	2:04:48	1:52:02	-10.23%
26	380	Lindsey	Honemann	1:58:05	1:46:35	-9.74%
27	822	yVONNE	oREN	2:43:20	2:27:29	-9.70%
28	192	Quincy	Hansell	1:42:37	1:32:46	-9.60%
29	59	jill	burnett	1:47:03	1:36:59	-9.40%
30	1135	Kelly	Walker	2:16:19	2:03:51	-9.15%
31	1293	Adele	Fetter	2:09:44	1:57:56	-9.10%
32	973	Amanda	Moser	2:18:48	2:06:27	-8.90%
33	1009	Leah	Baker	2:01:58	1:51:16	-8.77%
34	135	Kayla	Anderson	1:52:03	1:42:15	-8.75%
35	1271	Heather	Albright	1:52:32	1:42:51	-8.60%

36	217 Heather	Freistone	2:07:58	1:56:58	-8.60%
37	1014 Judy	Krier	2:46:17	2:32:22	-8.37%
38	1239 Allison	Thomas	1:51:43	1:42:39	-8.12%
39	1583 Meghan	Paulson	1:57:06	1:48:04	-7.71%
40	1374 Carin	Vadala	2:01:15	1:52:02	-7.60%
41	394 Christine	Opland	4:02:18	3:44:36	-7.30%
42	1517 Hannah	Foreman	2:01:51	1:53:16	-7.04%
43	482 Kady	Bryant	2:42:37	2:31:20	-6.94%
44	73 Aisha	Barnes	2:20:00	2:10:25	-6.85%
45	1564 Teresa	O'Connor	1:53:03	1:45:40	-6.53%
46	1186 Jenna	Gruenstein	1:49:39	1:42:40	-6.37%
47	152 Alice	Michaelson	1:47:11	1:40:33	-6.19%
48	1023 Kathleen	Quinn	1:57:14	1:50:02	-6.14%
49	1446 Lorraine	Mothershead	2:38:37	2:28:53	-6.14%
50	1521 nicole	Correa	1:39:25	1:33:24	-6.05%
51	983 Jennifer	Parkhurst	2:32:42	2:23:30	-6.02%
52	291 Rebecca	Perkins	1:51:35	1:45:19	-5.62%
53	1218 Lu	Gallego	2:06:29	1:59:44	-5.34%
54	1331 Jekka	Roder	1:59:19	1:52:59	-5.31%
55	157 Heather	Duffy	2:24:39	2:16:59	-5.30%
56	1230 Darcie	Brodsky	2:00:37	1:54:16	-5.26%
57	1070 RENAE	SATHER	2:15:20	2:08:14	-5.25%
58	115 Sue	Parry	1:45:28	1:40:03	-5.14%
59	1360 Maggie	Donnelly	1:41:05	1:35:59	-5.05%
60	155 Merrileigh	Boring	1:44:38	1:39:22	-5.03%
61	1226 cherie	Shirey	2:52:22	2:43:46	-4.99%
62	894 Jenny	Jemison	1:29:33	1:25:05	-4.99%
63	904 Anna	Fischer	1:37:40	1:32:52	-4.91%
64	1092 Meghan	Fay	1:50:15	1:45:01	-4.75%
65	49 Tara	Craytor	1:26:14	1:22:17	-4.58%
66	154 cara	bethe	2:45:10	2:37:49	-4.45%
67	1359 Vicky	Cranor	2:23:09	2:16:58	-4.32%
68	763 Leah	Zumwalt	1:32:55	1:29:16	-3.93%
69	1048 Sissel	Westlien	1:56:55	1:52:34	-3.72%
70	1332 Kate	Beecroft	2:09:33	2:04:55	-3.58%
71	927 Andrea	Petersen	1:55:44	1:51:47	-3.41%
72	1117 Laura	Asbell	1:48:43	1:45:04	-3.36%
73	1441 Erika	Bennett	1:34:41	1:31:32	-3.33%
74	86 Laurie	Edge	1:53:36	1:49:50	-3.32%
75	762 JIMIN	HWANG	2:14:20	2:10:00	-3.23%
76	222 Naomi	Oakley	2:00:00	1:56:14	-3.14%
77	58 Lori	Bodwell	1:40:56	1:37:51	-3.05%
78	1169 Michelle	Vlah	1:47:24	1:44:09	-3.03%

79	446	melissa	conley	2:15:28	2:11:44	-2.76%
80	218	Cindy	Freistone	1:37:24	1:34:44	-2.74%
81	1129	Heather	Courrier	1:48:25	1:45:36	-2.60%
82	61	Idamarie	Piccard	2:54:23	2:50:03	-2.48%
83	912	Ronda	Aspengren	1:29:48	1:27:48	-2.23%
84	481	Tammy	Pickett	1:41:03	1:38:49	-2.21%
85	530	Mary	Burr	1:53:20	1:51:02	-2.03%
86	814	Melissa	Browning	1:42:18	1:40:17	-1.97%
87	1034	Gretchen	Courtney	2:11:25	2:08:51	-1.95%
88	441	Amy	Johns	1:29:20	1:27:42	-1.83%
89	1210	Julie	Storlie	1:51:39	1:49:43	-1.73%
90	1504	Heidi	Minsheu	1:42:36	1:40:51	-1.71%
91	915	Alison	Kattelmann	1:48:09	1:46:32	-1.49%
92	1531	kari	jenski	2:12:42	2:10:47	-1.44%
93	1335	Kolina	Kini	2:07:30	2:05:41	-1.42%
94	1299	Katie	Porter	1:40:08	1:38:55	-1.22%
95	1483	Amanda	Stinnett	2:02:52	2:01:24	-1.19%
96	1567	Sara	Lambries	1:36:21	1:35:19	-1.07%
97	554	Kayle	Blackmore	1:47:00	1:45:53	-1.04%
98	1192	Robyn	Elkins	2:22:55	2:21:31	-0.98%
99	479	Anna	Bryant	2:34:31	2:33:01	-0.97%
100	994	Sissy	Adams	1:33:24	1:32:33	-0.91%
101	680	Barbara	Petukh	2:19:42	2:18:26	-0.91%
102	1378	Kirsten	Andrews	1:46:24	1:45:34	-0.78%
103	1456	Michelle	Humphrey	1:40:34	1:39:48	-0.76%
104	111	jennifer	watson	1:27:07	1:26:29	-0.73%
105	121	Lynn	Kent	1:29:12	1:28:37	-0.65%
106	1275	Sarah	Nicholson	2:08:36	2:07:48	-0.62%
107	153	Marti	Pausback	1:47:15	1:46:39	-0.56%
108	228	Teresa	Miksch	3:05:51	3:04:54	-0.51%
109	101	Elizabeth	Calabro	1:29:53	1:29:32	-0.39%
110	1312	Jennifer	Gilhuly	2:18:20	2:17:59	-0.25%
111	1248	Rosalind	Worcester	1:31:49	1:31:39	-0.18%
112	1348	Karissa	Gries	1:29:34	1:29:32	-0.04%
113	1406	Malia	Klein	1:38:22	1:38:20	-0.03%
114	1270	Katie	Schanne	1:43:49	1:43:51	0.03%
115	813	Helene	Markman	2:02:10	2:02:17	0.10%
116	1304	Morgan	Butler	2:07:05	2:07:24	0.25%
117	1173	Jacklyn	Bartz	1:56:24	1:56:50	0.37%
118	1303	Brandy	Stepetin	1:43:11	1:43:52	0.66%
119	522	Crystal	Strebe	2:26:40	2:27:45	0.74%
120	62	Sarah	Mixsell	2:27:52	2:29:01	0.78%
121	957	Renna	Hoener	1:48:42	1:49:37	0.84%

122	1195	Suzanne	Armentrout	1:35:44	1:36:38	0.94%
123	371	Jennifer	Schober	2:21:37	2:23:07	1.06%
124	916	Liz	Bow	1:36:46	1:37:51	1.12%
125	72	Van	Le	1:30:30	1:31:49	1.45%
126	1058	Holly	Morookian	2:15:11	2:17:14	1.52%
127	1074	Riley	Bennett	1:35:23	1:36:53	1.57%
128	83	Taylor	Way	1:30:30	1:32:08	1.80%
129	1245	Bonnie	Wanat	1:41:52	1:43:54	2.00%
130	1343	Alexis	Furin	1:34:04	1:35:58	2.02%
131	1309	Regina	Daniels	1:47:10	1:49:26	2.12%
132	1171	Irene	Meadows	1:49:03	1:51:40	2.40%
133	312	mindy	meyn	2:21:28	2:24:54	2.43%
134	1375	Claire	Torbensen-Armstrong	1:41:03	1:43:32	2.46%
135	442	Ana	Jager	1:24:25	1:26:33	2.53%
136	685	Pat	Hanson	3:25:01	3:30:13	2.54%
137	1031	Angela	Mazur	1:47:31	1:50:17	2.57%
138	825	Antonia	Bockman	2:09:48	2:13:09	2.58%
139	1387	Jennifer	Jackson	1:39:14	1:41:56	2.72%
140	229	Katie	Sechrist	1:57:07	2:00:32	2.92%
141	1513	Laura	Zamborsky	1:40:17	1:43:31	3.22%
142	954	Christina	libert	1:41:21	1:44:43	3.32%
143	1084	Jennifer	Bostick	1:40:30	1:44:09	3.63%
144	1042	Laura	Morton	2:34:42	2:40:28	3.73%
145	1428	Jennie	Schrage	2:07:11	2:11:59	3.77%
146	1572	Lisa	Geis	1:50:28	1:54:39	3.79%
147	1265	Susan	Halvor	1:48:50	1:53:00	3.83%
148	1223	Petra	Banks	1:51:00	1:55:20	3.90%
149	468	Stephanie	Burchell	2:05:26	2:10:25	3.97%
150	1502	Johna	Beech	2:14:10	2:19:37	4.06%
151	409	Nichole	Gifford	2:16:21	2:21:54	4.07%
152	60	Naomi	Zurba	2:18:16	2:23:56	4.10%
153	373	Courtney	Owen	1:51:20	1:56:00	4.19%
154	1111	Bronwyn	Haynes	1:37:32	1:41:44	4.31%
155	1015	Kathy	Rumsey	1:34:56	1:39:11	4.48%
156	718	Nancy	Murphy	1:48:46	1:54:04	4.87%
157	1327	Kimberly	halstead	2:05:42	2:11:51	4.89%
158	1179	Joanna	Hopson	1:51:11	1:57:01	5.25%
159	929	Brinna	Wojtalewicz	1:49:31	1:55:18	5.28%
160	1043	Ellen	Clark	1:41:51	1:47:20	5.38%
161	1090	Danielle	Fay	1:37:19	1:42:36	5.43%
162	571	Mary	Hensel	2:15:59	2:23:57	5.86%
163	50	Chelsea	Ryan	1:50:44	1:57:19	5.95%
164	1254	Christine	Moore	2:59:09	3:09:58	6.04%

165	1584	Theresa	Westerlund	1:32:58	1:38:36	6.06%
166	811	Hailey	Nelson	2:01:46	2:09:11	6.09%
167	1585	Kelly	Donnelly	1:29:24	1:35:23	6.69%
168	1136	lee	kostelnik	2:05:58	2:14:31	6.79%
169	1163	Sara	Mccormick	1:50:24	1:57:57	6.84%
170	1057	Jill	Motz	2:34:43	2:45:25	6.92%
171	1396	tapia	stover	1:38:50	1:45:52	7.12%
172	723	Mary	Lynn	2:05:09	2:14:24	7.39%
173	269	Molly	McCormick	1:44:00	1:52:18	7.98%
174	826	Mo	Miller	2:00:16	2:10:25	8.44%
175	858	Laurel	Renkert	1:40:19	1:48:48	8.46%
176	609	Kerynn	Fisher	2:13:40	2:25:05	8.54%
177	905	Amy	Hart	1:45:00	1:54:43	9.25%
178	1200	Sondra	Menefee	1:49:32	1:59:57	9.51%
179	872	Cathy	Brandal	2:22:22	2:36:40	10.04%
180	952	Amy	Scharpf	1:33:50	1:43:28	10.27%
181	69	Kristy	Grawunder	1:45:50	1:56:53	10.44%
182	1161	heather	Hogge	1:28:15	1:37:41	10.69%
183	1267	val	jokela	2:04:47	2:19:13	11.57%
184	1247	Donna	Keese	1:45:38	1:57:57	11.66%
185	1242	Wendy	Manninen	1:36:22	1:47:45	11.81%
186	628	Lisa	Small	2:43:33	3:03:28	12.18%
187	1410	LYNNETTE	WARREN	2:05:33	2:21:42	12.86%
188	354	Amy	Thompson	2:37:09	2:57:48	13.14%
189	232	Jessy	Bowers	2:07:30	2:25:13	13.90%
190	734	Sharon	Kelly	3:53:53	4:26:39	14.01%
191	1448	Emily	Schultz	1:49:05	2:05:06	14.68%
192	224	Alana	Davis	1:47:44	2:03:49	14.93%
193	350	maryann	leenstra	2:10:49	2:31:41	15.95%
194	1166	Elinor	Harrington	1:28:36	1:42:46	15.99%
195	981	Sierra	Motsinger	1:30:44	1:45:25	16.18%
196	221	Susan	Oakley	2:18:00	2:40:25	16.24%
197	334	Robin	Ford	2:06:47	2:31:34	19.55%
198	1191	Jennifer	Sheasley	1:33:56	1:54:33	21.95%
199	567	Jeanne	Fischer	1:40:20	2:02:24	21.99%
200	1099	Beth	Knorr	3:02:22	3:42:37	22.07%
201	708	Susan	Kubitz	1:40:00	2:04:16	24.27%
202	268	Leah	Liebelt	1:30:00	1:53:32	26.15%
203	1011	Lana	Davis	1:13:00	1:33:24	27.95%
204	51	Angela	Piccard	1:46:05	2:15:57	28.15%
205	995	Windy	Alvarado-neher	2:21:57	3:26:54	45.76%
206	1006	Kylie	Neher	2:06:10	3:09:54	50.52%