

2014 GOLD NUGGET TRIATHLON
MAY, 18TH 2014
MOST IMPROVED

Results by Skinny Raven Events and Timing

BIB	FIRST NAME	LAST NAME	CITY	STATE	2013 TIME	2014 TIME	% CHANGE
1606	Holly	Fisk	Denver	CO	3:08:26	1:27:12	-53.72%
797	Holly	Weiss-Racine	Anchorage	AK	2:53:58	1:38:54	-43.15%
336	Jennie	Schroll	Chugiak	AK	2:43:34	1:58:03	-27.83%
742	Hannah	Farr	Chugiak	AK	2:43:33	1:59:29	-26.94%
675	vanessa	blake	Anchorage	AK	3:06:17	2:20:32	-24.56%
1325	Rennea	Goff	Anchorage	AK	2:30:27	1:54:34	-23.85%
901	Brittany	Blain	Anchorage	AK	3:00:05	2:18:43	-22.97%
1220	Joy	Davis	Anchorage	AK	1:59:48	1:32:26	-22.84%
1482	Amanda	Soliai	Anchorage	AK	2:21:12	1:51:22	-21.13%
964	Sabra	Marchand	Anchorage	AK	2:25:11	1:54:35	-21.08%
974	Molly	McLaughlin	Anchorage	AK	2:12:00	1:44:11	-21.07%
318	Erica	Wilson	Anchorage	AK	3:04:20	2:26:17	-20.64%
1227	Dawn	Demko	Anchorage	AK	2:10:37	1:44:51	-19.73%
159	Keidra	Harris	Anchorage	AK	2:20:11	1:52:55	-19.45%
479	Kimberly	Howell	Anchorage	AK	2:46:45	2:15:52	-18.52%
1286	Katie	Sigward	Anchorage	AK	2:52:24	2:22:01	-17.62%
892	Mindy	Meyn	Anchorage	AK	2:24:54	1:59:48	-17.32%
456	Rebecca	Agalawatta	Eagle River	AK	1:53:47	1:34:17	-17.14%
257	Shannon	Luna	Chugiak	AK	2:01:29	1:40:48	-17.03%
1208	Megan	Nicolet	Anchorage	AK	1:54:00	1:35:08	-16.55%
1246	Pamela	Kauveyiakul	Anchorage	AK	2:10:06	1:48:45	-16.41%
477	HOLLIE	BEEBY	Anchorage	AK	3:52:50	3:15:09	-16.18%
1456	Lindsey	Shippen	Anchorage	AK	2:17:43	1:55:39	-16.02%
1030	Riley	Simes	Anchorage	AK	2:52:53	2:26:05	-15.50%
428	Layla	Beam	Chugiak	AK	2:05:54	1:46:28	-15.44%
764	Kayse	Hinrichsen	Anchorage	AK	2:19:58	1:58:23	-15.42%
1076	Brinna	Wojtalewicz	Eagle River	AK	1:55:18	1:37:32	-15.41%
1403	Jessi	Morris	Anchorage	AK	2:13:13	1:53:18	-14.95%
963	Christina	Nordstrom	Anchorage	AK	2:00:00	1:42:17	-14.76%
1004	Jaylee	Brendel	Anchorage	AK	2:06:04	1:47:40	-14.60%
1168	Kathrin	Swoboda	Anchorage	AK	2:21:34	2:01:02	-14.50%
218	Emily	Poray	Anchorage	AK	1:44:03	1:29:03	-14.42%
1439	Jacqueline	Seiffert	Anchorage	AK	2:13:55	1:54:42	-14.35%
69	Marcia	Davis	Anchorage	AK	1:53:55	1:37:42	-14.24%
1381	Haley	Johnston	Anchorage	AK	1:46:43	1:32:15	-13.56%

87	Betsy	McKitrick	Anchorage	AK	2:04:53	1:48:02	-13.49%
1386	Megan	McKay	Anchorage	AK	2:03:42	1:47:44	-12.91%
880	mary	lynn	Anchorage	AK	2:14:24	1:57:17	-12.74%
1315	Amy	Hart	Anchorage	AK	1:54:43	1:40:16	-12.60%
666	Lindsay	St Peter	Delta Junction	AK	2:18:04	2:00:49	-12.49%
1459	Rachel	goertz	Anchorage	AK	2:20:06	2:03:23	-11.93%
1125	Kelly	Donnelly	Anchorage	AK	1:35:23	1:24:02	-11.90%
1356	Samantha	Matsuoka	Anchorage	AK	2:00:46	1:46:30	-11.81%
1363	Sarah	Andrus	Anchorage	AK	1:58:00	1:44:14	-11.67%
1196	Shea	Simasko	Anchorage	AK	1:48:59	1:36:17	-11.65%
343	Tammy	Gongliewski	Eagle River	AK	2:20:20	2:04:07	-11.56%
1641	Linda	Markus	Wasilla	AK	2:46:53	2:27:54	-11.38%
845	Shanann	Hoyos	Fairbanks	AK	1:50:38	1:38:36	-10.88%
548	Teresa	Takak	Anchorage	AK	2:34:05	2:17:50	-10.55%
1470	Hope	Meyn	Anchorage	AK	2:07:07	1:53:49	-10.46%
894	Sarah	Yoder	Anchorage	AK	2:13:20	1:59:27	-10.41%
1484	Julie	Storlie	Anchorage	AK	1:49:43	1:38:24	-10.31%
621	Olivia	Grant	Anchorage	AK	2:08:15	1:55:04	-10.28%
259	Makenna	Boring	Anchorage	AK	2:26:42	2:11:41	-10.24%
105	Naomi	Zurba	Anchorage	AK	2:23:56	2:09:19	-10.16%
1490	Elinor	Harrington	Chugiak	AK	1:42:46	1:32:20	-10.15%
1200	Amanda	Dunlap	Anchorage	AK	2:10:04	1:56:57	-10.08%
147	Katie	Miller	Anchorage	AK	1:36:09	1:26:29	-10.05%
204	Tamara	Freistone	Anchorage	AK	2:03:51	1:51:39	-9.85%
408	Valerie	Lindsay	Eagle River	AK	1:53:56	1:42:43	-9.84%
1568	Connie	Chevalier	Eagle River	AK	1:51:33	1:40:38	-9.79%
1448	Anne	Stephens-Demny	Anchorage	AK	2:37:35	2:22:30	-9.57%
1570	Laura	Rosen	Eagle River	AK	2:12:30	2:00:00	-9.43%
1516	Reilly	Hall	Eagle River	AK	1:50:52	1:40:28	-9.38%
1142	Bronwyn	Haynes	Anchorage	AK	1:41:44	1:32:15	-9.32%
63	Jennifer	Weber	Valdez	AK	1:47:14	1:37:22	-9.20%
1450	Sinnamon	Bovey	Anchorage	AK	2:27:17	2:13:50	-9.13%
846	Crystal	Hoyos	Fairbanks	AK	1:51:53	1:41:51	-8.97%
1319	Lindsey	Larson	Anchorage	AK	2:15:00	2:02:57	-8.93%
258	Merrileigh	Boring	Anchorage	AK	1:39:22	1:30:31	-8.91%
1330	Amy	Benson	Anchorage	AK	1:58:20	1:47:54	-8.82%
58	Angela	Piccard	Anchorage	AK	2:15:57	2:03:59	-8.80%
711	Windy	Alvarado-Neher	Anchorage	AK	3:26:53	3:09:22	-8.47%
667	Lindsey	Honemann	Anchorage	AK	1:46:35	1:37:36	-8.43%
1374	Lauren	Smayda	Anchorage	AK	1:40:16	1:31:52	-8.38%
1217	Gina	Edwards	Anchorage	AK	1:38:43	1:30:33	-8.27%
431	Jolene	Campbell	Wasilla	AK	3:07:50	2:52:23	-8.23%
947	Katy	Grant	Anchorage	AK	2:51:47	2:37:56	-8.06%

89	kimberly bush	Anchorage	AK	1:47:57	1:39:27	-7.87%
315	Christine Opland	Anchorage	AK	3:44:36	3:27:02	-7.82%
1032	Graylin Simes	Anchorage	AK	2:29:52	2:18:19	-7.71%
151	Anna Fischer	Anchorage	AK	1:32:53	1:25:44	-7.70%
474	Laurel Renkert	Anchorage	AK	1:48:48	1:40:26	-7.69%
115	lori bodwell	Fairbanks	AK	1:37:51	1:30:22	-7.65%
1202	Robin Mullen	Anchorage	AK	1:45:12	1:37:12	-7.60%
1213	Leah Kenney	Anchorage	AK	1:38:50	1:31:25	-7.50%
216	cynthia decker	Anchorage	AK	1:46:12	1:38:14	-7.50%
1462	RaeAnne Hebnes	Anchorage	AK	2:21:15	2:10:44	-7.45%
71	Jennifer Hardy	Anchorage	AK	1:40:52	1:33:24	-7.40%
1074	Brandy Baker	Delta Junction	AK	1:31:15	1:24:36	-7.29%
1233	Donna Pedersen	Anchorage	AK	2:16:28	2:06:58	-6.96%
1517	Cheryl Duda	Eagle River	AK	1:31:29	1:25:09	-6.92%
1234	Lynne Opstad	Anchorage	AK	2:14:04	2:04:51	-6.87%
178	Amy Utley	Anchorage	AK	1:49:29	1:41:58	-6.87%
1067	Heidi Moore	Anchorage	AK	3:10:43	2:57:48	-6.77%
422	katie LaFon	Anchorage	AK	2:13:20	2:04:31	-6.61%
1599	Catrina Kranich	JBER	AK	2:10:30	2:01:57	-6.55%
1593	Maggie Donnelly	Girdwood	AK	1:35:59	1:29:42	-6.55%
1498	Shawna Arend	Chugiak	AK	1:57:45	1:50:04	-6.53%
1508	Val Jokela	Chugiak	AK	2:19:13	2:10:17	-6.42%
1375	Margaret Dworian	Anchorage	AK	1:46:33	1:40:01	-6.13%
1534	Kate Beecroft	Eagle River	AK	2:04:55	1:57:20	-6.07%
1371	Angela Mazur	Anchorage	AK	1:50:17	1:43:36	-6.06%
1361	Michele Hendrickson	Anchorage	AK	2:04:55	1:57:24	-6.01%
546	Christy McGrew	Anchorage	AK	1:41:29	1:35:35	-5.81%
333	Beth Knorr	Anchorage	AK	3:42:37	3:29:42	-5.80%
1245	Hannah Toomey	Anchorage	AK	1:59:07	1:52:24	-5.64%
201	Heather Freistone	Anchorage	AK	1:56:58	1:50:30	-5.53%
56	Idamarie Piccard	Anchorage	AK	2:50:03	2:40:46	-5.46%
445	Julie Kane	Anchorage	AK	1:36:11	1:31:01	-5.37%
84	Elizabeth Calabro	Anchorage	AK	1:29:32	1:24:50	-5.25%
1345	Carmen Springer	Anchorage	AK	1:56:02	1:49:57	-5.24%
549	Katherine Takak	Anchorage	AK	2:34:35	2:26:33	-5.20%
33	Jenny Jemison	Anchorage	AK	1:25:05	1:20:42	-5.15%
1380	Mari Eaton	Anchorage	AK	1:46:25	1:40:58	-5.12%
609	Lindsay Hall	Anchorage	AK	2:08:26	2:02:19	-4.76%
1065	Christine Moore	Anchorage	AK	3:09:58	3:01:10	-4.63%
1221	Tracey Anderson	Anchorage	AK	1:55:27	1:50:16	-4.49%
1028	Kelly Parsons	Chugiak	AK	1:49:53	1:44:57	-4.49%
1157	Joelle Coulter	Anchorage	AK	1:27:38	1:23:57	-4.20%
409	Theresa Westerlund	Chugiak	AK	1:38:36	1:34:29	-4.18%

276	Kayla	Clark	Fairbanks	AK	1:36:31	1:32:39	-4.01%
454	Erin	Sivitz	Anchorage	AK	1:41:15	1:37:16	-3.93%
1365	Callie	Jones	Anchorage	AK	1:52:01	1:47:38	-3.91%
299	Nicole	Thibodeau	Anchorage	AK	1:47:29	1:43:18	-3.89%
263	Joy	Clark	Anchorage	AK	2:04:00	1:59:14	-3.84%
296	Julie	Hanson	Eagle River	AK	1:44:24	1:40:27	-3.78%
791	Morgan	Hegg	Wasilla	AK	2:06:19	2:01:38	-3.71%
1156	Allison	Ramsay	Anchorage	AK	1:32:02	1:28:38	-3.69%
319	Sarah	Shine	Anchorage	AK	1:29:18	1:26:03	-3.64%
1539	Suzanne	Armentrout	Eagle River	AK	1:36:38	1:33:10	-3.59%
703	Anna	Bryant	Anchorage	AK	2:33:01	2:27:48	-3.41%
120	Carolyn	Harley	Anchorage	AK	1:50:28	1:46:43	-3.39%
1034	Ginette	Raygor	Eagle River	AK	2:40:56	2:35:34	-3.33%
1544	Tara	Barndt	Eagle River	AK	2:15:00	2:10:31	-3.32%
1144	Ruth	Kroona	Anchorage	AK	1:37:11	1:34:02	-3.24%
790	melissa	Strauss	Anchorage	AK	2:36:30	2:31:43	-3.06%
1546	Bev	Lewanski	Eagle River	AK	1:55:12	1:51:41	-3.05%
356	Teresa	Miksch	Eagle River	AK	3:04:54	2:59:25	-2.97%
1141	Emily	Hudyma	Anchorage	AK	1:34:18	1:31:40	-2.79%
803	Heather	Courrier	Anchorage	AK	1:45:36	1:43:02	-2.43%
1166	Heidi	Clement	Anchorage	AK	1:36:30	1:34:16	-2.31%
260	Marti	Pausback	Anchorage	AK	1:46:00	1:43:33	-2.31%
9	Danelle	Winn	Anchorage	AK	1:14:46	1:13:07	-2.21%
1562	Ana	Diaz	Eagle River	AK	2:21:40	2:18:33	-2.20%
1640	September	Reynaga	Wasilla	AK	1:50:08	1:47:54	-2.03%
1068	Diana	Burbank	Anchorage	AK	1:31:18	1:29:31	-1.95%
1253	Devon	Rust	Anchorage	AK	1:44:24	1:42:22	-1.95%
270	Mo	Miller	Anchorage	AK	2:10:25	2:08:04	-1.80%
1258	Malia	Klein	Anchorage	AK	1:38:20	1:36:38	-1.73%
712	Kylie	Neher	Anchorage	AK	3:15:53	3:12:37	-1.67%
1349	Mirna	Estrada	Anchorage	AK	1:42:33	1:40:56	-1.58%
448	Ronda	Aspengren	Anchorage	AK	1:27:48	1:26:26	-1.56%
91	Rita	Miller	Anchorage	AK	1:45:30	1:44:21	-1.09%
887	Beth	Shumway	Anchorage	AK	2:29:42	2:28:17	-0.95%
1497	cindy	worrell	Chugiak	AK	1:57:27	1:56:28	-0.84%
951	Robyn	Elkins	Chugiak	AK	2:21:31	2:20:42	-0.58%
807	Madeline	Courrier	Anchorage	AK	2:24:20	2:23:47	-0.38%
1466	JIMIN	HWANG	Anchorage	AK	2:14:20	2:14:10	-0.12%
1218	maria	klein	Anchorage	AK	2:00:54	2:01:04	0.14%
1543	Sierra	Humphrey	Eagle River	AK	1:44:50	1:45:01	0.17%
289	Yvonne	Oren	Kenai	AK	2:27:29	2:28:22	0.60%
1120	Christina	Grande	Anchorage	AK	1:28:46	1:29:23	0.69%
878	arianna	humphrey	Eagle River	AK	2:05:14	2:06:17	0.84%

412	Deidra	Burns	JBER	AK	1:32:24	1:33:24	1.08%
187	renae	sather	Eagle River	AK	2:08:14	2:09:44	1.17%
1401	Susannah	Harper	Anchorage	AK	1:56:40	1:58:05	1.21%
1609	Emily	Longbrake	Palmer	AK	1:47:05	1:48:34	1.39%
1277	Lindsey	Durrell	Anchorage	AK	2:04:49	2:06:55	1.68%
1117	Leah	Zumwalt	Anchorage	AK	1:29:16	1:30:54	1.83%
199	Mary	DuHoux	Anchorage	AK	1:48:45	1:50:49	1.90%
113	Danette	Schloeder	Anchorage	AK	3:14:52	3:18:38	1.93%
98	Kristy	Grawunder	Anchorage	AK	1:48:00	1:50:20	2.16%
868	Evangelyn	Dotomain	Anchorage	AK	3:37:17	3:42:31	2.41%
786	Terri	Dreeszen	Anchorage	AK	2:13:20	2:16:39	2.49%
1029	Victoria	Parsons	Chugiak	AK	1:51:43	1:54:41	2.66%
823	Bonnie	Wanat	Eagle River	AK	1:43:54	1:46:41	2.68%
1545	Lisa	Geis	Eagle River	AK	1:54:39	1:57:48	2.75%
1264	Tessa	Beedle	Anchorage	AK	2:10:11	2:13:47	2.77%
701	Mary	Witthus-Erstrom	Soldotna	AK	1:51:49	1:55:06	2.94%
989	Amanda	Krysinski	Anchorage	AK	2:23:15	2:27:54	3.25%
1519	Sara	McCormick	Eagle River	AK	1:50:00	1:54:47	4.35%
1248	Emily	DeGroot	Anchorage	AK	2:05:13	2:10:54	4.54%
203	Cindy	Freistone	Anchorage	AK	1:34:04	1:38:29	4.70%
766	Nichole	Gifford	Anchorage	AK	2:21:54	2:29:51	5.60%
93	Renee	Parsley	Fairbanks	AK	1:30:00	1:35:26	6.04%
685	Renna	Hoener	Fairbanks	AK	1:49:37	1:57:19	7.02%
747	Tamara	Von Gemmingen	Anchorage	AK	2:31:00	2:41:44	7.11%
1296	Kimberly	Chaitoff	Anchorage	AK	2:13:54	2:24:57	8.25%
906	Jennifer	Gilhuly	Anchorage	AK	2:17:59	2:29:26	8.30%
212	Holly	Mitchell	Anchorage	AK	2:19:35	2:31:34	8.59%
1611	LuAnn	Bower	Palmer	AK	2:04:58	2:16:13	9.00%
556	Jade	Simek	Anchorage	AK	2:59:29	3:16:06	9.26%
1510	Chrissie	Babin	Chugiak	AK	2:01:00	2:12:39	9.63%
1648	Morgana	Butler	Wasilla	AK	2:07:24	2:19:54	9.81%
1505	Hannah	Babin	Chugiak	AK	2:06:12	2:18:40	9.88%
424	Angela	rick	Anchorage	AK	3:59:03	4:22:41	9.89%
110	Kristan	Kelly	Fairbanks	AK	1:13:17	1:20:50	10.30%
1574	Michele	Welch	Eagle River	AK	2:19:54	2:34:30	10.44%
822	Rebecca	Perkins	Anchorage	AK	1:45:54	1:57:03	10.53%
379	bonnie	vaughn	Anchorage	AK	2:17:34	2:32:09	10.60%
968	Rebecca	Kilfoyle	Anchorage	AK	2:39:21	2:59:23	12.57%
821	Tricia	Perkins	Anchorage	AK	1:41:19	1:54:50	13.34%
1257	Danielle	Blanchard	Anchorage	AK	2:00:56	2:19:24	15.27%
61	cindy	cooper	Anchorage	AK	1:15:00	1:28:49	18.42%
579	Maryann	Leenstra	Tempe	AZ	2:31:41	3:05:38	22.38%
1541	Emily	Gorham	Eagle River	AK	1:48:17	2:18:54	28.27%

745 Jill	Motz	Wasilla	AK	2:45:25	3:44:09	35.51%
853 CHARLA	LEE	Wasilla	AK	1:59:31	3:14:09	62.45%

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