

2014 GOLD NUGGET TRIATLON  
 May 18th, 2014  
 Bartlett Hight School, Anchorage, AK

Place	No.	Name	Age	Rank	Swim	Rank	T1	Rank	Bike	Rank	T2	Rank	Run	Penalty	Finish
1	1	Amber Stull	36	26	7:08.80	1	1:01.00	1	33:16.73	452	0:28.30	4	26:43.49		1:08:38.30
2	4	Erin Beam	43	7	6:38.60	2	1:04.20	3	34:22.38	337	0:23.10	9	26:58.98		1:09:27.33
3	3	Larrell Lockard	39	1	6:03.00	7	1:15.20	31	37:22.66	11	0:09.60	8	26:57.20		1:11:47.68
4	1290	Lori Deschamps	43	55	7:58.20	28	1:29.60	6	35:03.11	513	0:31.00	5	26:48.74		1:11:50.68
5	31	Lisa Keller	50	64	8:02.90	11	1:19.10	8	35:28.36	50	0:11.20	11	27:13.97		1:12:15.49
6	15	Shannon Titzel	43	2	6:19.30	6	1:11.60	10	35:42.81	267	0:19.60	38	28:56.27		1:12:29.66
7	12	Laura Gardner	31	18	6:59.60	8	1:15.50	7	35:24.21	644	0:37.00	27	28:18.99		1:12:35.28
8	16	Annie Liotta	21	44	7:40.20	60	1:45.10	22	36:40.22	783	0:45.50	2	25:57.65		1:12:48.69
9	8	Carrie Setian	34	83	8:18.80	24	1:28.00	19	36:24.60	18	0:09.70	3	26:29.68		1:12:50.77
10	9	Danelle Winn	46	102	8:33.50	5	1:11.50	16	36:15.62	152	0:15.50	6	26:50.32		1:13:06.45
11	1066	Rachael Gano	29	47	7:45.80	247	2:37.50	23	36:41.07	790	0:45.80	1	25:48.26		1:13:38.38
12	24	Jenifer Kohout	50	57	7:58.30	4	1:10.80	18	36:24.21	438	0:27.70	20	27:46.71		1:13:47.72
13	49	Heather Wolfe	27	36	7:27.10	53	1:43.00	21	36:32.73	621	0:36.10	15	27:31.64		1:13:50.62
14	10	Jenny Kimball	43	11	6:43.50	23	1:27.70	9	35:38.41	481	0:29.50	49	29:34.87		1:13:53.98
15	46	Katie Povolo	38	56	7:58.20	9	1:15.50	14	35:58.40	459	0:28.60	26	28:17.35		1:13:58.10
16	6	Danielle Dalton	35	73	8:10.90	25	1:28.40	27	36:51.33	64	0:11.70	14	27:25.08		1:14:07.44
17	7	Kinsey Loan	21	35	7:20.00	19	1:25.80	2	34:16.51	770	0:44.80	91	30:56.20		1:14:43.27
18	11	Natasha Bergt	54	127	8:44.10	40	1:35.60	11	35:46.89	97	0:13.00	39	29:01.36		1:15:21.07
19	42	joleen white	40	25	7:08.40	17	1:24.80	17	36:22.37	709	0:40.90	58	29:50.72		1:15:27.18
20	17	Deana Watson	43	87	8:21.10	3	1:10.30	5	34:56.96	460	0:28.60	33	28:39.87	2:00	1:15:36.77
21	70	melinda greig-walk	56	17	6:59.10	43	1:36.70	4	34:40.31	88	0:12.70	180	32:53.32		1:16:22.23
22	18	Sara Miller	38	33	7:18.20	31	1:30.10	32	37:28.83	595	0:34.70	59	29:51.30		1:16:43.12
23	13	Martha marlow	36	118	8:41.20	15	1:24.50	28	36:59.13	514	0:31.00	47	29:27.10		1:17:02.92
24	1411	Megan Chelf	27	229	9:38.00	12	1:19.40	25	36:46.39	769	0:44.70	43	29:16.98		1:17:45.51
25	21	Andrea Kettler	30	34	7:18.80	54	1:44.30	59	40:00.06	960	1:01.30	19	27:44.31		1:17:48.81
26	22	Corrie Smith	34	63	8:02.10	41	1:35.60	29	37:06.20	636	0:36.70	78	30:30.46		1:17:51.06
27	20	Kendal Williams	16	4	6:22.70	21	1:26.90	26	36:46.99	801	0:46.70	76	30:27.99	2:00	1:17:51.31
28	37	Jennifer Henderson	37	142	8:56.10	85	1:55.10	39	38:11.51	866	0:51.70	23	27:57.55		1:17:51.90
29	19	janet mamikunian	52	206	9:23.80	32	1:30.10	15	36:02.19	652	0:37.50	75	30:24.78		1:17:58.32
30	27	Jodi McLaughlin	40	45	7:40.70	26	1:29.10	40	38:16.86	846	0:49.80	66	30:11.78		1:18:28.14
31	25	Hannah Booher	15	281	9:57.00	154	2:15.70	48	39:22.60	12	0:09.60	7	26:54.22		1:18:39.09
32	29	Beth Paynter	38	24	7:08.20	108	2:04.00	84	40:45.42	622	0:36.10	24	28:06.88		1:18:40.57
33	150	LeeAnn Burns	27	172	9:09.10	141	2:14.00	47	39:21.16	837	0:49.30	16	27:37.86		1:19:11.44
34	138	Aicha Hull	36	69	8:05.70	20	1:26.30	35	37:45.71	862	0:51.40	94	31:04.03		1:19:13.14
35	28	Jill Simek	40	358	10:23.80	10	1:17.40	12	35:55.93	593	0:34.40	96	31:06.55		1:19:18.04
36	95	Hanna Young	25	249	9:45.30	14	1:23.70	42	38:41.36	114	0:13.70	42	29:15.61		1:19:19.65
37	30	Carleen Ulbrich	43	171	9:08.70	68	1:49.10	34	37:33.77	945	1:00.10	57	29:49.15		1:19:20.81
38	847	KC Kent	21	104	8:33.70	13	1:23.40	20	36:30.67	681	0:39.10	174	32:48.31		1:19:55.19
39	23	Wendy Moe	43	568	11:27.30	39	1:34.60	36	37:53.60	1057	1:10.90	22	27:52.24		1:19:58.62
40	293	Renee Millard	38	88	8:21.10	51	1:42.60	24	36:43.12	863	0:51.50	171	32:46.50		1:20:24.78
41	36	Mary Fischer	48	130	8:46.40	82	1:54.80	74	40:33.86	760	0:44.10	31	28:32.26		1:20:31.33
42	110	Kristan Kelly	46	93	8:26.00	38	1:34.20	49	39:23.75	998	1:04.80	71	30:21.09		1:20:49.77
43	45	Ashley Mortenson	29	372	10:31.00	44	1:40.30	51	39:28.28	683	0:39.20	32	28:39.65		1:20:58.45
44	62	Julia Smith	42	51	7:53.90	93	1:59.10	30	37:21.52	645	0:37.00	230	33:43.79		1:21:35.29
45	247	Emma Rea	27	407	10:40.60	109	2:04.40	100	41:24.96	85	0:12.50	12	27:16.22		1:21:38.70
46	32	Jill McLeod	47	147	8:59.30	48	1:41.50	44	39:14.90	518	0:31.10	106	31:16.32		1:21:43.06
47	225	Bridget McBride	35	27	7:10.00	80	1:54.40	121	42:01.68	653	0:37.50	68	30:19.18		1:22:02.79
48	256	Tana Luna	39	341	10:17.60	122	2:09.10	55	39:45.40	867	0:51.70	40	29:07.21		1:22:11.02
49	1276	Katie Bisson	38	53	7:57.20	148	2:14.90	77	40:36.44	754	0:43.60	85	30:48.51		1:22:20.64
50	1116	Alina Rykaczewski	24	28	7:13.10	64	1:46.50	63	40:10.37	713	0:41.00	161	32:33.17		1:22:24.16

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Place	No.	Name	Age	Rank	Swim	Rank	T1	Rank	Bike	Rank	T2	Rank	Run	Penalty	Finish
51	26	Rosalyn Singleton	57	203	9:22.70	125	2:09.60	57	39:54.45	700	0:40.00	29	28:23.27	2:00	1:22:30.13
52	39	Katie Way	43	160	9:04.60	18	1:25.00	79	40:38.16	526	0:31.40	89	30:55.38		1:22:34.45
53	244	Sarah Harris	15	13	6:46.10	55	1:44.40	86	40:51.66	1095	1:14.30	145	32:01.73		1:22:38.20
54	33	Jenny Jemison	28	153	9:01.00	114	2:06.20	33	37:31.27	896	0:54.80	100	31:08.70	2:00	1:22:41.93
55	1109	Jennifer Armentrou	35	141	8:55.80	113	2:05.70	98	41:21.53	36	0:10.60	72	30:21.46		1:22:55.15
56	1627	Amy Stielstra	32	9	6:42.10	234	2:35.30	99	41:21.97	876	0:52.30	113	31:29.07		1:23:00.74
57	38	Sarah Freistone	19	293	10:02.50	678	3:55.70	80	40:40.67	2	0:09.00	30	28:26.39		1:23:14.31
58	302	Lisa Marin	53	377	10:33.30	45	1:40.50	50	39:24.36	89	0:12.80	111	31:27.76		1:23:18.68
59	443	Stacey Buckelew	35	158	9:03.60	238	2:36.10	208	44:21.93	81	0:12.30	10	27:06.10		1:23:20.01
60	591	Debbie Boots	51	346	10:20.10	65	1:46.70	46	39:17.14	1007	1:05.60	87	30:51.26		1:23:20.83
61	78	Paola Banchemo	44	359	10:24.30	277	2:43.20	117	41:58.47	503	0:30.70	21	27:50.23		1:23:26.98
62	125	Lynn Kent	54	189	9:17.40	52	1:42.80	105	41:38.13	38	0:10.70	93	31:00.76		1:23:49.83
63	228	Dianne Prince	49	144	8:57.40	66	1:48.40	52	39:30.76	75	0:12.20	211	33:24.65		1:23:53.44
64	1157	Joelle Coulter	47	131	8:46.60	119	2:08.40	58	39:57.53	971	1:02.80	143	32:00.77		1:23:56.05
65	1125	Kelly Donnelly	28	188	9:16.20	385	3:01.50	132	42:25.10	326	0:22.50	37	28:55.88		1:24:01.22
66	1522	Jennifer Sees	39	534	11:14.80	59	1:45.00	69	40:17.10	669	0:38.50	70	30:20.88		1:24:16.29
67	34	Heidi Beer	45	366	10:27.40	49	1:41.80	75	40:35.43	528	0:31.50	92	31:00.62		1:24:16.83
68	99	Lisa Johnston	33	106	8:35.00	88	1:56.90	256	45:07.96	450	0:28.20	25	28:11.60		1:24:19.71
69	1078	kai sims	34	417	10:44.10	101	2:01.70	88	41:08.02	688	0:39.40	56	29:47.53		1:24:20.73
70	1190	Lauren Hess	22	122	8:43.30	97	2:00.20	70	40:20.24	999	1:04.80	155	32:13.43		1:24:21.99
71	1167	Bronwen Nicholls	26	16	6:56.40	241	2:36.80	223	44:40.36	843	0:49.50	44	29:21.04		1:24:24.10
72	1102	Amy Anderson	30	403	10:39.50	58	1:44.80	112	41:51.75	557	0:32.70	55	29:45.25		1:24:33.99
73	1074	Brandy Baker	35	311	10:08.70	107	2:03.90	133	42:27.57	112	0:13.60	53	29:41.99		1:24:35.85
74	206	Kristy De Yong	34	466	10:56.10	115	2:06.20	85	40:50.33	59	0:11.50	80	30:38.44		1:24:42.65
75	1111	Jess Klain	28	222	9:33.60	132	2:11.90	123	42:04.72	784	0:45.50	63	30:07.23		1:24:42.93
76	1081	Haley Highley	34	257	9:47.70	186	2:24.00	122	42:02.06	897	0:54.80	48	29:34.68		1:24:43.30
77	84	Elizabeth Calabro	36	89	8:21.40	29	1:29.60	66	40:14.46	785	0:45.60	249	33:58.75		1:24:49.81
78	990	Mary Krysinski	55	217	9:31.20	197	2:25.60	72	40:28.97	868	0:51.70	121	31:35.98		1:24:53.44
79	1075	Sondra Winters	35	71	8:07.40	296	2:46.80	87	41:04.56	226	0:18.10	167	32:44.39		1:25:01.21
80	130	Karen Hawkins	51	143	8:56.20	144	2:14.50	182	43:49.95	639	0:36.80	46	29:25.00		1:25:02.34
81	1517	Cheryl Duda	44	602	11:38.00	74	1:52.30	68	40:16.87	32	0:10.50	101	31:11.20		1:25:08.92
82	180	Claire Norton-Cruz	34	19	7:00.20	104	2:03.50	137	42:36.43	1360	2:21.90	97	31:07.31		1:25:09.26
83	1180	Stephanie Kuhns	29	22	7:05.60	207	2:28.30	174	43:36.64	21	0:09.90	135	31:52.46		1:25:12.91
84	252	Heidi Booher	13	348	10:21.20	161	2:16.90	101	41:26.74	33	0:10.50	102	31:13.15		1:25:28.51
85	1087	Katra Wedeking	40	96	8:29.00	117	2:06.50	65	40:12.23	847	0:49.90	240	33:51.58		1:25:29.17
86	60	Jennifer Schrage	42	335	10:16.00	505	3:19.40	91	41:18.19	207	0:17.40	73	30:23.76		1:25:34.69
87	151	Anna Fischer	33	99	8:30.20	50	1:41.80	145	42:51.12	708	0:40.80	141	31:59.56		1:25:43.54
88	1128	Emily Biering	18	410	10:41.70	575	3:32.80	138	42:39.00	23	0:10.00	36	28:50.78		1:25:54.20
89	116	Kacy Hillman	32	68	8:05.10	76	1:52.70	102	41:33.36	488	0:29.80	245	33:53.56		1:25:54.48
90	1136	Teresa Dearborn	44	67	8:04.90	258	2:39.30	162	43:23.66	1154	1:23.70	74	30:23.79		1:25:55.24
91	699	Mary kate Green	35	515	11:09.40	34	1:33.80	159	43:13.62	833	0:49.10	41	29:09.91		1:25:55.76
92	319	Sarah Shine	30	672	12:01.10	214	2:31.00	134	42:31.34	7	0:09.50	35	28:49.76		1:26:02.77
93	1150	claire Coppel	55	138	8:51.30	434	3:09.00	199	44:10.99	204	0:17.30	50	29:36.82		1:26:05.37
94	83	Laura Johnston	43	116	8:40.20	131	2:11.70	82	40:43.42	974	1:03.00	224	33:31.70		1:26:10.04
95	274	Amy Koehn	37	369	10:29.00	190	2:24.60	115	41:54.74	93	0:12.90	104	31:15.34		1:26:16.55
96	448	Ronda Aspengren	39	186	9:14.00	222	2:32.90	160	43:13.93	70	0:11.80	103	31:13.19		1:26:25.79
97	147	Katie Miller	30	563	11:24.20	292	2:46.00	90	41:17.48	797	0:46.60	67	30:13.65		1:26:28.04
98	1083	Krista Cook	26	54	7:58.10	556	3:28.80	129	42:17.47	6	0:09.40	165	32:38.25		1:26:32.09
99	137	Ellyn Brown	61	268	9:51.60	136	2:12.70	124	42:04.84	963	1:02.00	126	31:41.84		1:26:52.89
100	67	priya hajari	39	199	9:21.40	87	1:55.60	56	39:54.25	935	0:58.80	293	34:52.33		1:27:02.44

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101	82	Taylor Way	17	512	11:08.60	27	1:29.20	73	40:30.99	1012	1:06.00	177	32:50.68		1:27:05.42
102	1062	Rebecca Jemmings	38	43	7:40.00	72	1:51.00	94	41:20.48	773	0:44.90	334	35:29.56		1:27:05.89
103	131	Jennifer Kueter	41	329	10:14.80	421	3:06.90	197	44:09.78	45	0:10.90	45	29:23.85		1:27:06.26
104	171	Emily Evans	16	857	12:58.30	106	2:03.80	158	43:12.29	13	0:09.60	34	28:44.58		1:27:08.60
105	40	Cory Lehl	32	76	8:15.10	22	1:27.60	152	43:07.55	499	0:30.30	239	33:50.98		1:27:11.54
106	1606	Holly Fisk	29	271	9:52.50	124	2:09.50	97	41:21.39	1018	1:06.90	166	32:41.57		1:27:11.85
107	196	Katera Seybert	16	167	9:06.60	160	2:16.30	60	40:02.04	714	0:41.00	314	35:07.32		1:27:13.26
108	1159	Van Le	40	691	12:06.50	163	2:17.10	81	40:41.41	39	0:10.70	146	32:02.17		1:27:17.87
109	1131	Stacy Dayley	45	392	10:38.30	201	2:26.80	41	38:35.58	1258	1:43.20	247	33:55.63		1:27:19.46
110	1121	Kelly Janukajtis	37	954	13:37.80	204	2:27.20	38	37:59.94	1110	1:16.80	147	32:05.66		1:27:27.34
111	209	Lesley Yamauchi	61	619	11:43.00	36	1:33.90	118	41:58.66	124	0:14.10	140	31:57.74		1:27:27.41
112	700	LeeAnne Clifton	30	82	8:17.70	291	2:45.90	228	44:44.98	42	0:10.80	128	31:43.07		1:27:42.46
113	1520	Jordin Thompson	27	86	8:20.40	271	2:41.40	200	44:12.54	936	0:59.10	118	31:32.97		1:27:46.41
114	1108	Jennifer Pickett	32	48	7:47.10	77	1:52.90	62	40:06.74	956	1:00.70	447	37:09.56		1:27:57.00
115	1185	Christy Jordan	41	489	11:01.20	228	2:34.10	114	41:54.16	907	0:55.80	116	31:31.87		1:27:57.14
116	223	liane nagata	43	255	9:47.40	146	2:14.80	83	40:44.81	913	0:56.10	264	34:18.48		1:28:01.65
117	90	Stacey Kolstad	42	815	12:43.30	181	2:22.80	13	35:57.14	715	0:41.00	390	36:23.16		1:28:07.33
118	243	Angela Harris	47	250	9:45.30	57	1:44.50	126	42:12.49	987	1:04.30	209	33:22.73		1:28:09.29
119	1012	Gretta Pickett	15	179	9:11.50	187	2:24.10	314	46:11.39	116	0:13.80	64	30:08.85		1:28:09.55
120	41	Ashley Van Hemert	32	300	10:04.20	70	1:49.50	239	44:55.65	60	0:11.50	105	31:15.96		1:28:16.76
121	1114	Jennifer Whitelock	34	322	10:11.90	243	2:36.90	170	43:30.85	177	0:16.30	132	31:46.19		1:28:22.16
122	79	Kelly Grawunder	42	593	11:35.60	46	1:40.50	45	39:15.71	877	0:52.30	310	35:05.32		1:28:29.41
123	1156	Allison Ramsay	29	337	10:17.30	110	2:04.40	113	41:53.48	869	0:51.70	222	33:30.52		1:28:37.32
124	1139	Erika Bennett	43	611	11:41.00	56	1:44.40	61	40:05.57	741	0:42.90	272	34:25.88		1:28:39.82
125	322	Jenelle Bloomfield	35	84	8:18.90	35	1:33.80	258	45:09.61	855	0:50.50	176	32:50.12		1:28:42.85
126	818	Audrey Paule	31	677	12:02.40	89	1:56.90	146	42:55.50	880	0:52.70	90	30:55.62		1:28:43.11
127	61	cindy cooper	57	285	9:59.60	165	2:17.80	110	41:44.15	767	0:44.40	252	34:02.93		1:28:48.86
128	1581	Clare Cook	16	235	9:40.70	251	2:38.30	353	46:44.21	3	0:09.00	51	29:37.28		1:28:49.40
129	145	Pamela Tittle	50	679	12:03.50	102	2:01.90	78	40:37.34	1014	1:06.20	190	33:02.95		1:28:51.95
130	1302	Alexis Furin	37	320	10:11.50	252	2:38.30	92	41:18.49	217	0:17.60	278	34:31.88		1:28:57.73
131	218	Emily Poray	35	151	9:00.90	208	2:28.50	210	44:24.12	583	0:34.00	164	32:35.30		1:29:02.75
132	1154	Andalyn Pace	36	569	11:27.60	919	4:45.00	103	41:35.38	521	0:31.20	86	30:49.62		1:29:08.82
133	1130	Lena Palmer	38	684	12:04.70	126	2:09.80	212	44:25.29	272	0:20.10	65	30:09.12		1:29:09.12
134	1188	Trude Rylandsholm	48	827	12:46.60	98	2:01.20	141	42:42.89	90	0:12.80	109	31:25.70		1:29:09.18
135	1122	Linda Barnack	27	295	10:03.00	63	1:46.40	245	45:00.29	441	0:27.80	139	31:57.02		1:29:14.54
136	143	Betsy Haines	53	252	9:45.70	470	3:13.90	111	41:47.34	227	0:18.10	257	34:09.49		1:29:14.57
137	1140	tina moronell	49	256	9:47.40	532	3:22.60	291	45:55.39	271	0:19.90	60	29:53.37		1:29:18.60
138	1120	Christina Grande	31	386	10:36.10	178	2:21.90	54	39:41.37	911	0:56.00	352	35:46.65		1:29:22.02
139	1068	Diana Burbank	31	159	9:03.90	552	3:28.20	217	44:31.77	808	0:47.70	124	31:39.38		1:29:31.00
140	1394	Nadia Dworian	14	248	9:44.90	37	1:34.10	227	44:44.45	161	0:15.80	201	33:12.45		1:29:31.67
141	381	Lori Annis	25	633	11:46.60	461	3:13.00	149	43:01.13	130	0:14.40	107	31:17.55		1:29:32.68
142	526	Alina Rubeo	32	898	13:13.60	445	3:10.90	64	40:11.10	1079	1:12.70	131	31:45.77		1:29:34.12
143	1593	Maggie Donnelly	51	352	10:22.70	263	2:40.10	120	42:00.20	809	0:47.70	238	33:50.81		1:29:41.50
144	1523	amy woodward	36	41	7:32.70	229	2:34.10	397	47:22.70	608	0:35.40	134	31:51.27		1:29:56.23
145	174	Alice Michaelson	16	135	8:50.10	274	2:42.70	292	45:55.88	249	0:19.00	153	32:10.37		1:29:58.01
146	962	Karissa Rollman	34	460	10:54.90	209	2:28.50	235	44:51.12	19	0:09.70	122	31:37.45		1:30:01.65
147	320	Amie Wu	34	1146	15:12.20	225	2:33.70	196	44:09.51	606	0:35.20	17	27:38.54		1:30:09.15
148	1454	Stephanie Spring	28	209	9:25.60	613	3:39.70	136	42:33.68	1218	1:33.40	186	32:59.49		1:30:11.75
149	1413	Monica Mcteague	36	336	10:17.20	302	2:47.70	237	44:51.96	163	0:15.90	148	32:07.10		1:30:19.93
150	1616	Anne Zink	36	739	12:18.10	167	2:19.60	139	42:39.51	57	0:11.40	178	32:51.79		1:30:20.38

2014 GOLD NUGGET TRIATLON  
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 Bartlett Hight School, Anchorage, AK

Place	No.	Name	Age	Rank	Swim	Rank	T1	Rank	Bike	Rank	T2	Rank	Run	Penalty	Finish
151	115	lori bodwell	47	230	9:38.00	189	2:24.40	116	41:57.63	138	0:14.90	367	36:06.71		1:30:21.62
152	88	Karma Roth	44	552	11:20.30	61	1:45.30	153	43:07.74	949	1:00.40	196	33:08.01		1:30:21.67
153	1598	Andrea Tesch	56	976	13:48.30	111	2:04.50	106	41:38.65	854	0:50.40	150	32:08.18		1:30:29.98
154	258	Merrileigh Boring	42	72	8:08.60	527	3:22.10	221	44:37.64	27	0:10.20	258	34:12.45		1:30:31.00
155	1217	Gina Edwards	47	669	11:59.60	133	2:11.90	164	43:24.67	823	0:48.40	151	32:08.18		1:30:32.78
156	119	Julie Osgood	49	194	9:20.30	417	3:06.50	148	42:57.71	630	0:36.40	282	34:36.44		1:30:37.38
157	1389	Laura Baker	33	340	10:17.50	357	2:56.30	232	44:48.19	902	0:55.20	125	31:40.50		1:30:37.73
158	524	Erin Gibson	24	20	7:01.80	755	4:10.00	485	48:31.04	172	0:16.20	82	30:47.46		1:30:46.59
159	1491	Lauren Devine	14	223	9:33.90	483	3:15.50	259	45:09.86	162	0:15.80	162	32:34.02		1:30:49.15
160	1187	Erin Marbarger	27	225	9:34.50	401	3:04.60	205	44:15.97	65	0:11.70	229	33:43.52		1:30:50.30
161	1117	Leah Zumwalt	29	330	10:14.80	516	3:20.70	323	46:20.74	8	0:09.50	83	30:47.75		1:30:53.47
162	1110	Aimee Gasser	32	523	11:10.90	517	3:20.70	135	42:31.94	288	0:20.60	225	33:33.71		1:30:57.93
163	445	Julie Kane	38	529	11:13.90	166	2:18.30	37	37:54.05	1185	1:28.40	516	38:06.04		1:31:00.71
164	230	Shannon King Hamle	39	52	7:56.90	317	2:49.80	76	40:36.27	884	0:53.20	548	38:44.99		1:31:01.15
165	1137	Rebecca Carroll	32	1088	14:40.00	249	2:38.00	125	42:05.77	125	0:14.10	112	31:28.75		1:31:06.58
166	97	Kristin Morrow	42	169	9:07.70	212	2:30.10	261	45:14.93	786	0:45.60	219	33:29.11		1:31:07.41
167	167	Naomi Oakley	13	5	6:33.70	118	2:07.40	546	49:31.94	66	0:11.70	173	32:48.13		1:31:12.91
168	1192	Suzanna Caldwell	26	202	9:22.20	1155	6:10.10	194	44:05.58	29	0:10.30	110	31:26.01		1:31:14.16
169	784	Monica Oakley	31	622	11:43.50	162	2:16.90	187	43:55.07	1039	1:09.00	154	32:11.25		1:31:15.71
170	403	Michele Walker	43	578	11:30.40	362	2:56.90	128	42:16.44	1222	1:34.10	184	32:58.30		1:31:16.15
171	100	Kris Merizon	42	49	7:47.30	92	1:59.00	184	43:52.50	151	0:15.40	458	37:23.29		1:31:17.43
172	1213	Leah Kenney	37	502	11:04.70	309	2:48.50	147	42:57.10	94	0:12.90	267	34:21.35		1:31:24.56
173	398	Shannon Morley	33	306	10:05.90	463	3:13.20	236	44:51.66	202	0:17.10	183	32:58.24		1:31:26.08
174	1214	Jenny Lynes	26	150	9:00.40	307	2:48.30	151	43:07.10	1196	1:30.30	308	35:03.73		1:31:29.76
175	1395	Jennifer Page	39	514	11:08.90	143	2:14.30	341	46:34.79	673	0:38.60	88	30:53.24		1:31:29.78
176	1247	Lori Guyer	45	826	12:46.50	79	1:53.70	178	43:44.84	208	0:17.40	182	32:55.13		1:31:37.57
177	1141	Emily Hudyma	29	273	9:53.00	316	2:49.70	229	44:46.72	702	0:40.10	221	33:29.63		1:31:39.25
178	1151	Martha Robinson	51	244	9:42.90	699	3:59.60	244	44:59.91	76	0:12.20	170	32:46.26		1:31:40.93
179	1224	Megan Carle	34	227	9:37.20	280	2:44.10	154	43:08.66	1069	1:11.90	305	35:00.00		1:31:41.90
180	1585	Anne Hargis	32	706	12:09.10	137	2:12.80	171	43:31.06	731	0:42.10	198	33:10.20		1:31:45.29
181	1183	Jane Tuomi	38	307	10:05.90	169	2:20.40	307	46:06.56	71	0:11.80	188	33:00.83		1:31:45.48
182	146	Tina McMaster-Goer	50	603	11:38.40	42	1:36.00	163	43:24.66	91	0:12.80	296	34:53.96		1:31:45.87
183	1374	Lauren Smayda	31	296	10:03.10	272	2:42.00	140	42:40.95	903	0:55.50	333	35:29.52		1:31:51.14
184	1165	Kimberly Marek	25	501	11:04.30	363	2:57.10	189	43:57.14	1004	1:05.10	179	32:53.28		1:31:56.95
185	1503	Kristen Lessard	21	876	13:04.30	78	1:53.30	265	45:23.35	1151	1:23.00	69	30:19.44		1:32:03.39
186	1089	Eloise Brown	42	112	8:38.70	353	2:56.00	177	43:39.77	1013	1:06.10	355	35:49.16		1:32:09.81
187	1031	Stacy Carpenter	40	110	8:37.50	216	2:31.70	260	45:10.18	323	0:22.30	335	35:31.70		1:32:13.41
188	1142	Bronwyn Haynes	46	1150	15:14.00	90	1:57.90	67	40:16.34	967	1:02.30	231	33:43.93		1:32:14.53
189	1381	Haley Johnston	24	145	8:58.30	732	4:05.80	308	46:07.16	173	0:16.20	172	32:47.54		1:32:15.00
190	213	Erin Diel	25	123	8:43.30	269	2:41.20	286	45:43.46	52	0:11.30	303	34:58.75		1:32:17.99
191	1490	Elinor Harrington	31	60	8:00.20	30	1:29.90	300	45:58.80	376	0:25.50	394	36:25.21		1:32:19.64
192	1220	Joy Davis	29	247	9:43.80	103	2:02.00	275	45:32.46	791	0:45.80	266	34:21.22		1:32:25.31
193	1149	Julie Austerman	42	737	12:17.80	206	2:27.60	71	40:25.56	1000	1:04.80	369	36:09.60		1:32:25.35
194	1314	Brooke Degnan	43	382	10:34.70	84	1:55.00	143	42:48.46	898	0:54.80	374	36:13.13		1:32:26.10
195	586	julie mccormick	44	477	10:58.20	96	2:00.10	216	44:30.75	598	0:34.90	279	34:32.67		1:32:36.58
196	1085	Laura Chartier	29	219	9:32.10	471	3:13.90	273	45:31.26	442	0:27.80	244	33:52.43		1:32:37.49
197	1284	Micheal Tuttle	29	513	11:08.70	641	3:47.10	188	43:55.91	259	0:19.30	218	33:27.03		1:32:37.98
198	276	Kayla Clark	40	484	11:00.10	239	2:36.30	347	46:39.15	842	0:49.40	120	31:33.58		1:32:38.55
199	1390	Michaela Struck	28	468	10:56.40	198	2:25.90	441	47:52.58	14	0:09.60	108	31:19.13		1:32:43.67
200	242	Lilly Harris	17	8	6:39.00	341	2:54.80	319	46:15.90	932	0:58.70	362	35:56.29		1:32:44.68

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 Bartlett Hight School, Anchorage, AK

Place	No.	Name	Age	Rank	Swim	Rank	T1	Rank	Bike	Rank	T2	Rank	Run	Penalty	Finish
201	64	Kelsey Tranel	25	586	11:33.30	33	1:32.90	93	41:19.46	748	0:43.20	494	37:49.63		1:32:58.53
202	329	Mona Bremont	53	472	10:57.30	112	2:04.80	89	41:14.67	909	0:55.90	493	37:48.60		1:33:01.25
203	1608	Michelle Richards	47	781	12:32.50	614	3:39.70	458	48:08.87	317	0:21.90	28	28:21.69		1:33:04.60
204	210	Elizabeth Conway	23	207	9:24.30	300	2:47.10	202	44:13.77	135	0:14.70	393	36:24.79		1:33:04.60
205	1215	susie dietz	45	165	9:05.80	663	3:51.60	274	45:31.41	1118	1:17.50	206	33:20.52		1:33:06.86
206	1293	Kaylee Heck	14	865	13:00.70	572	3:32.60	193	44:03.52	1158	1:24.00	99	31:08.47		1:33:09.30
207	1539	Suzanne Armentrout	42	205	9:23.70	171	2:20.70	166	43:25.00	1129	1:18.50	410	36:42.08		1:33:10.00
208	1230	Diana Carter	41	242	9:42.30	261	2:39.80	327	46:21.50	1111	1:16.80	197	33:10.00		1:33:10.34
209	1346	Megan Soule	39	115	8:40.00	486	3:15.90	144	42:49.75	280	0:20.40	513	38:04.64		1:33:10.69
210	1249	Randi Hegseth	45	434	10:47.00	205	2:27.30	269	45:25.80	237	0:18.40	262	34:14.69		1:33:13.15
211	1105	Erin Widby	25	32	7:16.80	336	2:54.20	277	45:34.52	927	0:58.20	400	36:32.67		1:33:16.38
212	71	Jennifer Hardy	37	918	13:23.00	193	2:24.70	180	43:47.06	197	0:17.00	223	33:31.69		1:33:23.48
213	412	Deidra Burns	30	168	9:07.50	100	2:01.60	161	43:19.42	1051	1:10.10	486	37:45.12		1:33:23.75
214	231	Suzanne Smith	38	282	9:57.00	368	2:58.30	190	43:59.98	611	0:35.50	359	35:54.27		1:33:25.04
215	278	Holly Grant	31	969	13:46.80	866	4:31.90	403	47:30.01	319	0:22.00	13	27:16.94		1:33:27.64
216	1225	Stephanie Seward	35	220	9:32.40	223	2:33.30	331	46:28.86	154	0:15.60	283	34:39.08		1:33:29.18
217	1160	Brooke Volkman	35	570	11:27.60	315	2:49.50	301	46:02.21	178	0:16.40	181	32:54.19		1:33:29.78
218	47	Molly Elliott	27	79	8:16.10	180	2:22.40	175	43:37.15	15	0:09.60	575	39:04.86		1:33:30.05
219	536	Kristina Walters	35	408	10:41.00	733	4:06.10	316	46:12.54	620	0:36.00	142	32:00.21		1:33:35.73
220	307	Staci Gulsvig	30	59	8:00.00	1095	5:42.10	575	49:52.99	193	0:16.80	54	29:44.41		1:33:36.34
221	896	Leah Kinard	34	77	8:15.10	513	3:20.50	183	43:51.75	268	0:19.70	497	37:53.42		1:33:40.41
222	81	Beth Snyder	58	699	12:07.90	81	1:54.50	241	44:56.13	923	0:57.50	232	33:44.42		1:33:40.43
223	1280	Bethany Essary	30	124	8:43.50	811	4:20.00	220	44:36.62	451	0:28.20	336	35:32.20		1:33:40.51
224	1238	Ellie Mitchell	13	146	8:59.00	373	2:59.10	176	43:38.81	1117	1:17.40	419	36:47.25		1:33:41.64
225	897	Brooke Therrien	26	193	9:19.10	157	2:16.20	279	45:37.79	607	0:35.30	361	35:55.90		1:33:44.22
226	1432	Jeannette Lee	34	211	9:28.70	762	4:10.70	282	45:40.11	1244	1:40.00	168	32:44.85		1:33:44.39
227	1388	Torrey Hunter	34	78	8:15.20	642	3:47.40	365	46:59.40	1302	1:53.10	175	32:49.96		1:33:45.04
228	65	liz odell	30	21	7:02.40	83	1:54.80	362	46:57.39	67	0:11.70	485	37:44.97		1:33:51.29
229	1145	Becky Paul	33	414	10:42.60	612	3:39.60	384	47:15.17	34	0:10.50	149	32:07.21		1:33:55.03
230	1299	Katie McKillip	32	200	9:21.40	593	3:36.90	157	43:12.18	1043	1:09.30	402	36:35.83		1:33:55.64
231	1144	Ruth Kroona	46	746	12:19.20	340	2:54.70	156	43:10.75	1045	1:09.50	275	34:27.37		1:34:01.56
232	1358	LynnAnn Tew	47	270	9:52.00	174	2:21.20	224	44:42.67	1108	1:16.20	357	35:50.12		1:34:02.22
233	239	Colny Tucker	63	40	7:31.90	47	1:40.80	240	44:56.02	309	0:21.50	614	39:32.28		1:34:02.49
234	1171	Kristina Storlie	30	1051	14:20.30	591	3:36.50	108	41:42.42	26	0:10.10	260	34:14.24		1:34:03.61
235	237	MEL CHAPMAN	46	451	10:52.00	255	2:39.00	127	42:15.51	179	0:16.40	510	38:00.81		1:34:03.67
236	1147	Mairin Hayden	25	6	6:34.70	371	2:58.60	442	47:53.51	985	1:04.20	344	35:35.92		1:34:06.89
237	805	Gregoria Reyes	59	797	12:37.50	224	2:33.30	322	46:18.46	228	0:18.10	157	32:23.17		1:34:10.53
238	1588	Alyssa Hargis	11	497	11:03.70	400	3:04.50	222	44:38.03	885	0:53.20	280	34:35.62		1:34:15.06
239	1166	Heidi Clement	32	990	13:54.80	433	3:08.90	107	41:41.51	99	0:13.10	321	35:17.17		1:34:15.57
240	1181	sue sheard	51	808	12:39.80	86	1:55.30	150	43:01.69	1081	1:13.10	329	35:25.94		1:34:15.81
241	152	Natasha Graham	40	828	12:48.60	16	1:24.70	96	41:20.92	722	0:41.50	509	38:00.56		1:34:16.25
242	456	Rebecca Agalawatta	34	288	10:01.10	422	3:07.20	349	46:41.34	1139	1:20.60	194	33:06.27		1:34:16.55
243	303	Julie Vogler	42	240	9:41.90	177	2:21.80	53	39:33.82	824	0:48.40	750	41:52.82		1:34:18.65
244	176	Kaitlyn Schwalber	18	793	12:36.70	226	2:33.70	218	44:34.03	43	0:10.80	273	34:26.26		1:34:21.43
245	109	Karla Taylor-Welch	58	627	11:44.60	311	2:48.60	130	42:17.78	1030	1:08.00	389	36:22.68		1:34:21.68
246	1378	Rose Theisen	45	415	10:43.70	264	2:40.10	95	41:20.75	996	1:04.70	545	38:38.93		1:34:28.24
247	409	Theresa Westerlund	34	582	11:32.10	455	3:12.40	142	42:43.17	1172	1:26.00	343	35:35.11		1:34:28.68
248	169	Irene Bembenek	17	113	8:39.20	782	4:14.20	318	46:15.58	262	0:19.40	309	35:04.17		1:34:32.55
249	1263	Kelsey Johnson	28	486	11:00.40	294	2:46.50	336	46:32.48	61	0:11.50	255	34:07.31		1:34:38.14
250	504	Lori Sivitz	46	741	12:18.20	282	2:44.30	131	42:20.79	426	0:27.40	423	36:51.04		1:34:41.65

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 Bartlett Hight School, Anchorage, AK

Place	No.	Name	Age	Rank	Swim	Rank	T1	Rank	Bike	Rank	T2	Rank	Run	Penalty	Finish
251	1644	Sonja Mackey	39	590	11:34.60	607	3:38.60	209	44:23.81	1038	1:08.90	250	33:59.89		1:34:45.74
252	1625	Jessica Moyer	32	132	8:48.10	780	4:13.80	471	48:19.12	381	0:25.60	193	33:06.01		1:34:52.68
253	1037	meredith Service	25	437	10:47.20	105	2:03.50	375	47:08.85	1166	1:24.90	226	33:33.72		1:34:58.15
254	1106	Margaret Stroble	54	412	10:42.10	748	4:09.00	363	46:57.51	1231	1:36.40	119	31:33.26		1:34:58.25
255	198	EMILY BECKER	41	259	9:48.20	313	2:48.80	468	48:17.85	136	0:14.70	235	33:48.84		1:34:58.39
256	1084	Stacia Rustad	39	648	11:53.00	391	3:02.90	460	48:10.96	198	0:17.00	127	31:42.64		1:35:06.45
257	1208	Megan Nicolet	33	309	10:06.10	487	3:15.90	289	45:53.27	1156	1:23.90	276	34:28.44		1:35:07.59
258	1600	Nicole Correa	28	375	10:32.50	170	2:20.40	185	43:52.64	1315	1:59.60	391	36:23.52		1:35:08.61
259	1013	Christine Potter	46	423	10:45.60	667	3:52.40	169	43:28.52	264	0:19.50	413	36:43.71		1:35:09.69
260	1434	Kelly Rosencrans	27	262	9:49.50	602	3:37.60	43	39:08.90	1254	1:42.40	693	40:52.68		1:35:11.00
261	1077	Amanda Hegna	34	197	9:21.10	415	3:06.10	519	49:06.95	87	0:12.60	212	33:24.77		1:35:11.52
262	697	Cyndie Beale	54	893	13:11.90	306	2:48.20	203	44:14.70	943	1:00.00	248	33:57.70		1:35:12.57
263	173	Erin McLeod	15	367	10:28.30	231	2:34.30	457	48:08.32	1241	1:39.00	159	32:27.14		1:35:17.01
264	471	Nicole Lee	32	1199	15:44.10	419	3:06.70	192	44:02.78	924	0:57.80	115	31:31.02		1:35:22.43
265	275	Amanda Hawes	37	901	13:15.10	342	2:54.80	402	47:29.33	73	0:11.90	117	31:32.64		1:35:23.69
266	1572	Robin Gray	39	98	8:30.10	326	2:51.30	317	46:15.14	1141	1:20.80	395	36:26.65		1:35:23.90
267	93	Renee Parsley	41	419	10:44.40	121	2:08.80	271	45:28.61	922	0:57.30	366	36:06.11		1:35:25.25
268	1526	Xinghua Turner	16	463	10:55.50	448	3:11.40	412	47:37.26	183	0:16.60	220	33:29.34		1:35:30.07
269	1186	Holly Flores	39	609	11:40.40	462	3:13.00	305	46:04.02	1080	1:12.70	207	33:20.93		1:35:31.06
270	1176	Jeannette Levine	28	656	11:55.50	188	2:24.30	388	47:20.26	821	0:48.30	192	33:04.56		1:35:32.90
271	546	Christy McGrew	32	299	10:04.00	488	3:16.00	295	45:56.76	817	0:48.20	331	35:29.27		1:35:34.26
272	1148	katrina mejia	35	426	10:45.90	443	3:10.50	165	43:24.74	1193	1:29.90	415	36:44.13		1:35:35.22
273	1622	Susie Shutts	26	289	10:01.10	523	3:21.40	251	45:05.60	164	0:15.90	424	36:51.56		1:35:35.56
274	1422	Jennifer Slaughter	41	129	8:45.10	134	2:12.40	437	47:50.54	950	1:00.40	354	35:48.37		1:35:36.83
275	502	Anna Widman	30	1028	14:09.40	907	4:41.80	369	47:06.14	1321	2:03.30	18	27:44.16		1:35:44.76
276	1556	Lindsey Ingram	31	610	11:40.70	211	2:29.90	247	45:02.24	904	0:55.60	345	35:36.61		1:35:45.04
277	208	Lauren Hundrup	28	275	9:54.60	752	4:09.90	284	45:41.25	646	0:37.00	330	35:27.46		1:35:50.22
278	686	Anna-Marie Benson	44	401	10:39.10	406	3:05.20	378	47:11.79	1182	1:27.70	217	33:26.95		1:35:50.69
279	402	Hilary Adams	22	487	11:00.80	528	3:22.10	420	47:41.27	487	0:29.70	204	33:18.93		1:35:52.77
280	866	Katharine Thomas	30	326	10:13.80	382	3:00.90	366	47:01.05	174	0:16.20	325	35:23.37		1:35:55.27
281	819	Harriet Paule	65	430	10:46.20	120	2:08.60	248	45:02.88	1177	1:26.70	399	36:31.58		1:35:55.99
282	1124	Heather Flugel	29	554	11:21.10	95	1:59.20	257	45:08.68	334	0:22.90	441	37:06.45		1:35:58.28
283	1153	Jessica Miranda	24	161	9:05.10	338	2:54.30	506	48:54.81	155	0:15.60	290	34:49.39		1:35:59.17
284	1406	Molly Sharp	31	560	11:22.90	427	3:08.10	549	49:34.76	142	0:15.10	123	31:39.33		1:36:00.17
285	1489	Heather Alvarado	40	368	10:28.90	91	1:58.30	155	43:10.70	1100	1:14.80	587	39:11.43		1:36:04.08
286	1538	Kristen Newcomer	30	476	10:57.80	604	3:37.70	438	47:50.71	1286	1:49.70	137	31:54.34		1:36:10.24
287	760	Rikki Peck	25	66	8:03.70	799	4:17.90	655	51:17.53	329	0:22.70	152	32:08.97		1:36:10.79
288	1022	Ripple Sato	16	10	6:42.70	293	2:46.40	545	49:30.80	100	0:13.10	436	37:02.58		1:36:15.54
289	301	Ruth Sandstrom	49	449	10:51.70	490	3:16.20	238	44:55.37	345	0:23.60	421	36:49.11		1:36:15.90
290	1196	Shea Simasko	27	646	11:51.90	268	2:41.10	392	47:21.94	170	0:16.10	254	34:05.17		1:36:16.13
291	1288	Emily Lucy	33	885	13:08.30	631	3:44.80	298	45:58.30	427	0:27.40	187	32:59.99		1:36:18.86
292	1005	Kathleen Rumsey	32	629	11:45.30	152	2:15.50	290	45:55.15	871	0:51.80	339	35:34.04		1:36:21.83
293	1241	Jessica Burk	31	516	11:09.60	624	3:42.20	463	48:13.04	24	0:10.00	195	33:07.06		1:36:21.93
294	1477	Amy Brumbaugh	41	541	11:17.80	220	2:32.60	386	47:18.50	320	0:22.00	292	34:51.76		1:36:22.73
295	1071	Angela Kuest	39	279	9:56.70	320	2:50.00	346	46:38.83	132	0:14.50	414	36:43.86		1:36:23.90
296	1088	Rebecca Wurster	30	180	9:11.60	138	2:12.80	539	49:24.87	1059	1:11.00	270	34:24.93		1:36:25.30
297	184	Marian Frost	56	433	10:46.70	581	3:33.40	266	45:23.81	232	0:18.20	392	36:24.12		1:36:26.31
298	1322	Alisa Carroll	45	384	10:35.20	539	3:24.20	332	46:29.63	706	0:40.60	322	35:17.20		1:36:26.83
299	153	Sarah Kleedehn	61	809	12:39.80	130	2:11.50	330	46:28.57	156	0:15.60	291	34:51.44		1:36:27.01
300	1258	Malia Klein	35	605	11:38.80	450	3:11.90	634	50:54.28	16	0:09.60	81	30:43.40		1:36:37.94

2014 GOLD NUGGET TRIATLON  
May 18th, 2014  
Bartlett Hight School, Anchorage, AK

Place	No.	Name	Age	Rank	Swim	Rank	T1	Rank	Bike	Rank	T2	Rank	Run	Penalty	Finish
301	392	Margaret McLane	26	673	12:01.20	589	3:36.40	348	46:39.66	929	0:58.40	215	33:26.44		1:36:42.04
302	1553	Haylee Donovan	30	190	9:18.00	213	2:30.40	543	49:29.63	117	0:13.80	319	35:13.16		1:36:44.96
303	1173	Jessica Walsh	32	897	13:13.40	354	2:56.10	557	49:41.96	412	0:26.70	77	30:28.28		1:36:46.42
304	55	Jolie Johnsen	41	50	7:50.00	451	3:11.90	376	47:09.78	1168	1:25.20	450	37:13.25		1:36:50.09
305	1182	Lora Jorgensen	44	459	10:54.30	99	2:01.40	213	44:25.53	864	0:51.60	543	38:37.82		1:36:50.69
306	1101	Ashley Lanier	30	344	10:19.10	561	3:29.80	297	45:58.08	167	0:16.00	422	36:50.18		1:36:53.26
307	1587	Shelene Sainsbury	37	237	9:41.20	149	2:15.00	276	45:34.38	194	0:16.90	583	39:09.81		1:36:57.31
308	1563	Marina Critchett	24	312	10:09.40	530	3:22.50	476	48:22.66	692	0:39.50	269	34:24.46		1:36:58.53
309	1161	Kirsten Schultz	26	342	10:18.00	546	3:25.70	522	49:12.21	377	0:25.50	228	33:37.52		1:36:58.91
310	496	Bonnie Dearmoun	32	221	9:32.40	67	1:49.00	550	49:36.91	37	0:10.60	360	35:54.58		1:37:03.46
311	1500	Brittany Dschaak	27	314	10:09.50	123	2:09.30	272	45:31.18	803	0:47.20	535	38:28.78		1:37:05.93
312	68	Brooke Lizotte	18	1129	15:02.30	585	3:34.90	470	48:18.82	531	0:31.70	52	29:38.87		1:37:06.57
313	192	Alesia Thon	47	361	10:25.60	175	2:21.20	254	45:07.22	1041	1:09.10	514	38:04.70		1:37:07.85
314	1080	Allison Erickson	39	413	10:42.10	202	2:27.00	432	47:46.95	77	0:12.20	363	35:59.81		1:37:08.04
315	273	Shaina Kilcoyne	31	555	11:21.20	715	4:03.10	419	47:40.10	86	0:12.50	241	33:51.80		1:37:08.69
316	1169	Carina Welker	15	465	10:55.80	542	3:25.20	294	45:56.17	695	0:39.80	375	36:13.85		1:37:10.78
317	1561	Heidi Minshew	30	157	9:03.40	299	2:47.00	211	44:25.00	1215	1:32.90	603	39:22.72		1:37:10.97
318	1202	Robin Mullen	26	811	12:40.80	543	3:25.30	499	48:51.89	505	0:30.80	129	31:43.08		1:37:11.90
319	1533	Caroline Kirby	31	849	12:55.90	182	2:22.90	310	46:07.58	984	1:04.10	286	34:42.25		1:37:12.66
320	1446	Carey Carpenter	37	315	10:09.60	380	3:00.30	303	46:03.31	223	0:17.80	482	37:42.20		1:37:13.27
321	454	Erin Sivitz	14	535	11:15.30	221	2:32.70	652	51:12.59	406	0:26.40	133	31:48.65		1:37:15.65
322	774	Heather Sweetser	47	137	8:50.90	636	3:45.50	285	45:43.25	1133	1:19.50	480	37:41.72		1:37:20.88
323	63	Jennifer Weber	36	283	9:57.50	194	2:24.80	429	47:45.96	872	0:52.10	386	36:21.31		1:37:21.61
324	74	Nancy Spence	40	1064	14:26.30	640	3:46.70	204	44:14.97	224	0:17.90	284	34:39.18		1:37:24.96
325	1444	Courtney Smith	26	620	11:43.00	691	3:58.10	219	44:34.97	106	0:13.40	434	37:01.17		1:37:30.68
326	1076	Brinna Wojtalewicz	29	428	10:46.10	343	2:54.90	394	47:22.03	1035	1:08.70	324	35:20.25		1:37:31.96
327	752	Donna Craig	38	310	10:07.70	240	2:36.70	198	44:10.57	328	0:22.60	661	40:14.68		1:37:32.21
328	1051	Ivy Eski	11	378	10:33.30	887	4:37.40	421	47:41.47	1211	1:31.90	200	33:10.52		1:37:34.56
329	300	Yvonne Henrickson	39	1101	14:46.40	257	2:39.20	172	43:34.10	928	0:58.30	346	35:36.67		1:37:34.73
330	1129	Katherine Jernstor	30	580	11:31.30	457	3:12.50	326	46:21.22	910	0:55.90	338	35:33.95		1:37:34.83
331	667	Lindsey Honemann	27	972	13:47.30	771	4:12.20	215	44:27.26	118	0:13.80	298	34:54.79		1:37:35.36
332	69	Marcia Davis	56	284	9:57.90	244	2:37.00	191	44:02.70	265	0:19.50	685	40:43.98		1:37:41.07
333	1011	Tamara Pickett	45	869	13:01.70	408	3:05.40	364	46:57.77	832	0:49.00	234	33:48.13		1:37:41.97
334	168	Madeleine Oakley	16	3	6:22.60	1054	5:26.60	589	50:09.40	218	0:17.60	332	35:29.39		1:37:45.55
335	268	Kris Malecha	47	931	13:29.40	544	3:25.30	264	45:21.76	360	0:24.40	315	35:10.45		1:37:51.29
336	111	Rashele Kimmel	34	731	12:15.70	533	3:22.80	342	46:34.98	243	0:18.80	323	35:19.14		1:37:51.45
337	162	Olga Fedorova	27	663	11:57.20	840	4:25.80	168	43:26.55	1137	1:20.40	411	36:42.13		1:37:52.18
338	1103	Leslie Boughton	44	887	13:09.40	501	3:18.60	281	45:39.57	310	0:21.50	328	35:25.49		1:37:54.48
339	1487	Diane Brozovsky	53	503	11:05.30	838	4:25.20	109	41:42.59	1121	1:17.80	608	39:26.12		1:37:56.96
340	564	collette Bentz	55	1006	14:01.10	402	3:04.60	440	47:52.08	101	0:13.10	169	32:46.03		1:37:57.02
341	1586	Joni Earp	38	723	12:13.00	332	2:53.00	380	47:13.34	1114	1:17.10	265	34:20.62		1:37:57.06
342	1407	Amber Myers	35	878	13:06.10	744	4:08.20	195	44:08.00	977	1:03.30	340	35:34.59		1:38:00.20
343	207	Laura Butcher	40	1175	15:31.40	553	3:28.20	410	47:34.12	273	0:20.10	98	31:08.30		1:38:02.19
344	86	sue parry	56	260	9:48.50	199	2:26.20	592	50:11.08	143	0:15.10	326	35:23.42		1:38:04.30
345	1189	Harmony Wayner	16	695	12:06.80	787	4:15.30	584	50:04.40	9	0:09.50	114	31:29.19		1:38:05.14
346	1576	Isabella Watsjold	13	46	7:41.80	319	2:49.90	591	50:10.47	51	0:11.20	449	37:12.55		1:38:05.93
347	1341	Kari Dupree	52	975	13:48.10	1023	5:16.90	179	43:45.23	1173	1:26.10	242	33:52.18		1:38:08.42
348	216	cynthia decker	55	173	9:09.10	661	3:51.50	423	47:42.70	550	0:32.60	431	36:57.98		1:38:13.87
349	1273	Emily Henderson	35	149	9:00.20	398	3:04.40	424	47:42.89	957	1:00.80	461	37:26.35		1:38:14.66
350	1091	Nina Menghini	54	334	10:15.90	429	3:08.30	373	47:07.76	551	0:32.60	448	37:11.77		1:38:16.29

2014 GOLD NUGGET TRIATLON  
 May 18th, 2014  
 Bartlett Hight School, Anchorage, AK

Place	No.	Name	Age	Rank	Swim	Rank	T1	Rank	Bike	Rank	T2	Rank	Run	Penalty	Finish
351	1400	Kristen Keifer	29	473	10:57.40	467	3:13.70	186	43:53.98	1148	1:22.70	554	38:48.54		1:38:16.29
352	957	Meghan Wieten-Scot	30	70	8:06.40	988	5:06.30	408	47:33.97	349	0:23.80	440	37:06.37		1:38:16.84
353	321	Autumn Ball	20	756	12:23.90	260	2:39.70	206	44:16.07	1207	1:31.60	460	37:25.81		1:38:17.05
354	1134	Mary Ann Renkert	58	204	9:23.10	439	3:09.80	571	49:50.43	175	0:16.20	349	35:42.84		1:38:22.37
355	1484	Julie Storlie	23	176	9:10.20	245	2:37.00	234	44:50.65	1122	1:17.80	670	40:27.54		1:38:23.09
356	271	Laura moore	37	604	11:38.40	253	2:38.50	360	46:55.89	1155	1:23.70	353	35:47.97		1:38:24.51
357	203	Cindy Freistone	50	638	11:49.70	1245	7:06.80	379	47:12.72	401	0:26.20	136	31:52.79		1:38:28.24
358	1615	Becca Schneider	30	712	12:10.30	358	2:56.40	201	44:13.00	1250	1:41.40	467	37:31.88		1:38:33.02
359	1397	Emily Long	32	323	10:11.90	617	3:40.50	333	46:29.83	991	1:04.50	445	37:07.60		1:38:34.33
360	1469	Anna Alcorn	24	786	12:34.50	256	2:39.10	465	48:16.08	1115	1:17.30	233	33:47.41		1:38:34.42
361	845	Shanann Hoyos	21	628	11:44.90	453	3:12.00	491	48:37.37	107	0:13.50	289	34:47.76		1:38:35.60
362	411	Claire Anderson	23	665	11:57.80	852	4:27.30	581	50:02.23	128	0:14.20	138	31:54.89		1:38:36.39
363	1041	Krystal Nelson	41	185	9:13.80	879	4:35.30	617	50:36.66	250	0:19.00	243	33:52.27		1:38:37.07
364	1447	Nina Schwinghammer	27	1033	14:11.30	594	3:36.90	393	47:22.01	415	0:26.80	189	33:01.17		1:38:38.21
365	1501	Erica McCaslin	42	481	10:59.20	972	5:01.70	509	48:58.79	256	0:19.20	213	33:25.73		1:38:44.58
366	808	Mary Burr	15	478	10:58.20	278	2:43.40	611	50:25.25	46	0:10.90	274	34:27.25		1:38:45.05
367	118	Alane Hughes	51	592	11:35.40	250	2:38.00	367	47:01.93	1073	1:12.20	388	36:22.57		1:38:50.11
368	1123	Teri Wooten	58	685	12:04.90	506	3:19.80	253	45:06.03	1274	1:46.50	401	36:34.51		1:38:51.84
369	797	Holly Weiss-Racine	32	689	12:06.20	540	3:24.20	337	46:32.79	750	0:43.40	368	36:07.15		1:38:53.81
370	1282	Jillian Fellman	34	800	12:38.20	347	2:55.20	343	46:35.52	1287	1:50.10	300	34:56.53		1:38:55.56
371	1118	katie miller	33	396	10:38.80	352	2:55.80	371	47:07.25	1348	2:15.90	365	36:04.18		1:39:01.96
372	634	Jackie Cason	52	614	11:41.90	558	3:29.10	340	46:33.70	1262	1:43.60	341	35:34.78		1:39:03.05
373	684	Celine Siddall	30	542	11:18.00	440	3:10.10	500	48:52.23	541	0:32.10	317	35:12.08		1:39:04.55
374	1536	Anne Bott	35	420	10:44.60	466	3:13.60	597	50:17.62	199	0:17.00	281	34:36.37		1:39:09.13
375	522	Valerie Martinez	31	524	11:11.70	348	2:55.30	608	50:24.78	214	0:17.50	268	34:23.26		1:39:12.51
376	1143	jennifer Lindsay	33	600	11:37.40	458	3:12.80	119	41:59.77	157	0:15.60	770	42:13.36		1:39:18.93
377	1630	Sarah Palenske	30	404	10:39.50	416	3:06.30	249	45:04.23	981	1:03.70	606	39:25.36		1:39:19.08
378	200	Penny Booher	44	988	13:52.40	480	3:15.30	302	46:03.16	992	1:04.50	313	35:06.20		1:39:21.61
379	1038	Elysia Andrews	24	719	12:12.10	295	2:46.50	817	54:14.29	53	0:11.30	61	30:00.63		1:39:24.81
380	89	kimberly bush	44	495	11:03.60	147	2:14.80	311	46:07.96	1008	1:05.60	565	38:54.75		1:39:26.73
381	73	Rachael Kvapil	39	843	12:53.80	158	2:16.20	479	48:24.38	707	0:40.70	316	35:12.06		1:39:27.09
382	1436	Anna Burke	32	842	12:53.60	135	2:12.60	214	44:27.14	952	1:00.50	566	38:55.52		1:39:29.39
383	1531	Brandy Stepetin	32	327	10:14.10	534	3:22.90	742	52:51.94	775	0:45.00	156	32:17.66		1:39:31.59
384	1210	cecelia reagle	25	154	9:02.40	494	3:17.20	687	51:51.49	40	0:10.70	318	35:12.57		1:39:34.42
385	809	anne Burr	50	958	13:39.60	318	2:49.80	383	47:14.69	221	0:17.70	337	35:33.89		1:39:35.73
386	1412	Delana Wesen	14	1121	14:57.30	643	3:47.50	391	47:21.59	95	0:12.90	205	33:19.71		1:39:38.93
387	1479	mekki smith	40	1301	17:14.10	359	2:56.50	268	45:25.50	83	0:12.40	237	33:50.54		1:39:39.10
388	191	Joanna Reast	53	864	13:00.50	159	2:16.20	104	41:37.49	1090	1:13.70	731	41:34.82		1:39:42.64
389	820	Kyndall Powers	31	264	9:50.40	1390	10:14.80	315	46:12.38	35	0:10.50	203	33:17.73		1:39:45.79
390	767	Rachel Cella	37	395	10:38.60	737	4:06.90	278	45:37.72	609	0:35.40	550	38:47.16		1:39:45.83
391	943	Kristine de Leon	24	317	10:10.50	270	2:41.20	334	46:30.35	1058	1:10.90	595	39:14.39		1:39:47.26
392	1132	Hannah Ruff	24	338	10:17.30	219	2:32.50	454	48:04.99	1107	1:16.10	473	37:37.92		1:39:48.78
393	498	Alyssa Hampton	16	31	7:15.60	246	2:37.10	361	46:57.03	47	0:11.00	795	42:48.65		1:39:49.40
394	142	Mary Vollandorf	44	538	11:16.90	168	2:19.90	417	47:38.54	973	1:02.90	471	37:35.66		1:39:53.86
395	298	Heather Huff	38	363	10:26.20	884	4:36.30	453	48:04.48	370	0:25.00	387	36:22.33		1:39:54.25
396	1492	Danielle Fay	27	769	12:28.30	75	1:52.60	382	47:14.28	829	0:48.70	466	37:31.51		1:39:55.41
397	1375	Margaret Dworian	14	362	10:25.90	235	2:35.30	520	49:08.11	4	0:09.10	478	37:41.62		1:40:00.11
398	304	Mary Cox	56	545	11:18.40	927	4:47.80	355	46:48.09	269	0:19.80	418	36:46.58		1:40:00.65
399	1244	Kelsey Cartwright	23	251	9:45.50	509	3:19.90	552	49:37.86	54	0:11.30	442	37:07.17		1:40:01.74
400	139	Eliza Zugg	18	30	7:15.00	356	2:56.20	604	50:22.26	504	0:30.70	569	38:58.10		1:40:02.27



2014 GOLD NUGGET TRIATLON  
 May 18th, 2014  
 Bartlett Hight School, Anchorage, AK

Place	No.	Name	Age	Rank	Swim	Rank	T1	Rank	Bike	Rank	T2	Rank	Run	Penalty	Finish
401	1259	Naomi Torrance	33	164	9:05.40	227	2:33.70	521	49:10.58	1270	1:45.40	470	37:35.59		1:40:10.64
402	1315	Amy Hart	29	266	9:50.80	492	3:16.50	478	48:23.87	1098	1:14.70	463	37:29.57		1:40:15.42
403	1073	Maryann Keane	34	74	8:13.10	779	4:13.60	720	52:26.93	1342	2:13.10	199	33:10.46		1:40:17.20
404	1372	Kelly Ingram	27	170	9:08.50	397	3:03.90	643	51:06.82	838	0:49.30	370	36:09.67		1:40:18.25
405	1416	COLLEEN WILT	27	175	9:10.00	657	3:51.00	472	48:19.91	1263	1:43.60	451	37:14.27		1:40:18.87
406	590	Sheila Swanson	48	371	10:30.20	333	2:53.00	374	47:08.14	102	0:13.10	620	39:35.01		1:40:19.51
407	217	Emily Jensen	16	214	9:30.00	376	2:59.90	484	48:30.99	28	0:10.20	592	39:14.05		1:40:25.25
408	474	Laurel Renkert	26	1114	14:54.50	541	3:24.60	512	49:01.32	988	1:04.30	144	32:01.01		1:40:25.65
409	296	Julie Hanson	44	139	8:53.60	430	3:08.40	588	50:08.18	933	0:58.70	453	37:17.35		1:40:26.27
410	103	Julie Patchin	42	504	11:05.70	618	3:40.50	167	43:26.03	257	0:19.20	753	41:55.74		1:40:27.20
411	1516	Reilly Hall	13	583	11:32.70	389	3:02.70	490	48:36.28	20	0:09.80	437	37:05.83		1:40:27.29
412	123	Patti Liotta	54	511	11:08.40	305	2:47.90	293	45:56.11	62	0:11.50	678	40:31.53		1:40:35.33
413	698	Morgan Olszewski	31	493	11:03.20	797	4:17.50	398	47:23.34	1227	1:34.80	382	36:18.62		1:40:37.45
414	1568	Connie Chevalier	58	790	12:36.10	855	4:28.30	231	44:48.17	574	0:33.50	518	38:11.43		1:40:37.51
415	190	Whitney Todd	29	1128	15:00.80	310	2:48.50	287	45:43.67	1198	1:30.70	342	35:34.91		1:40:38.55
416	253	Karen Divelbiss	51	733	12:15.90	191	2:24.60	409	47:34.07	1242	1:39.80	420	36:47.55		1:40:41.88
417	257	Shannon Luna	12	839	12:53.40	428	3:08.10	700	52:04.20	119	0:13.80	160	32:27.92		1:40:47.36
418	227	Ann Lovejoy	39	125	8:43.50	328	2:51.70	642	51:03.45	979	1:03.50	438	37:06.31		1:40:48.49
419	1135	Abby Beltz	31	914	13:22.20	378	3:00.10	207	44:17.04	122	0:14.00	640	39:58.95		1:40:52.25
420	1223	Lucille Baranko	30	216	9:31.00	375	2:59.30	250	45:05.40	1199	1:30.90	742	41:45.92		1:40:52.55
421	1349	Mirna Estrada	29	239	9:41.70	1075	5:34.00	422	47:41.89	858	0:51.20	439	37:06.31		1:40:55.15
422	1435	Meghan Clemens	30	701	12:08.10	941	4:52.10	461	48:12.52	941	0:59.60	287	34:44.67		1:40:56.97
423	1380	Mari Eaton	45	919	13:23.10	334	2:53.00	351	46:42.87	105	0:13.20	488	37:45.78		1:40:57.89
424	1494	Stacie Gracey	37	101	8:33.10	395	3:03.80	585	50:06.01	416	0:26.80	556	38:48.82		1:40:58.56
425	1511	Teanna Hehnlin	31	777	12:31.20	577	3:33.00	562	49:45.36	187	0:16.70	301	34:57.56		1:41:03.82
426	295	Kari Brookover	50	492	11:02.50	129	2:10.80	415	47:38.15	260	0:19.30	639	39:57.77		1:41:08.48
427	1274	Katie Rall	23	208	9:24.90	493	3:16.80	418	47:38.75	1104	1:15.50	616	39:32.69		1:41:08.55
428	976	stephanie schroede	45	462	10:55.30	350	2:55.50	372	47:07.33	914	0:56.10	593	39:14.31		1:41:08.56
429	155	Marietta Hall	44	397	10:38.90	153	2:15.50	450	48:03.33	938	0:59.50	598	39:17.37		1:41:14.55
430	1603	Michelle Roth	50	241	9:42.10	861	4:29.90	790	53:42.07	321	0:22.00	185	32:59.21		1:41:15.27
431	1352	Misty Eisel	26	1252	16:28.60	164	2:17.10	242	44:56.29	980	1:03.60	409	36:40.23		1:41:25.83
432	1485	Meghan Owens	27	1032	14:10.50	611	3:39.20	368	47:02.15	144	0:15.10	383	36:19.19		1:41:26.15
433	1070	Holly Willman	34	61	8:00.30	559	3:29.70	328	46:25.76	900	0:54.90	781	42:35.51		1:41:26.23
434	762	Jennifer Jobe	25	608	11:39.90	366	2:57.90	433	47:47.82	68	0:11.70	561	38:51.06		1:41:28.37
435	1409	Madeline Ramuglia	27	467	10:56.20	387	3:01.60	554	49:40.48	497	0:30.10	457	37:23.02		1:41:31.34
436	429	Hanna Wuttig	12	156	9:03.00	142	2:14.10	757	53:11.91	103	0:13.10	427	36:54.00		1:41:36.02
437	1272	Rachel Brandt	29	1132	15:02.80	957	4:56.00	452	48:04.27	49	0:11.10	208	33:22.23		1:41:36.31
438	326	Alisa Aist	17	760	12:25.60	891	4:38.60	594	50:11.64	240	0:18.60	253	34:04.40		1:41:38.81
439	632	Amy Baxter	41	1151	15:15.30	172	2:21.10	482	48:29.85	1189	1:29.60	256	34:07.31		1:41:43.22
440	337	Tana Stone	36	128	8:44.50	322	2:50.70	413	47:38.10	195	0:16.90	773	42:17.25		1:41:47.47
441	1475	Maria Weiss	19	527	11:12.00	753	4:09.90	657	51:25.23	139	0:14.90	288	34:45.88		1:41:47.83
442	530	Bonnie Cudnohufsky	60	660	11:56.50	281	2:44.20	400	47:28.68	1010	1:05.80	538	38:33.93		1:41:49.08
443	846	Crystal Hoyos	44	506	11:06.90	474	3:14.80	510	48:59.79	131	0:14.40	521	38:14.59		1:41:50.48
444	1193	Debra Kinn	59	573	11:29.00	151	2:15.40	406	47:31.23	357	0:24.20	656	40:11.46		1:41:51.30
445	128	Kendra Paskvan	19	15	6:54.50	71	1:50.60	789	53:40.47	1442	4:32.90	299	34:55.01		1:41:53.43
446	1255	Stephanie Schmidt	33	411	10:41.70	745	4:08.60	263	45:20.75	859	0:51.20	692	40:52.30		1:41:54.56
447	1164	Trill Gates	46	277	9:55.10	367	2:58.00	635	50:54.52	1209	1:31.70	403	36:35.93		1:41:55.23
448	185	sierra sadler	25	547	11:19.70	232	2:34.40	598	50:17.97	209	0:17.40	462	37:27.22		1:41:56.68
449	178	Amy Utley	44	640	11:50.20	592	3:36.80	267	45:25.49	599	0:34.90	674	40:30.03		1:41:57.37
450	1339	Maggi Arend	60	517	11:09.80	283	2:44.50	225	44:43.36	266	0:19.50	802	43:01.45		1:41:58.65

2014 GOLD NUGGET TRIATLON  
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 Bartlett Hight School, Anchorage, AK

Place	No.	Name	Age	Rank	Swim	Rank	T1	Rank	Bike	Rank	T2	Rank	Run	Penalty	Finish
451	1373	lori kaltenbach	39	930	13:29.00	355	2:56.10	345	46:37.88	1005	1:05.30	500	37:54.54		1:42:02.90
452	1228	Alecia Wood	28	913	13:22.00	759	4:10.30	283	45:40.57	565	0:33.10	526	38:18.57		1:42:04.52
453	399	Meghan Lene	31	494	11:03.50	183	2:22.90	527	49:16.21	339	0:23.40	570	38:58.56		1:42:04.54
454	404	Kristi Senden	40	616	11:42.70	94	1:59.10	288	45:46.26	133	0:14.50	778	42:22.47		1:42:04.93
455	328	Mackenzie Moen	25	134	8:49.50	686	3:56.90	431	47:46.22	968	1:02.30	676	40:30.11		1:42:05.07
456	678	Jacquelyn Schade	25	908	13:18.70	1173	6:18.10	631	50:51.05	851	0:50.30	84	30:48.27		1:42:06.38
457	1095	Kathy Keck	55	109	8:36.70	1043	5:23.30	681	51:49.44	1149	1:22.70	306	35:01.44		1:42:13.51
458	1601	Kristy Estrada	28	491	11:02.40	862	4:30.40	868	55:10.25	371	0:25.00	95	31:05.75		1:42:13.82
459	963	Christina Nordstro	39	182	9:12.90	835	4:24.50	565	49:46.98	1060	1:11.10	477	37:40.66		1:42:16.08
460	1620	Cindy Sykes	62	267	9:51.40	237	2:36.00	480	48:26.19	241	0:18.70	704	41:04.84		1:42:17.09
461	694	amie greer	32	349	10:21.80	705	4:01.00	590	50:09.82	361	0:24.50	456	37:22.88		1:42:19.95
462	1253	Devon Rust	36	318	10:10.50	722	4:03.80	387	47:19.71	396	0:26.00	665	40:21.62		1:42:21.65
463	806	Tanya Iden	40	875	13:03.40	729	4:04.80	390	47:21.03	378	0:25.50	465	37:30.81		1:42:25.55
464	172	Kimberley Garner	39	302	10:04.50	482	3:15.40	511	49:00.65	285	0:20.50	627	39:47.47		1:42:28.46
465	1003	Christianna Colles	36	1036	14:11.70	465	3:13.40	622	50:38.98	58	0:11.40	261	34:14.66		1:42:30.12
466	407	Eugenia Merrifield	45	801	12:38.20	497	3:17.80	280	45:39.16	1165	1:24.70	613	39:30.95		1:42:30.81
467	355	Melinda Gabriel	31	658	11:56.00	399	3:04.40	730	52:40.51	44	0:10.80	285	34:39.53		1:42:31.25
468	511	Morgan Aldridge	32	713	12:10.30	185	2:23.60	430	47:46.11	78	0:12.20	642	40:00.59		1:42:32.74
469	1328	Danielle Dillon	28	718	12:11.60	550	3:27.20	358	46:50.98	41	0:10.70	631	39:52.34		1:42:32.88
470	158	Sarah Belway	43	952	13:37.60	388	3:02.60	595	50:12.67	1352	2:17.70	210	33:23.91		1:42:34.45
471	194	Francisca Barnett	32	469	10:56.70	596	3:37.20	428	47:45.52	219	0:17.60	641	39:59.33		1:42:36.36
472	408	Valerie Lindsay	35	978	13:49.50	288	2:45.30	321	46:17.19	1078	1:12.40	544	38:38.21		1:42:42.55
473	214	Robby Bear	54	304	10:04.90	473	3:14.60	425	47:43.43	698	0:39.90	701	41:00.81		1:42:43.67
474	1311	Kimberly Buskirk	43	357	10:23.70	365	2:57.60	587	50:06.44	146	0:15.20	574	39:03.94		1:42:46.87
475	1174	Renee Robertson	35	332	10:15.80	922	4:46.30	701	52:05.09	746	0:43.10	302	34:58.25		1:42:48.50
476	812	Meghan Fay	30	634	11:46.80	176	2:21.40	444	47:55.38	445	0:28.00	662	40:18.39		1:42:49.91
477	1239	Jo Ballagh	28	471	10:57.10	804	4:18.90	173	43:34.10	1153	1:23.60	793	42:44.68		1:42:58.35
478	803	Heather Courrier	42	507	11:07.20	1203	6:33.10	270	45:27.72	388	0:25.80	610	39:27.36		1:43:01.15
479	559	Rachel Allmendinge	30	1221	15:58.80	374	2:59.10	568	49:48.36	428	0:27.40	246	33:54.79		1:43:08.41
480	72	Diane Mohwinkel	72	625	11:44.30	386	3:01.50	181	43:48.84	1068	1:11.80	821	43:24.69		1:43:11.14
481	509	Jennifer Lancaster	40	339	10:17.40	383	3:01.30	696	51:59.06	640	0:36.80	452	37:17.31		1:43:11.83
482	997	Kara Moore	34	298	10:03.80	590	3:36.40	532	49:18.20	1347	2:15.40	506	37:58.04		1:43:11.92
483	967	Jennifer Burns	45	120	8:42.10	393	3:03.50	296	45:57.22	839	0:49.30	885	44:43.36		1:43:15.42
484	299	Nicole Thibodeau	39	911	13:21.00	538	3:23.90	427	47:43.96	281	0:20.40	534	38:28.30		1:43:17.60
485	1344	Elaina Hveding	38	148	8:59.80	601	3:37.50	352	46:43.47	961	1:01.50	799	42:55.98		1:43:18.24
486	1281	Olivia Heath	27	655	11:54.40	1200	6:31.10	497	48:46.78	1016	1:06.30	304	34:59.79		1:43:18.39
487	53	Lia Keller	38	286	10:00.30	156	2:16.00	475	48:20.77	180	0:16.40	779	42:27.41		1:43:20.90
488	149	Verneese Maney	42	1172	15:29.60	736	4:06.80	350	46:41.41	229	0:18.10	416	36:45.49		1:43:21.39
489	397	Danielle Bunselmei	22	533	11:14.70	963	4:58.20	576	49:53.76	140	0:14.90	435	37:01.50		1:43:23.03
490	1595	Maggie Porter	34	201	9:21.40	778	4:13.50	602	50:20.48	542	0:32.20	567	38:56.86		1:43:24.42
491	1621	theresa phillips	43	867	13:01.10	345	2:55.10	487	48:33.95	294	0:20.70	539	38:34.37		1:43:25.27
492	724	Claudia Lara	33	702	12:08.10	610	3:39.10	416	47:38.28	1096	1:14.50	560	38:49.61		1:43:29.63
493	618	Erika Kahill	36	500	11:04.20	1152	6:09.70	466	48:16.13	1017	1:06.60	428	36:54.24		1:43:30.87
494	260	Marti Pausback	52	749	12:20.10	210	2:29.30	586	50:06.43	792	0:45.80	496	37:50.92		1:43:32.50
495	1177	Molly Simasko	34	709	12:09.60	826	4:22.00	477	48:23.06	689	0:39.40	507	37:58.54		1:43:32.57
496	692	Alyssa Frothingham	25	126	8:43.90	954	4:55.50	370	47:06.55	701	0:40.00	765	42:08.04		1:43:33.97
497	1371	Angela Mazur	33	738	12:18.00	215	2:31.30	544	49:30.58	295	0:20.70	564	38:54.57		1:43:35.21
498	1039	Connie Service	27	442	10:50.10	360	2:56.50	836	54:37.50	48	0:11.00	312	35:05.96		1:43:41.03
499	425	kathleen oconnor	50	80	8:16.10	754	4:09.90	709	52:16.72	761	0:44.10	523	38:14.81		1:43:41.68
500	1092	Chelsie Morrison-H	24	114	8:39.20	807	4:19.10	306	46:06.39	1426	3:30.60	712	41:11.49		1:43:46.68

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 May 18th, 2014  
 Bartlett Hight School, Anchorage, AK

Place	No.	Name	Age	Rank	Swim	Rank	T1	Rank	Bike	Rank	T2	Rank	Run	Penalty	Finish
501	1512	Barbara Nawrocki	56	539	11:17.40	325	2:51.20	474	48:20.66	1208	1:31.60	626	39:46.37		1:43:47.25
502	842	Ailey Hill	11	846	12:54.50	695	3:58.80	725	52:33.14	17	0:09.60	259	34:13.10		1:43:49.05
503	1634	Jessica Dean	36	1202	15:45.00	233	2:34.40	613	50:26.91	835	0:49.20	263	34:16.69		1:43:52.15
504	1580	Julia Eichler	35	432	10:46.50	195	2:24.90	483	48:30.32	274	0:20.10	751	41:53.61		1:43:55.46
505	1133	Kelli Murphy	26	406	10:40.00	970	5:00.90	619	50:37.60	235	0:18.30	455	37:18.94		1:43:55.73
506	1086	Regina Burzinski	31	453	10:52.80	801	4:18.60	692	51:56.71	289	0:20.60	396	36:29.39		1:43:58.04
507	467	Rena Kornstad	40	518	11:10.00	468	3:13.70	707	52:15.32	1011	1:05.90	379	36:14.65		1:43:59.53
508	1404	Rebecca Windt	34	530	11:14.00	476	3:15.00	496	48:46.22	79	0:12.20	679	40:34.07		1:44:01.55
509	1295	Marlys Morton	45	1158	15:20.70	921	4:45.90	335	46:31.76	779	0:45.20	405	36:38.12		1:44:01.66
510	393	Dana Buchanan	29	664	11:57.20	116	2:06.20	596	50:17.56	411	0:26.60	600	39:18.49		1:44:06.10
511	1014	Emma Potter	15	861	12:59.80	739	4:07.20	609	50:25.01	296	0:20.70	380	36:16.36		1:44:09.11
512	974	Molly McLaughlin	11	92	8:24.10	184	2:23.10	764	53:15.54	572	0:33.30	619	39:34.10		1:44:10.22
513	1363	Sarah Andrus	26	490	11:01.90	582	3:33.50	569	49:49.90	1036	1:08.70	546	38:38.97		1:44:13.02
514	1278	Heidi Embley	36	890	13:10.00	290	2:45.50	541	49:26.95	254	0:19.10	542	38:35.99		1:44:17.54
515	91	Rita Miller	67	446	10:50.70	218	2:32.40	529	49:17.56	188	0:16.70	720	41:23.26		1:44:20.63
516	757	Rachael Gaedeke	37	452	10:52.40	303	2:47.70	653	51:14.99	297	0:20.80	576	39:05.42		1:44:21.26
517	1194	Lorraine Hebert	47	559	11:22.50	689	3:57.30	627	50:46.58	1159	1:24.00	426	36:52.60		1:44:23.03
518	565	Carmen Thomas	49	381	10:34.40	330	2:52.40	448	48:01.26	1210	1:31.80	723	41:25.10		1:44:24.91
519	1265	Lisa Demer	53	807	12:39.70	287	2:45.20	513	49:02.76	340	0:23.50	622	39:37.45		1:44:28.61
520	1100	Dana Jaworski	36	58	7:59.90	265	2:40.20	845	54:45.71	121	0:13.90	559	38:49.35		1:44:29.07
521	1384	Jenna Gruenstein	32	509	11:08.20	763	4:10.80	593	50:11.43	454	0:28.50	536	38:30.57		1:44:29.43
522	1155	Emily Garhart	29	587	11:33.40	297	2:46.80	551	49:37.84	72	0:11.80	664	40:19.85		1:44:29.62
523	277	Brenda Cox	52	974	13:47.90	653	3:50.00	579	50:00.26	1284	1:49.20	311	35:05.72		1:44:33.13
524	1063	Anna Jemmings	17	38	7:28.10	230	2:34.10	385	47:18.41	25	0:10.00	981	47:02.96		1:44:33.55
525	297	Suzanne Smerjac	34	409	10:41.60	675	3:53.80	714	52:21.08	939	0:59.50	406	36:38.81		1:44:34.74
526	539	Amy Hollon	38	647	11:52.40	848	4:26.90	801	54:00.10	215	0:17.50	251	34:00.44		1:44:37.32
527	126	Lauren Langford	25	12	6:45.40	735	4:06.60	861	55:01.83	314	0:21.70	533	38:27.33		1:44:42.85
528	1318	Lisa DeCora	48	1200	15:44.60	632	3:44.80	357	46:49.21	1197	1:30.60	429	36:54.60		1:44:43.82
529	1336	Stacey Ledgerwood	38	1169	15:27.60	472	3:14.30	230	44:47.84	336	0:23.00	696	40:53.88		1:44:46.63
530	1227	Dawn Demko	41	686	12:05.10	1251	7:12.30	356	46:49.04	82	0:12.30	537	38:31.52		1:44:50.28
531	1626	Gracie Minnick	15	949	13:37.00	665	3:51.90	703	52:10.09	275	0:20.10	295	34:53.93		1:44:52.98
532	335	Terri Lemons	38	325	10:12.80	880	4:35.30	574	49:52.74	1307	1:55.00	524	38:17.25		1:44:53.09
533	324	Justice English	17	758	12:24.30	965	4:59.30	548	49:33.75	242	0:18.70	475	37:40.37		1:44:56.44
534	1028	Kelly Parsons	49	435	10:47.00	1045	5:23.40	435	47:48.33	1308	1:55.80	573	39:02.48		1:44:56.96
535	232	Ashley Epperheimer	19	896	13:13.00	323	2:50.90	793	53:45.69	184	0:16.60	297	34:54.30		1:45:00.50
536	1543	Sierra Humphrey	19	483	11:00.00	259	2:39.50	734	52:44.06	575	0:33.50	512	38:03.89		1:45:00.93
537	525	Dana Brokofsky	33	213	9:29.50	830	4:23.10	775	53:27.76	908	0:55.80	417	36:46.46		1:45:02.67
538	246	Patricia OGorman	65	331	10:15.10	128	2:10.50	443	47:54.08	552	0:32.60	859	44:16.71		1:45:09.00
539	1499	Marguerite Humm	37	612	11:41.50	620	3:41.20	525	49:14.52	1273	1:45.60	552	38:47.75		1:45:10.54
540	294	Julie English	36	615	11:42.00	394	3:03.60	523	49:12.29	158	0:15.70	703	41:02.33		1:45:15.92
541	1337	Kelley Tompkins	25	232	9:38.70	655	3:50.50	651	51:11.85	804	0:47.20	629	39:48.88		1:45:17.14
542	1548	Liz Turner	28	1055	14:21.50	859	4:29.40	559	49:44.09	98	0:13.00	398	36:31.29		1:45:19.23
543	2	Shannon Donley	42	650	11:53.10	405	3:04.90	810	54:10.81	290	0:20.60	358	35:50.49		1:45:19.89
544	1649	Mary SHREVES	60	543	11:18.00	768	4:11.80	503	48:53.80	553	0:32.60	671	40:29.12		1:45:25.28
545	1113	Ana Avila	30	360	10:24.30	514	3:20.60	689	51:52.61	947	1:00.30	553	38:48.25		1:45:26.07
546	469	Kristi Sandberg	31	776	12:30.60	720	4:03.60	748	53:02.04	145	0:15.10	350	35:43.56		1:45:34.86
547	908	Chantal deAlcuaz	32	824	12:45.80	658	3:51.00	606	50:23.58	749	0:43.20	498	37:53.94		1:45:37.45
548	492	Lisa Solomonson	38	983	13:50.40	889	4:38.00	614	50:33.81	535	0:31.80	364	36:03.88		1:45:37.87
549	864	Valarie Coscia	45	851	12:56.00	939	4:51.20	377	47:09.87	1332	2:07.50	541	38:35.60		1:45:40.14
550	1048	Amanda Van Flein	11	91	8:23.60	985	5:04.50	816	54:13.23	147	0:15.20	495	37:50.01		1:45:46.62

2014 GOLD NUGGET TRIATLON  
 May 18th, 2014  
 Bartlett Hight School, Anchorage, AK

Place	No.	Name	Age	Rank	Swim	Rank	T1	Rank	Bike	Rank	T2	Rank	Run	Penalty	Finish
551	1104	Merry DePalatis	26	187	9:15.90	882	4:35.90	869	55:11.75	443	0:27.80	381	36:17.73		1:45:49.05
552	561	Stephanie Ferguson	42	680	12:04.00	777	4:13.40	715	52:21.70	930	0:58.40	376	36:13.95		1:45:51.42
553	254	babette mcilroy	34	1141	15:10.00	499	3:18.10	451	48:04.13	298	0:20.80	571	38:58.98		1:45:52.08
554	1591	Mitzi Pendleton	40	705	12:08.90	155	2:15.90	515	49:03.27	1201	1:31.10	694	40:52.91		1:45:52.11
555	1476	Jamie Staudinger	25	903	13:15.30	574	3:32.70	535	49:19.43	1152	1:23.50	530	38:21.53		1:45:52.55
556	500	Amy Alderfer	39	398	10:38.90	1138	6:02.30	616	50:36.26	500	0:30.50	515	38:05.62		1:45:53.56
557	1398	Echo McDonald	49	753	12:21.80	910	4:42.90	426	47:43.93	1248	1:41.10	605	39:24.47		1:45:54.21
558	956	Margaret Grinnell	25	274	9:54.40	788	4:15.40	815	54:12.96	382	0:25.60	443	37:07.27		1:45:55.63
559	1481	Nikelle Kruger	25	218	9:31.90	973	5:01.90	516	49:04.72	315	0:21.70	759	41:59.00		1:45:59.34
560	1353	Sandra Cummings	47	838	12:52.80	980	5:03.70	517	49:05.25	774	0:44.90	522	38:14.70		1:46:01.45
561	912	Kelly McFarlane	43	531	11:14.40	1237	7:00.90	809	54:07.82	690	0:39.40	191	33:04.16		1:46:06.70
562	1440	Sandra Estenson	68	1085	14:39.20	435	3:09.00	434	47:48.04	628	0:36.30	635	39:54.31		1:46:06.88
563	391	Meghan Steenburgh	42	1094	14:41.90	1073	5:33.60	456	48:08.23	1190	1:29.70	378	36:14.48		1:46:07.91
564	713	ingrid klinkhart	48	454	10:53.00	1141	6:05.40	710	52:17.48	286	0:20.50	408	36:39.97		1:46:16.31
565	852	April Watts	39	108	8:35.80	901	4:40.80	540	49:26.19	1212	1:32.30	762	42:01.28		1:46:16.44
566	1360	Renee Morhain	28	688	12:06.00	337	2:54.20	570	49:50.08	1205	1:31.50	636	39:54.92		1:46:16.72
567	1304	Lynda Limon	47	399	10:39.00	1215	6:41.50	304	46:03.50	1340	2:11.20	689	40:50.33		1:46:25.55
568	428	Layla Beam	12	374	10:31.80	192	2:24.60	865	55:04.35	424	0:27.30	508	37:59.56		1:46:27.56
569	1356	Samantha Matsuoka	25	94	8:26.00	481	3:15.30	782	53:35.89	278	0:20.30	690	40:51.81		1:46:29.29
570	360	Jessica Kauffman	40	841	12:53.50	967	5:00.20	766	53:17.66	149	0:15.30	307	35:02.73		1:46:29.48
571	1532	Lindsay Bahn	28	107	8:35.30	682	3:56.00	469	48:17.86	126	0:14.10	914	45:29.54		1:46:32.75
572	1231	Emily Rohloff	22	90	8:21.80	524	3:21.50	882	55:26.05	600	0:34.90	557	38:48.94		1:46:33.28
573	127	Judith Abrahams	39	191	9:18.10	937	4:51.00	252	45:05.67	1424	3:30.00	837	43:50.46		1:46:35.23
574	588	Molly McCormick	49	163	9:05.30	598	3:37.30	650	51:11.55	881	0:53.00	748	41:51.95		1:46:39.11
575	823	Bonnie Wanat	55	429	10:46.10	73	1:51.30	262	45:18.79	1015	1:06.20	999	47:38.47		1:46:40.84
576	732	Mallary Lyon	27	956	13:38.30	579	3:33.10	682	51:50.12	165	0:15.90	459	37:24.84		1:46:42.21
577	120	Carolyn Harley	36	989	13:52.80	824	4:21.90	662	51:29.90	141	0:15.00	412	36:42.95		1:46:42.58
578	1331	Bettina Chastain	49	1048	14:19.20	441	3:10.10	618	50:37.32	127	0:14.10	532	38:24.43		1:46:45.12
579	1305	Heather Leba	30	522	11:10.50	1249	7:10.30	436	47:49.96	543	0:32.20	643	40:03.19		1:46:46.09
580	1082	Erin Schumacher	44	105	8:34.10	346	2:55.10	693	51:56.85	210	0:17.40	809	43:10.47		1:46:53.96
581	1306	riann anderson	18	557	11:21.80	173	2:21.10	792	53:45.38	80	0:12.20	597	39:15.11		1:46:55.51
582	994	Elizabeth Donner	10	872	13:02.50	312	2:48.60	414	47:38.12	203	0:17.20	807	43:10.06		1:46:56.55
583	888	Gia Currier	42	748	12:20.00	335	2:53.40	526	49:15.75	1120	1:17.60	710	41:10.16		1:46:56.83
584	587	Nicole McCormick	15	714	12:10.30	477	3:15.00	663	51:29.94	515	0:31.00	618	39:33.69		1:46:59.87
585	843	Phillipia Holness	52	799	12:37.80	669	3:52.50	404	47:30.35	1324	2:05.00	697	40:56.70		1:47:02.37
586	414	Anne Blount	46	581	11:31.70	425	3:07.80	395	47:22.23	1021	1:07.20	840	43:55.05		1:47:03.94
587	965	Kathleen Doherty	32	544	11:18.10	616	3:40.40	688	51:51.49	665	0:38.20	625	39:39.63		1:47:07.80
588	165	Kristin Sullivan	32	356	10:23.50	971	5:01.10	666	51:32.80	1084	1:13.40	572	38:59.23		1:47:10.03
589	1474	Abigail Rusak	27	757	12:24.20	810	4:19.90	645	51:07.68	397	0:26.00	563	38:52.32		1:47:10.17
590	765	Debbie Duque	57	1102	14:47.00	586	3:35.00	566	49:48.10	205	0:17.30	549	38:45.06		1:47:12.49
591	1514	Dayle Kodama	43	907	13:17.30	760	4:10.30	401	47:28.79	1238	1:38.60	681	40:40.30		1:47:15.30
592	1465	Cassie Green	28	85	8:19.20	1001	5:08.60	658	51:25.57	421	0:27.20	754	41:55.90		1:47:16.52
593	1535	Alana Davis	43	871	13:02.20	248	2:37.70	445	47:56.83	1125	1:18.00	777	42:22.29		1:47:16.95
594	1010	Maria McLaughlin	19	576	11:29.40	446	3:10.90	837	54:37.71	211	0:17.40	491	37:47.26		1:47:22.64
595	1209	Chelsea Ashton	26	994	13:55.70	746	4:08.80	843	54:44.77	1055	1:10.60	216	33:26.69		1:47:26.64
596	879	Marci Troxell	41	943	13:35.10	946	4:54.60	705	52:14.64	527	0:31.40	372	36:11.18		1:47:26.93
597	1355	Mackenzie Morrison	21	774	12:30.20	934	4:49.30	610	50:25.22	937	0:59.40	562	38:51.90		1:47:35.93
598	375	Briana Lowen	30	740	12:18.10	741	4:07.50	936	56:41.00	982	1:03.70	214	33:26.18		1:47:36.53
599	1365	Callie Jones	28	651	11:53.20	1293	7:42.30	664	51:30.29	825	0:48.40	351	35:43.58		1:47:37.74
600	1579	Jiale Turner	14	694	12:06.70	273	2:42.00	723	52:31.33	5	0:09.20	652	40:08.74		1:47:38.02

2014 GOLD NUGGET TRIATLON  
 May 18th, 2014  
 Bartlett Hight School, Anchorage, AK

Place	No.	Name	Age	Rank	Swim	Rank	T1	Rank	Bike	Rank	T2	Rank	Run	Penalty	Finish
601	1004	Jaylee Brendel	29	1258	16:33.20	792	4:16.90	698	52:00.92	222	0:17.70	277	34:30.47		1:47:39.27
602	1386	Megan McKay	27	447	10:51.00	576	3:32.80	668	51:34.17	1288	1:50.20	637	39:55.02		1:47:43.17
603	238	Sarah Jensen	48	879	13:06.10	621	3:41.30	695	51:58.58	270	0:19.80	547	38:40.86		1:47:46.71
604	689	Kristine Hammargre	49	1263	16:36.30	515	3:20.60	467	48:17.36	303	0:21.10	594	39:14.38		1:47:49.72
605	1243	Tamsin Kurth	38	316	10:09.80	1036	5:22.00	553	49:39.21	975	1:03.00	735	41:38.43		1:47:52.43
606	1640	September Reynaga	30	642	11:50.70	1098	5:43.60	312	46:08.66	532	0:31.70	830	43:38.98		1:47:53.63
607	1330	Amy Benson	37	400	10:39.00	974	5:02.20	504	48:54.12	1217	1:33.00	741	41:45.41		1:47:53.72
608	1107	Rebecca Jarnagin	35	301	10:04.30	605	3:37.70	821	54:20.41	331	0:22.80	612	39:29.52		1:47:54.77
609	555	Quincy Donley	11	1067	14:27.30	403	3:04.70	812	54:11.50	316	0:21.70	356	35:50.09		1:47:55.35
610	885	Mara Hill	23	276	9:54.60	679	3:55.80	841	54:39.53	212	0:17.40	580	39:07.97		1:47:55.36
611	562	Shasta Miller	27	566	11:25.70	392	3:03.20	488	48:34.13	137	0:14.70	881	44:38.31		1:47:56.02
612	900	leann ketterer	35	595	11:36.30	790	4:16.20	620	50:38.14	798	0:46.60	683	40:40.73		1:47:57.88
613	1441	Courtney Abel	29	632	11:46.20	203	2:27.00	325	46:21.05	115	0:13.70	986	47:10.42		1:47:58.35
614	211	Emilee Sawyer	29	121	8:42.30	649	3:48.80	718	52:24.95	1188	1:29.50	733	41:36.06		1:48:01.58
615	1382	Carolyn Rudzinski	43	1061	14:23.50	874	4:34.20	354	46:46.99	1167	1:24.90	691	40:52.07		1:48:01.69
616	87	Betsy McKitrick	47	692	12:06.60	823	4:21.70	630	50:50.30	230	0:18.10	667	40:25.23		1:48:01.82
617	1636	Billie Christensen	30	710	12:09.90	372	2:58.90	660	51:28.21	1124	1:17.90	650	40:08.65		1:48:03.44
618	394	Kathleen George	53	782	12:32.50	775	4:12.80	702	52:07.79	171	0:16.10	568	38:57.52		1:48:06.70
619	1573	Chris Lundgren	49	479	10:58.70	1140	6:03.70	769	53:21.56	469	0:28.80	454	37:18.14		1:48:10.92
620	528	Jennie Sodergren	31	212	9:29.10	943	4:52.90	752	53:06.57	489	0:29.90	660	40:13.86		1:48:12.36
621	688	Catherine Livingst	38	510	11:08.30	805	4:18.90	654	51:16.68	129	0:14.20	714	41:19.58		1:48:17.70
622	783	Tabitha Gregory	46	1153	15:15.70	331	2:52.70	646	51:08.75	1048	1:09.90	499	37:54.22		1:48:21.30
623	14	Samantha Wuttig	43	23	7:07.30	140	2:13.50	1169	1:03:22.61	1097	1:14.60	271	34:25.00		1:48:22.94
624	75	Jamie Brakora	19	42	7:36.00	301	2:47.40	648	51:10.26	55	0:11.30	958	46:39.89		1:48:24.89
625	1347	Amanda Rowe	31	948	13:36.80	217	2:32.20	785	53:36.85	277	0:20.20	528	38:19.66		1:48:25.66
626	106	Beth Baker	64	743	12:18.90	127	2:09.90	494	48:43.98	813	0:48.00	870	44:28.09		1:48:28.81
627	400	Patricia Cummings	27	892	13:10.90	1295	7:43.70	489	48:35.83	878	0:52.30	517	38:07.60		1:48:30.34
628	1609	Emily Longbrake	28	196	9:20.70	712	4:02.40	743	52:55.62	189	0:16.70	757	41:58.06		1:48:33.42
629	1047	Donna Van Flein	47	183	9:13.40	469	3:13.70	514	49:03.17	1147	1:22.60	923	45:42.87		1:48:35.73
630	824	Kathryn Wanat	23	1167	15:25.20	562	3:29.80	507	48:55.08	291	0:20.60	668	40:25.74		1:48:36.49
631	415	Hannah Armbrust	12	1024	14:07.50	608	3:38.80	963	57:25.57	153	0:15.50	202	33:14.05		1:48:41.48
632	1246	Pamela Kauveiyakul	31	376	10:32.80	407	3:05.30	656	51:23.50	1295	1:52.00	747	41:50.75		1:48:44.39
633	1203	Samantha Case	24	1039	14:14.10	731	4:05.10	502	48:53.78	1157	1:23.90	654	40:09.76		1:48:46.67
634	1126	Summer Neuroth	39	641	11:50.20	145	2:14.70	902	55:46.86	292	0:20.60	540	38:34.74		1:48:47.14
635	1502	Kathryn Lessard	51	1201	15:44.60	242	2:36.80	498	48:47.65	720	0:41.30	700	40:59.89		1:48:50.19
636	1367	Cullen Harper	37	290	10:01.40	664	3:51.70	534	49:19.34	279	0:20.30	904	45:18.70		1:48:51.39
637	1629	Holly Kjostad	36	939	13:32.60	413	3:06.00	706	52:14.83	558	0:32.80	607	39:25.42		1:48:51.70
638	854	Kathy Kartchner	51	418	10:44.10	551	3:27.70	669	51:35.42	1046	1:09.50	755	41:56.22		1:48:53.02
639	1127	Dawn Carmichael	49	1049	14:19.60	379	3:00.10	233	44:48.42	1061	1:11.10	922	45:40.00		1:48:59.17
640	1542	Erin Carrick	28	574	11:29.00	491	3:16.30	344	46:37.50	1293	1:51.90	925	45:44.46		1:48:59.20
641	1198	Anita Johnson	44	617	11:42.80	329	2:52.30	508	48:57.00	1001	1:04.90	864	44:22.87		1:48:59.91
642	755	Tegan Hanlon	23	601	11:37.70	599	3:37.30	874	55:18.56	507	0:30.90	511	38:01.76		1:49:06.25
643	156	Leslie Freelove	43	982	13:50.10	1163	6:14.90	578	49:58.21	148	0:15.20	555	38:48.61		1:49:06.99
644	720	Kala Lyman	27	916	13:22.50	903	4:41.10	754	53:10.71	1092	1:14.20	407	36:39.50		1:49:08.03
645	224	Lauren Gaither	16	373	10:31.00	139	2:13.40	738	52:48.60	30	0:10.40	822	43:25.11		1:49:08.54
646	630	Tina Harness	28	562	11:23.90	964	4:58.50	481	48:26.67	1056	1:10.60	812	43:12.19		1:49:11.87
647	1271	Sara Bergsagel	28	303	10:04.70	420	3:06.80	632	50:53.74	220	0:17.60	889	44:49.41		1:49:12.24
648	714	megan parish	17	764	12:27.30	1361	9:07.00	495	48:44.33	788	0:45.70	519	38:12.61		1:49:16.85
649	1009	Laura McLaughlin	41	391	10:38.20	1020	5:16.10	601	50:19.74	751	0:43.40	775	42:20.30		1:49:17.73
650	1496	Allison Devine	16	111	8:37.70	262	2:39.80	862	55:02.09	159	0:15.70	797	42:53.72		1:49:28.93

2014 GOLD NUGGET TRIATLON  
 May 18th, 2014  
 Bartlett Hight School, Anchorage, AK

Place	No.	Name	Age	Rank	Swim	Rank	T1	Rank	Bike	Rank	T2	Rank	Run	Penalty	Finish
651	850	Amanda Moser	32	178	9:11.40	693	3:58.30	736	52:47.88	168	0:16.00	814	43:15.85		1:49:29.39
652	272	Emily Fehrenbacher	28	1010	14:02.80	349	2:55.40	673	51:41.01	455	0:28.50	666	40:22.08		1:49:29.68
653	183	Amanda Odegard	27	162	9:05.20	622	3:41.60	732	52:42.70	1319	2:02.70	758	41:58.28		1:49:30.54
654	313	Molly Conlin	23	945	13:35.70	860	4:29.50	626	50:46.19	439	0:27.70	658	40:12.02		1:49:31.12
655	1408	MargI PETERSEN	50	549	11:19.80	584	3:34.80	493	48:43.72	166	0:15.90	920	45:38.78		1:49:32.97
656	478	Esther Lim	30	1100	14:45.70	920	4:45.50	829	54:30.23	236	0:18.30	320	35:16.39		1:49:36.13
657	1204	Diane Blakey	46	1047	14:18.80	870	4:33.50	558	49:43.15	1297	1:52.30	582	39:09.33		1:49:37.10
658	1424	Chloe Peterson	31	837	12:52.30	1281	7:32.10	399	47:24.12	1362	2:22.40	609	39:27.21		1:49:38.21
659	718	Lisa Kelly	36	152	9:00.90	623	3:42.10	683	51:50.19	1317	2:00.90	810	43:11.18		1:49:45.22
660	545	Beth Daly	35	854	12:56.60	1267	7:21.10	605	50:23.47	873	0:52.20	525	38:17.34		1:49:50.76
661	426	kristina barnes	27	1300	17:13.70	1033	5:20.10	560	49:45.23	1072	1:12.10	385	36:20.60		1:49:51.75
662	1345	Carmen Springer	29	448	10:51.10	603	3:37.60	780	53:35.39	425	0:27.30	724	41:25.10		1:49:56.50
663	1099	Erin Graves	44	957	13:39.30	845	4:26.50	564	49:45.78	576	0:33.50	728	41:31.72		1:49:56.78
664	1050	joey Eski	44	1436	22:34.70	875	4:34.40	411	47:36.15	1233	1:37.20	227	33:36.03		1:49:58.51
665	436	sheri bender	43	840	12:53.40	426	3:08.00	637	50:56.93	306	0:21.30	787	42:39.48		1:49:59.15
666	582	Devin Kelly	23	482	10:59.50	1013	5:13.20	1084	1:00:30.04	739	0:42.80	163	32:34.10		1:49:59.54
667	164	Alisa Tijerina	33	184	9:13.70	868	4:33.00	858	54:59.98	160	0:15.70	698	40:58.50		1:50:00.82
668	1313	Laura Burzinski	55	755	12:23.70	876	4:34.50	638	51:00.11	860	0:51.20	713	41:12.41		1:50:01.98
669	1498	Shawna Arend	40	963	13:42.80	266	2:40.20	320	46:16.42	1310	1:56.20	911	45:27.59		1:50:03.14
670	1024	Piper Sato	14	37	7:27.70	364	2:57.50	976	57:34.70	244	0:18.80	743	41:46.07		1:50:04.72
671	1418	Michelle Nesbett	34	613	11:41.80	933	4:49.20	740	52:49.61	537	0:31.90	659	40:13.16		1:50:05.59
672	1046	Linda Ulrich	40	313	10:09.40	670	3:52.80	773	53:26.69	807	0:47.50	746	41:50.24		1:50:06.61
673	966	Jackie Triolo	23	724	12:13.40	815	4:20.50	945	56:51.96	433	0:27.60	377	36:14.17		1:50:07.62
674	899	Thao Le	30	1349	18:26.40	1025	5:17.40	446	47:57.69	758	0:44.00	489	37:45.80		1:50:11.34
675	1323	Shelly Lindell	46	661	11:56.50	459	3:12.80	407	47:33.38	948	1:00.30	951	46:30.39		1:50:13.40
676	1242	Nicole Knox	34	817	12:43.50	377	2:59.90	607	50:24.56	350	0:23.80	833	43:43.54		1:50:15.28
677	1221	Tracey Anderson	34	383	10:34.90	537	3:23.40	518	49:06.77	1126	1:18.10	926	45:52.12		1:50:15.33
678	890	Jessica Horwatt	39	986	13:51.70	600	3:37.40	600	50:19.34	1003	1:05.00	715	41:22.01		1:50:15.51
679	98	Kristy Grawunder	59	520	11:10.20	554	3:28.20	556	49:40.59	1311	1:56.70	846	44:03.63		1:50:19.43
680	177	Savannah Ulrich	15	1180	15:33.10	991	5:06.60	750	53:02.66	474	0:29.00	373	36:11.57		1:50:22.83
681	616	Maggie McCarron	21	556	11:21.40	827	4:22.50	982	57:41.37	403	0:26.30	404	36:36.03		1:50:27.58
682	222	katie hampton	35	868	13:01.60	947	4:54.60	867	55:06.72	440	0:27.70	432	36:58.47		1:50:29.03
683	201	Heather Freystone	24	863	13:00.10	1266	7:19.90	712	52:19.15	1	0:08.80	481	37:41.73		1:50:29.68
684	481	Darlene Cooper	55	727	12:14.10	867	4:32.70	768	53:19.67	261	0:19.30	646	40:06.16		1:50:31.98
685	690	Ivory Whitley	33	1239	16:13.50	894	4:39.20	582	50:02.67	225	0:17.90	601	39:20.48		1:50:33.81
686	754	Christine Krysinsk	28	717	12:11.50	495	3:17.50	857	54:58.94	332	0:22.80	628	39:47.50		1:50:38.23
687	695	Hannah Young	21	877	13:05.10	738	4:07.10	674	51:41.36	238	0:18.40	726	41:27.92		1:50:39.94
688	519	Megan Carlson	29	243	9:42.30	1187	6:24.40	814	54:11.71	508	0:30.90	630	39:51.18		1:50:40.55
689	344	Josephine Beavers	31	645	11:51.50	776	4:13.00	747	53:01.86	951	1:00.40	680	40:34.79		1:50:41.53
690	1635	Terry Slaven	62	1123	14:58.30	569	3:31.90	243	44:58.36	917	0:56.30	946	46:19.28		1:50:44.18
691	623	Amanda Lotz	26	537	11:16.80	951	4:55.10	903	55:47.53	958	1:00.80	484	37:44.37		1:50:44.49
692	199	Mary DuHoux	58	624	11:44.10	1079	5:35.40	389	47:20.34	1323	2:04.20	849	44:04.46		1:50:48.54
693	499	Lisa Land	51	1035	14:11.40	803	4:18.80	641	51:03.02	1053	1:10.40	648	40:07.03		1:50:50.76
694	76	Mary Geddes	58	923	13:25.90	285	2:45.00	621	50:38.58	596	0:34.80	823	43:27.06		1:50:51.34
695	657	Valerie McKenney	54	388	10:37.50	798	4:17.70	462	48:12.91	351	0:23.80	991	47:20.17		1:50:52.05
696	144	Janet Thibert	55	744	12:19.00	200	2:26.60	338	46:32.85	1355	2:19.20	988	47:16.77		1:50:54.39
697	1451	Renee Rudd	53	210	9:28.50	983	5:04.00	906	55:49.47	716	0:41.10	638	39:56.09		1:50:59.23
698	691	sarah Apsens	26	263	9:50.20	549	3:26.90	746	53:01.65	696	0:39.80	847	44:03.64		1:51:02.18
699	1199	Michelle Pike	31	721	12:12.20	634	3:45.20	684	51:50.41	1226	1:34.70	736	41:40.79		1:51:03.25
700	855	Sierra Sill	15	390	10:38.00	813	4:20.40	916	56:08.65	362	0:24.50	615	39:32.40		1:51:04.04

2014 GOLD NUGGET TRIATLON  
 May 18th, 2014  
 Bartlett Hight School, Anchorage, AK

Place	No.	Name	Age	Rank	Swim	Rank	T1	Rank	Bike	Rank	T2	Rank	Run	Penalty	Finish
701	984	Barbara Kagerer	53	973	13:47.50	873	4:34.10	464	48:13.68	647	0:37.00	839	43:52.12		1:51:04.36
702	160	Dolly Eskilida	25	802	12:38.30	692	3:58.20	842	54:43.79	465	0:28.70	602	39:22.69		1:51:11.69
703	129	Megan Hawkins	16	14	6:49.40	915	4:43.90	1106	1:01:27.89	196	0:16.90	502	37:55.30		1:51:13.39
704	482	Erin Wade-Hemphill	30	1127	14:59.60	791	4:16.40	623	50:40.24	1397	2:57.00	529	38:20.88		1:51:14.16
705	1559	Gretchen Carrick	63	771	12:29.20	654	3:50.20	381	47:14.25	1276	1:46.80	929	45:56.27		1:51:16.72
706	1482	Amanda Soliai	32	635	11:47.70	789	4:16.10	830	54:30.36	684	0:39.20	649	40:07.87		1:51:21.31
707	1364	Sarah Lindsey	37	444	10:50.60	747	4:08.90	835	54:37.20	704	0:40.50	705	41:05.83		1:51:23.01
708	182	Jennifer Greene	40	461	10:54.90	1065	5:29.10	665	51:31.58	1257	1:43.10	739	41:44.58		1:51:23.23
709	905	Jennifer Gates	32	464	10:55.70	1431	12:48.40	751	53:03.82	1392	2:52.10	130	31:44.75		1:51:24.83
710	1537	Jessica Diab	35	480	10:59.10	478	3:15.10	825	54:24.93	563	0:33.00	774	42:17.40		1:51:29.54
711	893	Likka McCauley	34	675	12:01.70	950	4:55.00	760	53:13.49	407	0:26.40	695	40:53.10		1:51:29.67
712	680	Robin Cope	55	1099	14:45.30	431	3:08.50	324	46:20.98	1266	1:43.70	916	45:31.48		1:51:29.87
713	1096	Sarah Peters	16	532	11:14.60	996	5:07.40	813	54:11.61	190	0:16.70	682	40:40.36		1:51:30.62
714	1614	Rena Anderson	46	700	12:07.90	726	4:04.20	561	49:45.24	191	0:16.70	902	45:18.01		1:51:32.08
715	107	Phyllis Ploudre	61	703	12:08.20	743	4:08.10	492	48:42.19	476	0:29.20	935	46:04.41		1:51:32.17
716	529	Gianna McCune	33	234	9:40.10	384	3:01.40	524	49:13.95	732	0:42.10	1033	48:57.79		1:51:35.35
717	80	Claudette Yemant	56	1230	16:03.60	535	3:23.00	536	49:19.96	1361	2:21.90	673	40:29.78		1:51:38.16
718	204	Tamara Freistone	17	659	11:56.30	1115	5:53.20	968	57:28.22	10	0:09.50	371	36:11.04		1:51:38.27
719	1639	Whitney Cordell	29	1289	17:01.00	254	2:38.80	486	48:33.26	300	0:20.90	803	43:04.53		1:51:38.49
720	1546	Bev Lewanski	63	498	11:03.90	284	2:44.90	396	47:22.43	1162	1:24.40	1040	49:04.58		1:51:40.15
721	859	Varina Zinno	33	1068	14:27.50	1139	6:02.70	717	52:23.79	1300	1:52.80	433	37:00.47		1:51:47.17
722	1602	Cayla Wentz	22	450	10:51.80	1058	5:27.60	724	52:32.99	1223	1:34.10	716	41:22.29		1:51:48.81
723	552	Deborah Warner	53	224	9:33.90	825	4:21.90	624	50:41.53	478	0:29.30	963	46:46.94		1:51:53.49
724	490	Jennifer Huss	37	1240	16:13.80	1239	7:03.00	603	50:21.05	341	0:23.50	504	37:56.56		1:51:57.92
725	780	Saree Timmons	52	1214	15:53.60	526	3:21.70	473	48:20.31	185	0:16.60	851	44:07.11		1:51:59.24
726	660	Elizabeth Cannon	39	1124	14:58.70	571	3:32.50	577	49:54.68	623	0:36.10	800	42:58.76		1:52:00.76
727	769	Joanna Roth	29	1004	14:00.10	531	3:22.50	439	47:50.78	890	0:54.30	932	45:58.39		1:52:06.02
728	1442	Tracey Blain	42	819	12:45.20	914	4:43.40	984	57:42.31	612	0:35.50	384	36:19.75		1:52:06.15
729	1226	Austin Quinn-David	34	548	11:19.70	854	4:28.00	309	46:07.17	1333	2:07.50	1005	48:04.38		1:52:06.75
730	136	Theresa Lee	25	858	12:58.70	952	4:55.10	925	56:22.06	905	0:55.70	430	36:57.46		1:52:09.03
731	364	Mikie Manrique	44	1330	17:50.70	828	4:22.60	959	57:19.83	84	0:12.40	158	32:24.28		1:52:09.89
732	515	Sherry Pederson	36	762	12:26.60	969	5:00.40	973	57:31.03	1357	2:19.80	294	34:53.17		1:52:10.93
733	1300	Emily Cooper	28	75	8:13.70	839	4:25.20	864	55:04.28	1275	1:46.60	789	42:43.34		1:52:13.14
734	1236	Jeannie Mackie	45	961	13:40.30	1208	6:36.00	711	52:17.65	538	0:32.00	596	39:15.10		1:52:21.15
735	663	Kendra Deutsch	28	440	10:49.20	436	3:09.00	870	55:11.85	413	0:26.70	792	42:44.53		1:52:21.32
736	368	Brenna McCarron	13	324	10:12.20	984	5:04.40	979	57:38.33	674	0:38.60	558	38:49.00		1:52:22.55
737	1393	DeLynn James	60	1021	14:05.90	816	4:20.60	359	46:52.04	373	0:25.20	957	46:39.09		1:52:22.79
738	1245	Hannah Toomey	25	720	12:12.10	308	2:48.30	840	54:39.44	944	1:00.00	737	41:43.53		1:52:23.41
739	950	sylvia gates	19	29	7:14.00	721	4:03.60	791	53:43.49	723	0:41.50	959	46:41.70		1:52:24.26
740	749	Brenda Johnson	43	1177	15:32.60	437	3:09.50	739	52:49.09	69	0:11.70	687	40:45.91		1:52:28.78
741	1437	robin ross	37	728	12:15.00	489	3:16.10	625	50:41.68	826	0:48.40	915	45:30.23		1:52:31.39
742	873	Lacy Simko	26	987	13:51.80	660	3:51.40	749	53:02.52	456	0:28.50	722	41:24.51		1:52:38.74
743	437	Lois Epstein	53	917	13:22.80	475	3:14.90	628	50:47.70	953	1:00.60	860	44:18.04		1:52:44.05
744	737	candi markle	46	1030	14:09.90	651	3:49.70	636	50:55.40	355	0:24.10	824	43:28.85		1:52:48.01
745	670	Tisha Valentine	31	1005	14:00.70	327	2:51.40	873	55:13.90	601	0:35.10	653	40:09.04		1:52:50.05
746	1237	Katherine Tompkins	25	443	10:50.50	975	5:02.50	659	51:26.16	848	0:49.90	882	44:41.28		1:52:50.35
747	465	Krista Etwiler	41	585	11:33.10	1004	5:10.10	753	53:08.80	1086	1:13.60	740	41:45.02		1:52:50.67
748	1261	Adrienne Dahlgren	34	551	11:20.20	751	4:09.40	878	55:23.08	1335	2:08.10	634	39:53.14		1:52:53.84
749	606	Stephanie Proffitt	41	859	12:58.70	672	3:53.30	530	49:17.99	1345	2:14.50	872	44:29.89		1:52:54.35
750	159	Keidra Harris	36	927	13:27.00	1019	5:16.00	677	51:46.08	192	0:16.70	766	42:08.66		1:52:54.37

2014 GOLD NUGGET TRIATLON  
 May 18th, 2014  
 Bartlett High School, Anchorage, AK

Place	No.	Name	Age	Rank	Swim	Rank	T1	Rank	Bike	Rank	T2	Rank	Run	Penalty	Finish
751	580	Linda Yarborough	61	1242	16:17.20	878	4:35.10	449	48:03.11	680	0:38.90	818	43:20.42		1:52:54.79
752	1527	Courtney Vandegrif	27	1281	16:56.00	498	3:17.80	255	45:07.39	697	0:39.80	974	46:56.58		1:52:57.60
753	1201	Darcie Brodsky	28	133	8:48.60	1297	7:46.30	1030	58:53.74	634	0:36.60	425	36:52.42		1:52:57.64
754	1333	Sharity Sommer	28	1270	16:43.50	1064	5:28.70	719	52:26.84	419	0:27.10	505	37:57.29		1:53:03.39
755	1294	Katlyn White	17	565	11:25.30	570	3:32.40	459	48:10.22	1224	1:34.30	1013	48:24.45		1:53:06.70
756	651	Andrea Sands	25	1357	18:45.50	918	4:44.90	1026	58:47.70	764	0:44.20	62	30:06.51		1:53:08.77
757	857	Nicole Jones-Vogel	33	364	10:26.30	881	4:35.70	685	51:50.93	918	0:56.50	905	45:20.74		1:53:10.15
758	1205	Sara Kamahela	24	458	10:54.20	666	3:52.10	563	49:45.58	1410	3:05.90	918	45:34.02		1:53:11.86
759	279	Jamie Suttie	28	791	12:36.40	1039	5:22.30	941	56:45.72	818	0:48.20	476	37:40.64		1:53:13.29
760	1403	Jessi Morris	33	1133	15:03.50	795	4:17.30	832	54:33.44	56	0:11.30	588	39:12.42		1:53:17.92
761	245	Megan Perkins	53	833	12:50.20	1206	6:35.30	246	45:00.70	1327	2:06.30	969	46:53.04		1:53:25.49
762	1079	Carrie Gray	38	567	11:26.20	718	4:03.30	542	49:27.13	1204	1:31.30	975	46:57.69		1:53:25.59
763	248	Joanie Hope	46	780	12:31.90	1078	5:34.60	737	52:48.42	1022	1:07.20	725	41:25.47		1:53:27.56
764	1575	Corey Frazier	14	1204	15:47.30	179	2:22.10	956	57:11.05	134	0:14.50	503	37:56.15		1:53:31.08
765	795	Stacey Shriner	34	734	12:16.90	786	4:15.00	1052	59:29.82	533	0:31.70	444	37:07.35		1:53:40.83
766	527	amanda miotke	34	844	12:54.10	573	3:32.60	880	55:25.05	287	0:20.50	729	41:31.81		1:53:44.04
767	305	Kristen Drummond	30	292	10:02.30	555	3:28.70	875	55:19.93	1130	1:18.60	826	43:35.73		1:53:45.22
768	1470	Hope Meyn	21	900	13:14.90	683	3:56.10	940	56:45.58	92	0:12.80	624	39:39.35		1:53:48.79
769	980	Lorelei Hass	48	618	11:42.90	764	4:10.90	783	53:36.09	1194	1:29.90	796	42:50.04		1:53:49.81
770	1307	Christi Meyn	23	1185	15:35.90	724	4:03.90	937	56:44.36	255	0:19.10	446	37:08.58		1:53:51.88
771	793	Kate Wedemeyer	63	1168	15:26.20	853	4:27.90	901	55:46.20	422	0:27.20	492	37:48.00		1:53:55.47
772	614	Emily McMahan	31	1173	15:29.60	723	4:03.80	691	51:53.47	1025	1:07.70	717	41:22.42		1:53:56.97
773	1312	Kimberly Osburn	32	754	12:23.60	1120	5:55.30	667	51:32.93	545	0:32.30	828	43:36.07		1:54:00.15
774	1027	Lucy Teaford	13	389	10:37.80	685	3:56.80	962	57:25.26	916	0:56.20	706	41:06.40		1:54:02.44
775	501	Leigh Wright	41	915	13:22.40	717	4:03.20	923	56:19.60	743	0:43.00	623	39:39.21		1:54:07.47
776	836	Johnna Minemyer	30	1112	14:54.30	1159	6:12.10	697	51:59.24	654	0:37.50	672	40:29.72		1:54:12.92
777	458	Carol Halvorson	44	1136	15:05.60	1256	7:14.70	661	51:28.69	516	0:31.00	644	40:03.27		1:54:23.22
778	236	Ronni Sounart	24	932	13:29.70	834	4:24.10	1028	58:50.62	63	0:11.60	469	37:35.07		1:54:31.07
779	1325	Rennea Goff	35	1025	14:07.70	410	3:05.60	583	50:03.56	181	0:16.50	980	47:00.56		1:54:33.94
780	964	Sabra Marchand	34	370	10:29.20	841	4:26.00	670	51:36.33	1164	1:24.60	956	46:38.53		1:54:34.67
781	1619	Krista Sutherland	33	682	12:04.60	781	4:13.80	690	51:52.92	301	0:20.90	936	46:04.55		1:54:36.81
782	1029	Victoria Parsons	17	881	13:06.50	1212	6:38.80	528	49:17.49	1228	1:35.20	844	44:02.35		1:54:40.42
783	758	Bethany Olson	27	787	12:35.10	989	5:06.40	744	53:00.26	389	0:25.80	825	43:33.40		1:54:41.00
784	1439	Jacqueline Seiffer	41	1081	14:34.50	1114	5:52.90	455	48:05.19	1271	1:45.40	865	44:23.17		1:54:41.09
785	1473	Sydney Tarzwell	35	355	10:23.20	928	4:47.80	795	53:51.25	747	0:43.10	893	44:56.08		1:54:41.48
786	334	Shannan Baergen	41	1196	15:40.10	646	3:48.20	339	46:33.68	1213	1:32.40	985	47:09.04		1:54:43.39
787	1555	Julie McDonald	47	784	12:33.00	1029	5:18.50	678	51:46.52	466	0:28.70	879	44:37.06		1:54:43.80
788	1519	Sara McCormick	35	140	8:54.20	648	3:48.70	567	49:48.34	1181	1:27.60	1089	50:47.31		1:54:46.13
789	229	Laura Coulombe	24	488	11:01.10	929	4:48.10	803	54:01.89	246	0:18.90	880	44:37.41		1:54:47.42
790	821	Tricia Perkins	53	607	11:39.70	150	2:15.30	1121	1:02:06.01	1019	1:06.90	479	37:41.64		1:54:49.59
791	597	cassie smith	41	100	8:31.50	767	4:11.70	1136	1:02:28.85	477	0:29.20	590	39:13.31		1:54:54.55
792	563	Penny Towne	45	1207	15:48.10	606	3:37.80	796	53:53.53	108	0:13.50	721	41:23.60		1:54:56.55
793	621	Olivia Grant	16	1257	16:32.30	942	4:52.70	881	55:25.30	615	0:35.70	474	37:37.92		1:55:03.94
794	701	Mary Witthus-Erstr	42	1043	14:16.80	863	4:30.60	726	52:33.15	322	0:22.10	819	43:23.14		1:55:05.77
795	1584	Jessica Skripps	26	667	11:58.30	662	3:51.50	885	55:28.70	1229	1:35.20	771	42:13.40		1:55:07.18
796	359	Valerie Wynne	42	1159	15:20.70	633	3:45.10	770	53:22.28	1195	1:30.10	709	41:09.21		1:55:07.30
797	1275	Kolina Kini	26	704	12:08.40	647	3:48.30	905	55:48.56	559	0:32.80	801	43:00.78		1:55:18.88
798	1342	Maura Morson	50	725	12:13.70	1184	6:22.50	819	54:17.83	169	0:16.00	769	42:12.18		1:55:22.19
799	1251	Megan Ritter	50	775	12:30.20	1066	5:29.80	633	50:54.22	566	0:33.10	933	46:00.09		1:55:27.41
800	647	Makenzie Kutyba	19	637	11:49.60	714	4:02.70	800	53:59.16	372	0:25.00	901	45:12.96		1:55:29.36



2014 GOLD NUGGET TRIATLON  
 May 18th, 2014  
 Bartlett Hight School, Anchorage, AK

Place	No.	Name	Age	Rank	Swim	Rank	T1	Rank	Bike	Rank	T2	Rank	Run	Penalty	Finish
801	175	Davianna Olert	18	832	12:50.10	948	4:54.90	960	57:20.63	233	0:18.20	651	40:08.67		1:55:32.57
802	771	Patricia Howard	33	1013	14:03.20	756	4:10.10	794	53:46.74	1278	1:46.90	745	41:50.15		1:55:37.18
803	122	Barbara Wong	67	1215	15:53.60	289	2:45.30	299	45:58.60	1285	1:49.60	1044	49:10.73		1:55:37.89
804	1456	Lindsey Shippen	31	852	12:56.10	1135	6:01.00	876	55:20.37	1044	1:09.30	657	40:11.58		1:55:38.33
805	197	Madeline Moore	19	525	11:11.70	1158	6:10.50	1074	1:00:11.27	353	0:24.00	483	37:43.32		1:55:40.75
806	124	Sondra Tompkins	48	431	10:46.30	369	2:58.30	838	54:37.91	1411	3:06.80	857	44:12.53		1:55:41.81
807	121	Abby Patchin	13	508	11:07.40	456	3:12.40	834	54:35.77	113	0:13.60	955	46:34.93		1:55:43.98
808	450	Zella Aspengren	9	365	10:26.50	536	3:23.20	935	56:39.20	282	0:20.40	897	45:00.58		1:55:49.88
809	1262	Rachel Pompe	41	421	10:44.80	912	4:43.00	1022	58:39.72	728	0:41.70	702	41:01.37		1:55:50.62
810	1376	Stephanie Galbrait	50	947	13:36.40	583	3:33.70	787	53:37.10	631	0:36.40	871	44:28.32		1:55:51.89
811	444	Nicole Carr	40	796	12:37.20	851	4:27.20	898	55:43.00	579	0:33.60	785	42:39.35		1:56:00.31
812	1338	Mary Pomeroy	64	707	12:09.30	597	3:37.20	839	54:37.98	1091	1:13.90	869	44:27.35		1:56:05.65
813	1040	Martha Service	55	697	12:07.30	1101	5:44.60	808	54:07.38	263	0:19.40	838	43:50.94		1:56:09.66
814	1604	Kris Sell-Gullufse	45	848	12:55.70	817	4:20.60	680	51:48.69	946	1:00.10	940	46:08.48		1:56:13.62
815	377	Andrea Steward	41	1029	14:09.40	1037	5:22.10	807	54:06.24	1023	1:07.40	732	41:35.82		1:56:20.99
816	1229	Melinda Miles	51	1187	15:36.50	518	3:20.80	767	53:18.90	471	0:28.90	829	43:37.40		1:56:22.50
817	655	Regan Mies	29	305	10:05.40	924	4:47.10	872	55:13.41	258	0:19.20	931	45:57.93		1:56:23.06
818	1427	Heather Githens	32	343	10:18.60	1048	5:24.10	735	52:45.26	109	0:13.50	1002	47:45.32		1:56:26.75
819	1497	cindy worrell	56	745	12:19.10	992	5:06.80	226	44:43.58	1192	1:29.80	1140	52:48.52		1:56:27.78
820	746	Danielle Laufer	25	687	12:05.50	1109	5:48.30	779	53:34.85	733	0:42.10	863	44:22.77		1:56:33.50
821	1558	Judy Thompson	37	792	12:36.50	872	4:34.00	811	54:10.94	1049	1:09.90	852	44:07.40		1:56:38.82
822	234	Crystal Epperheime	15	436	10:47.00	1136	6:02.00	927	56:23.87	74	0:11.90	816	43:19.53		1:56:44.33
823	1019	June Gardner	32	960	13:40.20	547	3:26.20	866	55:04.86	799	0:46.60	835	43:46.99		1:56:44.84
824	1292	Wendy Heck	45	805	12:39.00	966	4:59.50	329	46:26.26	1264	1:43.60	1097	50:56.72		1:56:45.11
825	1200	Amanda Dunlap	32	1066	14:27.10	727	4:04.30	1016	58:31.58	283	0:20.40	617	39:33.44		1:56:56.86
826	486	Dena Lythgoe	31	708	12:09.40	843	4:26.20	952	57:08.47	670	0:38.50	783	42:38.15		1:57:00.76
827	339	Christina Brown	32	1377	19:11.10	565	3:31.20	914	56:07.71	721	0:41.40	464	37:30.02		1:57:01.44
828	822	Rebecca Perkins	16	62	8:00.90	351	2:55.70	763	53:14.43	383	0:25.60	1130	52:26.31		1:57:02.88
829	1405	Brittney Hyden	28	623	11:43.80	1201	6:31.30	970	57:28.91	567	0:33.10	688	40:47.02		1:57:04.18
830	267	Jennifer O'Neill	44	804	12:38.90	567	3:31.60	774	53:27.58	338	0:23.20	982	47:05.32		1:57:06.67
831	537	Madeleine Day	13	424	10:45.60	710	4:02.00	1073	1:00:07.58	31	0:10.40	763	42:01.54		1:57:07.15
832	430	Cheri Goodman	55	1358	18:46.60	578	3:33.00	647	51:09.49	780	0:45.20	798	42:53.73		1:57:08.04
833	1549	Elizabeth Housh	24	39	7:31.60	452	3:11.90	980	57:38.33	546	0:32.30	1010	48:14.81		1:57:09.01
834	219	Rebekah Jensen	18	575	11:29.00	837	4:24.70	1056	59:36.38	186	0:16.60	719	41:23.20		1:57:09.90
835	1317	Heather MacAlpine	47	1348	18:22.70	1061	5:28.10	853	54:54.57	726	0:41.60	490	37:46.12		1:57:13.06
836	880	mary lynn	50	912	13:21.20	447	3:11.00	533	49:19.26	1101	1:15.00	1067	50:09.70		1:57:16.09
837	154	Debbi Heinen	51	944	13:35.30	449	3:11.40	894	55:36.69	852	0:50.30	848	44:04.02		1:57:17.64
838	685	Renna Hoener	28	579	11:30.90	503	3:19.10	904	55:48.26	324	0:22.30	944	46:17.98		1:57:18.64
839	1534	Kate Beecroft	37	779	12:31.80	687	3:57.10	777	53:32.64	276	0:20.10	976	46:57.97		1:57:19.58
840	1361	Michele Hendrickso	51	1291	17:02.50	936	4:50.60	879	55:24.00	658	0:37.60	611	39:28.78		1:57:23.49
841	1488	Danielle Eby	47	652	11:53.70	520	3:21.00	1005	58:10.33	176	0:16.20	832	43:42.54		1:57:23.84
842	312	Jeanne Fischer	65	1192	15:37.90	684	3:56.20	731	52:42.58	367	0:24.80	886	44:44.59		1:57:26.05
843	1291	Danalee Jackson	35	1162	15:22.70	1315	8:08.20	823	54:24.29	304	0:21.10	589	39:12.85		1:57:29.16
844	998	Averie Wells	14	644	11:50.90	339	2:54.40	991	57:49.94	434	0:27.60	876	44:32.41		1:57:35.25
845	792	Rebecca Kisse	32	855	12:57.60	1042	5:23.20	1057	59:38.45	461	0:28.60	579	39:07.41		1:57:35.29
846	1504	Helen Bohn	38	1261	16:34.50	656	3:50.70	929	56:24.70	359	0:24.30	669	40:27.16		1:57:41.40
847	493	Jackie Leadbetter	43	1139	15:08.30	900	4:39.90	1037	59:06.99	398	0:26.00	531	38:22.10		1:57:43.29
848	598	payton smith	10	571	11:27.90	749	4:09.20	1140	1:02:34.69	354	0:24.00	585	39:10.08		1:57:45.75
849	1545	Lisa Geis	38	521	11:10.40	568	3:31.70	849	54:51.03	1142	1:21.20	968	46:52.83		1:57:47.11
850	406	Claire Torbensen-A	43	1042	14:16.60	519	3:20.80	505	48:54.19	374	0:25.30	1103	51:05.11		1:58:01.90

2014 GOLD NUGGET TRIATLON  
 May 18th, 2014  
 Bartlett High School, Anchorage, AK

Place	No.	Name	Age	Rank	Swim	Rank	T1	Rank	Bike	Rank	T2	Rank	Run	Penalty	Finish
851	336	Jennie Schroll	29	1095	14:42.20	512	3:20.10	1183	1:03:45.96	659	0:37.60	348	35:36.70		1:58:02.46
852	1401	Susannah Harper	45	813	12:42.20	961	4:56.40	1029	58:53.12	819	0:48.20	686	40:45.07		1:58:04.97
853	51	Diane Barnett	69	1020	14:05.40	677	3:54.00	639	51:00.51	418	0:27.00	1019	48:39.77		1:58:06.62
854	513	Rachel Skime	36	798	12:37.60	638	3:45.80	987	57:44.73	1329	2:07.20	749	41:52.14		1:58:07.36
855	483	Cathy Coon	49	385	10:35.30	344	2:54.90	573	49:51.89	667	0:38.40	1175	54:08.33		1:58:08.76
856	1637	Hailey Nelson	23	631	11:46.00	286	2:45.00	555	49:40.51	1202	1:31.10	1133	52:26.83		1:58:09.38
857	386	Nikki Strzempka	37	1191	15:37.70	711	4:02.00	1004	58:10.27	435	0:27.60	632	39:52.70		1:58:10.22
858	1266	Marti Garrett	39	818	12:45.00	908	4:41.80	538	49:24.46	1312	1:57.20	1048	49:22.77		1:58:11.20
859	605	catherine reyes	32	380	10:33.80	1205	6:34.40	993	57:52.42	536	0:31.80	786	42:39.46		1:58:11.86
860	491	Jennifer Doherty	37	1229	16:02.50	701	3:59.80	572	49:51.80	1216	1:32.90	965	46:49.64		1:58:16.54
861	455	Abigail Beveridge	13	1071	14:29.10	1255	7:14.10	994	57:54.49	299	0:20.80	527	38:19.44		1:58:17.82
862	764	Kayse Hinrichsen	28	953	13:37.70	560	3:29.70	676	51:45.09	577	0:33.50	1031	48:55.99		1:58:22.03
863	1357	Ingrid Lindberg	52	1001	13:58.90	521	3:21.20	716	52:23.03	482	0:29.50	1009	48:10.14		1:58:22.78
864	1638	Lena Lawhead	37	835	12:51.40	716	4:03.10	672	51:40.32	814	0:48.00	1039	49:02.23		1:58:25.03
865	717	Bonnie Vega	32	1052	14:20.40	1154	6:09.90	972	57:30.22	1113	1:16.90	581	39:09.04		1:58:26.48
866	487	Kali Bergeron	25	577	11:29.80	627	3:42.40	756	53:11.32	989	1:04.30	1037	49:00.99		1:58:28.75
867	241	Holly Beaty	34	894	13:12.60	796	4:17.30	1025	58:44.12	251	0:19.00	761	42:00.82		1:58:33.93
868	316	Tracy Lestochi	46	770	12:28.90	1165	6:16.00	802	54:00.36	1281	1:47.90	854	44:10.01		1:58:43.16
869	1115	Joy Merriner	35	812	12:41.00	709	4:01.90	855	54:55.51	762	0:44.10	948	46:20.90		1:58:43.47
870	85	Bailey Way	13	909	13:19.20	370	2:58.40	957	57:13.71	293	0:20.60	892	44:55.21		1:58:47.10
871	309	Shyan Hargis	9	938	13:31.80	1070	5:31.90	1186	1:03:52.05	479	0:29.30	327	35:25.48		1:58:50.60
872	494	Marta Mueller	40	1045	14:18.20	1125	5:56.30	501	48:52.31	1316	2:00.70	1001	47:43.45		1:58:50.92
873	841	Rosemary Hill	55	1131	15:02.50	196	2:25.10	776	53:32.26	384	0:25.60	996	47:25.61		1:58:51.09
874	1170	Kara McGee	37	920	13:24.20	396	3:03.80	1141	1:02:35.95	239	0:18.40	621	39:36.07		1:58:58.48
875	376	Erin Westfall	34	1148	15:13.30	1282	7:33.30	1100	1:01:16.30	1054	1:10.40	236	33:49.26		1:59:02.50
876	1254	Whitney Andersen	24	621	11:43.20	361	2:56.80	1202	1:04:22.66	861	0:51.30	591	39:13.42		1:59:07.42
877	1483	Liz Ciufo	25	294	10:02.60	1102	5:45.10	955	57:08.76	284	0:20.40	927	45:53.07		1:59:09.88
878	263	Joy Clark	17	1157	15:20.20	545	3:25.40	1001	58:03.68	423	0:27.20	756	41:56.74		1:59:13.30
879	640	Joan Nelson	51	997	13:56.70	774	4:12.70	547	49:32.84	1251	1:41.50	1059	49:49.57		1:59:13.35
880	1269	Ashley Schaber	33	387	10:36.60	1106	5:46.90	1115	1:01:56.00	651	0:37.40	663	40:18.93		1:59:15.74
881	1547	Pamela Finch	38	1104	14:48.90	304	2:47.70	694	51:57.70	1077	1:12.30	1016	48:31.16		1:59:17.72
882	1415	Bonnie Dolgonos	40	1212	15:52.80	432	3:08.70	699	52:02.24	1252	1:41.60	954	46:33.88		1:59:19.18
883	1423	Julie Lina	51	474	10:57.40	442	3:10.40	772	53:24.54	585	0:34.10	1105	51:16.25		1:59:22.76
884	894	Sarah Yoder	27	333	10:15.80	1130	5:58.50	859	55:00.28	1314	1:58.10	943	46:13.78		1:59:26.48
885	895	Samantha Mellen	28	438	10:48.50	911	4:42.90	946	56:53.61	763	0:44.10	947	46:19.28		1:59:28.40
886	742	Hannah Farr	10	119	8:41.40	1034	5:20.70	1304	1:09:17.52	547	0:32.40	347	35:36.68		1:59:28.64
887	1026	Lisa Murrell	41	783	12:32.60	1279	7:30.70	947	56:55.54	1169	1:25.50	707	41:07.30		1:59:31.60
888	1044	Alexandra Thomas	13	269	9:51.60	637	3:45.70	1153	1:02:56.91	245	0:18.80	788	42:40.29		1:59:33.20
889	1178	Melissa Becker	36	1324	17:44.20	1193	6:28.20	722	52:29.44	1145	1:22.30	727	41:31.12		1:59:35.32
890	292	Karissa Good	17	347	10:21.00	414	3:06.00	762	53:14.41	594	0:34.50	1132	52:26.53		1:59:42.46
891	1592	Jennifer Midlo	43	192	9:18.10	925	4:47.10	1023	58:41.80	655	0:37.50	945	46:18.86		1:59:43.39
892	1008	Bernadette McLaugh	14	1000	13:57.80	673	3:53.60	1124	1:02:07.91	417	0:26.80	599	39:17.71		1:59:43.78
893	1438	Kalysta Schmid	25	1008	14:01.90	1010	5:12.70	826	54:26.56	729	0:41.90	908	45:22.51		1:59:45.52
894	306	Rebecca Palsha-Hop	36	233	9:39.80	772	4:12.30	1156	1:03:00.64	554	0:32.60	776	42:21.56		1:59:46.81
895	892	Mindy Meyn	55	810	12:40.50	1016	5:14.20	917	56:11.54	717	0:41.10	896	45:00.57		1:59:47.87
896	949	Erin Campbell	26	1119	14:56.80	1301	7:49.10	977	57:36.68	1306	1:54.60	472	37:37.59		1:59:54.75
897	1270	Tessa Johrendt	29	553	11:20.40	784	4:14.50	943	56:49.48	560	0:32.80	977	46:58.43		1:59:55.62
898	1195	Krista Staff	38	671	12:00.70	563	3:29.80	877	55:21.12	810	0:47.70	1011	48:17.97		1:59:57.29
899	1529	Meghan Card	28	246	9:43.50	504	3:19.30	833	54:33.47	1174	1:26.10	1095	50:56.65		1:59:59.01
900	1570	Laura Rosen	49	874	13:02.80	986	5:05.10	912	56:01.25	457	0:28.50	906	45:21.50		1:59:59.21

2014 GOLD NUGGET TRIATLON  
 May 18th, 2014  
 Bartlett Hight School, Anchorage, AK

Place	No.	Name	Age	Rank	Swim	Rank	T1	Rank	Bike	Rank	T2	Rank	Run	Penalty	Finish
901	1298	Kristy Talbert	36	732	12:15.80	945	4:53.50	899	55:43.30	1237	1:38.20	913	45:29.46		2:00:00.20
902	438	Teri Reed	44	1356	18:43.00	502	3:18.80	733	52:43.11	1135	1:20.20	842	43:58.65		2:00:03.75
903	988	Kiera Puls	13	379	10:33.30	496	3:17.60	1166	1:03:17.51	247	0:18.90	790	42:43.62		2:00:11.02
904	1267	Ashly Beckes	26	926	13:26.70	438	3:09.60	1068	1:00:00.06	390	0:25.80	806	43:09.54		2:00:11.68
905	1396	Makeleta Berry	34	711	12:09.90	454	3:12.00	965	57:26.78	182	0:16.50	984	47:08.68		2:00:13.84
906	503	Jennifer Waltenbau	42	1072	14:29.70	1161	6:14.10	995	57:54.60	529	0:31.50	711	41:11.32		2:00:21.19
907	665	Jacqueline Van Hat	44	1288	17:00.90	700	3:59.70	580	50:00.75	402	0:26.20	1032	48:57.27		2:00:24.82
908	1334	Margorie Keene	63	1280	16:54.10	275	2:42.80	822	54:20.62	458	0:28.50	934	46:01.19		2:00:27.22
909	1425	Megan Rowland	28	457	10:54.00	609	3:38.90	1042	59:24.87	1150	1:22.90	900	45:09.43		2:00:30.15
910	1320	Kris Widby	55	636	11:48.40	1056	5:27.10	820	54:18.23	1291	1:51.60	993	47:21.04		2:00:46.36
911	346	Anna King	36	1421	21:09.60	1326	8:26.10	531	49:18.11	894	0:54.70	699	40:58.92		2:00:47.40
912	936	Esther Hayes	35	1186	15:36.20	1080	5:35.90	1071	1:00:03.03	312	0:21.60	586	39:11.41		2:00:48.10
913	666	Lindsay St Peter	27	1402	20:19.40	1276	7:26.90	850	54:52.17	363	0:24.50	487	37:45.36		2:00:48.40
914	619	Meaghan Rothermel	33	992	13:55.50	1012	5:13.00	883	55:26.98	1256	1:42.90	878	44:35.47		2:00:53.78
915	112	Mia Costello	46	65	8:03.00	619	3:40.60	1032	59:00.56	1187	1:29.40	1022	48:43.18		2:00:56.77
916	285	Katrina Arledge	49	1296	17:08.50	913	4:43.10	765	53:17.40	1415	3:17.70	780	42:30.11		2:00:56.80
917	693	Kelly Walker	24	825	12:46.30	1017	5:15.20	799	53:55.21	912	0:56.00	1007	48:04.95		2:00:57.55
918	1168	Kathrin Swoboda	24	752	12:21.60	557	3:28.90	966	57:27.87	308	0:21.40	995	47:21.71		2:01:01.53
919	1218	maria klein	42	456	10:53.60	507	3:19.80	1043	59:26.19	448	0:28.10	971	46:55.36		2:01:03.02
920	505	Heather Plucinski	44	596	11:36.60	1046	5:23.40	818	54:16.04	934	0:58.70	1026	48:49.14		2:01:03.92
921	946	Alyson Herman	28	693	12:06.60	639	3:45.90	961	57:22.83	766	0:44.30	983	47:06.94		2:01:06.57
922	233	Maria Cox	37	698	12:07.70	832	4:23.70	1119	1:02:04.46	234	0:18.20	772	42:14.19		2:01:08.23
923	664	Kelsey Hanson	22	1310	17:25.40	707	4:01.70	992	57:51.51	840	0:49.30	708	41:07.63		2:01:15.52
924	715	Kathleen Judy	51	1134	15:03.80	956	4:55.80	640	51:02.01	879	0:52.50	1052	49:26.88		2:01:21.00
925	687	Susan Frei Carson	38	594	11:35.60	871	4:33.90	671	51:38.09	744	0:43.00	1141	52:52.69		2:01:23.31
926	796	Kristen Gilbert	37	1084	14:38.30	688	3:57.20	313	46:10.34	1239	1:38.90	1197	55:01.87		2:01:26.60
927	1369	Ella Hoskinson	14	696	12:07.20	412	3:05.70	967	57:28.09	231	0:18.10	1015	48:29.86		2:01:28.96
928	419	Lynne Conde	46	767	12:28.10	1316	8:09.80	804	54:02.23	677	0:38.80	942	46:11.65		2:01:30.54
929	656	Amanda Hutchins	29	1304	17:20.70	917	4:44.60	1070	1:00:02.06	619	0:35.90	551	38:47.30		2:01:30.60
930	706	Kelsey Johannes	11	626	11:44.50	1074	5:33.90	1207	1:04:27.98	668	0:38.40	578	39:06.70		2:01:31.49
931	569	Jessica Bjornstad	24	1403	20:19.80	1096	5:42.80	649	51:11.17	485	0:29.60	836	43:48.20		2:01:31.55
932	475	Lynda Sladko	45	768	12:28.10	1395	10:20.10	848	54:50.60	793	0:46.00	805	43:08.27		2:01:33.06
933	791	Morgan Hegg	31	847	12:55.60	1214	6:40.20	755	53:11.10	1074	1:12.20	1000	47:38.51		2:01:37.52
934	1036	Noelle Flodin	14	1110	14:52.80	820	4:21.00	727	52:34.19	96	0:12.90	1056	49:41.39		2:01:42.26
935	1240	Ilia Mahns	12	280	9:56.80	831	4:23.20	1161	1:03:06.61	123	0:14.00	845	44:02.43		2:01:43.01
936	517	Cathy Spence	52	742	12:18.50	1197	6:30.70	798	53:54.36	1259	1:43.20	994	47:21.46		2:01:48.32
937	1138	Lindsey Brown	33	1041	14:15.70	864	4:30.90	1024	58:44.11	1350	2:16.80	764	42:07.75		2:01:55.32
938	884	MIchelle Vincent	37	1308	17:24.90	785	4:14.70	758	53:12.50	213	0:17.40	962	46:45.89		2:01:55.42
939	1599	Catrina Kranich	29	526	11:11.70	696	3:59.20	1011	58:21.22	522	0:31.20	1003	47:52.90		2:01:56.14
940	902	Katherine O'Grady	62	795	12:36.90	659	3:51.20	729	52:40.22	523	0:31.20	1129	52:17.18		2:01:56.72
941	1043	hannah thomas	11	439	10:48.70	857	4:28.50	1077	1:00:15.64	248	0:18.90	937	46:06.57		2:01:58.38
942	883	Jessica Johnson	36	794	12:36.70	1377	9:35.50	827	54:27.55	1260	1:43.20	827	43:35.87		2:01:58.72
943	1551	brandi white	34	591	11:35.20	902	4:41.00	805	54:03.83	385	0:25.60	1106	51:17.32		2:02:02.99
944	370	Melissa Anderson	50	657	11:55.60	1169	6:16.80	1018	58:34.09	1354	2:18.30	804	43:06.96		2:02:11.74
945	1569	Mary DeCourcey	32	1019	14:04.80	730	4:05.00	1167	1:03:18.87	570	0:33.20	655	40:10.01		2:02:11.90
946	1478	ashleigh farris	31	455	10:53.40	997	5:07.50	847	54:48.80	1221	1:33.80	1061	49:53.03		2:02:16.58
947	858	Hannah Bertrand	24	589	11:33.90	548	3:26.50	745	53:01.42	539	0:32.00	1167	53:44.06		2:02:17.83
948	609	Lindsay Hall	26	822	12:45.60	904	4:41.20	1007	58:12.19	752	0:43.40	928	45:56.05		2:02:18.53
949	1327	Jonel Schenk	44	540	11:17.60	484	3:15.60	922	56:19.48	436	0:27.60	1101	51:00.96		2:02:21.15
950	427	Caye moberg	48	1340	18:02.80	766	4:11.10	930	56:25.18	564	0:33.00	808	43:10.39		2:02:22.54













2014 GOLD NUGGET TRIATLON  
May 18th, 2014  
Bartlett Hight School, Anchorage, AK

Place	No.	Name	Age	Rank	Swim	Rank	T1	Rank	Bike	Rank	T2	Rank	Run	Penalty	Finish
1201	442	Barbara Smith	57	937	13:31.10	1112	5:51.40	1067	59:59.53	682	0:39.10	1325	1:02:14.61		2:22:15.73
1202	1430	Debbie Kivi	43	351	10:22.30	1248	7:09.10	1268	1:07:33.10	730	0:42.00	1231	56:31.64		2:22:18.07
1203	658	Adren Setian	12	1194	15:38.40	267	2:40.30	1387	1:17:44.00	1430	3:39.90	784	42:38.65		2:22:21.20
1204	1610	Alexandra Packa	26	968	13:46.20	1172	6:17.70	1410	1:23:47.95	216	0:17.50	520	38:12.62		2:22:21.94
1205	863	Shannon Dosko	42	1334	17:52.60	1434	13:16.10	928	56:24.59	1191	1:29.70	1159	53:20.37		2:22:23.31
1206	1448	Anne Stephens-Demn	48	1347	18:14.40	1088	5:39.70	1198	1:04:19.14	1034	1:08.60	1152	53:07.45		2:22:29.27
1207	838	Anna Ogena	42	1401	20:10.40	1300	7:48.00	629	50:48.94	1299	1:52.60	1318	1:01:50.13		2:22:30.07
1208	979	Amy Klein	44	416	10:43.90	1343	8:46.20	1380	1:16:47.53	1289	1:50.30	866	44:24.07		2:22:31.98
1209	1623	jan prouty	37	1286	17:00.10	1052	5:26.30	1055	59:35.48	343	0:23.50	1303	1:00:24.57		2:22:49.88
1210	800	Cathy Brandal	56	1090	14:40.80	1308	7:55.80	1072	1:00:06.74	347	0:23.70	1294	59:53.06		2:23:00.12
1211	461	Stacey Schubert	42	1312	17:26.30	1099	5:43.60	1336	1:11:05.41	473	0:28.90	1012	48:18.93		2:23:03.12
1212	1467	Roberta Quintavell	52	1416	20:53.10	1259	7:16.10	1114	1:01:48.97	1393	2:52.80	1076	50:22.18		2:23:13.10
1213	599	Alexis Williams	17	1115	14:54.60	794	4:17.20	1360	1:13:42.21	755	0:43.60	1058	49:45.49		2:23:23.05
1214	1015	Karen Heath	52	806	12:39.50	1257	7:15.60	728	52:34.74	1377	2:32.00	1395	1:08:27.14		2:23:28.99
1215	1052	jennifer feucht	41	649	11:53.00	740	4:07.40	1287	1:08:22.62	464	0:28.60	1274	58:41.22		2:23:32.80
1216	735	Christina McSorley	38	1404	20:19.80	1358	9:05.60	1137	1:02:29.57	757	0:43.90	1098	50:58.54		2:23:37.37
1217	459	Natalee Kline	41	1077	14:30.80	1383	9:51.30	1305	1:09:18.53	1075	1:12.20	1024	48:46.90		2:23:39.76
1218	807	Madeline Courierier	16	895	13:12.80	1189	6:26.90	1151	1:02:52.05	1033	1:08.30	1296	1:00:06.02		2:23:46.08
1219	739	Katie Roche	25	1350	18:27.60	1425	11:51.00	1232	1:05:58.32	1359	2:21.50	912	45:28.09		2:24:06.53
1220	826	Elly Neeser	10	155	9:02.50	793	4:17.00	1344	1:11:47.75	1402	3:01.30	1224	56:01.44		2:24:10.00
1221	734	Lea Filippi	40	1284	16:59.30	1022	5:16.40	1194	1:04:09.27	1119	1:17.50	1232	56:37.09		2:24:19.50
1222	367	Karen Weiland	62	1305	17:21.40	1126	5:57.50	1273	1:07:42.39	1431	3:40.30	1054	49:38.54		2:24:20.13
1223	1402	Melanie Melendez	47	1120	14:57.10	940	4:51.20	1240	1:06:15.31	311	0:21.50	1259	58:04.55		2:24:29.68
1224	460	Toni Taylor	18	1031	14:10.10	1411	11:04.50	1311	1:09:38.58	853	0:50.30	1025	48:46.90		2:24:30.25
1225	872	Justine Nelson	28	1074	14:30.50	1077	5:34.10	1299	1:09:05.74	812	0:47.90	1181	54:36.46		2:24:34.63
1226	740	Sara Lopez	31	999	13:57.40	1320	8:14.80	888	55:33.84	1144	1:21.80	1371	1:05:35.84		2:24:43.69
1227	1480	Amy Thompson	47	1087	14:39.90	1053	5:26.40	892	55:35.14	1183	1:28.00	1388	1:07:35.87		2:24:45.28
1228	862	Seanna Gunn	40	1011	14:02.80	1387	10:12.80	1352	1:12:35.51	666	0:38.30	992	47:20.34		2:24:49.75
1229	1296	Kimberly Chaitoff	41	690	12:06.20	1325	8:25.10	1274	1:07:45.99	1112	1:16.80	1201	55:22.41		2:24:56.55
1230	193	MaryEllen Summer	56	966	13:45.50	1047	5:23.90	1206	1:04:26.47	1032	1:08.20	1299	1:00:15.06		2:24:59.19
1231	731	michele coad	64	1213	15:53.50	1273	7:25.40	1300	1:09:09.37	1249	1:41.10	1093	50:53.61		2:25:02.98
1232	898	Amy Mick	30	353	10:22.70	1219	6:48.20	1306	1:09:19.38	404	0:26.30	1263	58:15.91		2:25:12.54
1233	516	Erin McLaughlin Su	31	785	12:33.90	1105	5:46.70	1179	1:03:35.65	895	0:54.70	1327	1:02:25.20		2:25:16.13
1234	220	Andrea Wilson	37	536	11:16.70	1113	5:52.30	1220	1:05:06.66	919	0:56.60	1321	1:02:08.08		2:25:20.31
1235	921	Veronica Huckabay	32	1247	16:22.70	1364	9:21.40	1312	1:09:38.58	1408	3:04.10	973	46:56.51		2:25:23.21
1236	825	Andrea Ward	46	668	11:59.30	1117	5:55.10	1289	1:08:26.28	1404	3:01.80	1223	56:01.23		2:25:23.77
1237	566	Melody Martin	32	1264	16:37.50	1344	8:46.40	1162	1:03:07.63	955	1:00.60	1222	55:59.49		2:25:31.54
1238	644	Sandra Lowther	50	1298	17:10.90	849	4:26.90	1275	1:07:53.80	394	0:25.90	1208	55:37.61		2:25:35.17
1239	410	Debbie Morgan	58	1181	15:33.60	1407	10:52.60	1243	1:06:30.19	1175	1:26.40	1108	51:19.02		2:25:41.80
1240	613	Mary Hensel	76	1322	17:38.90	1087	5:39.40	1094	1:00:56.23	614	0:35.60	1312	1:00:54.12		2:25:44.31
1241	1057	Madison Barsalou	16	1007	14:01.10	1166	6:16.00	1313	1:09:41.13	405	0:26.30	1206	55:29.56		2:25:54.05
1242	472	Jacqueline Garcia	35	1216	15:53.60	1007	5:11.40	1338	1:11:18.16	725	0:41.50	1144	52:58.98		2:26:03.66
1243	1030	Riley Simes	12	226	9:35.20	1196	6:30.60	1225	1:05:33.62	625	0:36.10	1353	1:03:48.85		2:26:04.43
1244	1578	Amber Morey	37	1018	14:04.30	819	4:20.90	1266	1:07:29.72	778	0:45.10	1287	59:30.21		2:26:10.20
1245	726	Mayra Sanchez	37	1266	16:40.30	1242	7:05.80	852	54:54.52	1405	3:02.10	1358	1:04:29.85		2:26:12.55
1246	318	Erica Wilson	31	1226	16:01.50	1304	7:53.70	1264	1:07:22.46	498	0:30.20	1178	54:29.00		2:26:16.79
1247	453	Susana Wong	31	1454	28:55.60	1402	10:43.20	1049	59:29.20	1401	2:58.90	862	44:22.40		2:26:29.32
1248	1457	Miranda Burzinski	34	934	13:30.70	1288	7:38.20	1139	1:02:33.81	573	0:33.40	1324	1:02:14.32		2:26:30.44
1249	549	Katherine Takak	17	1183	15:35.40	865	4:31.10	1247	1:06:38.80	616	0:35.70	1283	59:11.52		2:26:32.52
1250	380	Blanca Rendon	39	866	13:00.80	1348	8:50.20	1329	1:10:37.81	470	0:28.80	1169	53:48.32		2:26:45.85









2014 GOLD NUGGET TRIATLON  
 May 18th, 2014  
 Bartlett Hight School, Anchorage, AK

Place	No.	Name	Age	Rank	Swim	Rank	T1	Rank	Bike	Rank	T2	Rank	Run	Penalty	Finish
1451	544	Jamie Patterson-Si	48	1053	14:20.40	1421	11:23.50	1451	2:07:03.10	1445	5:37.50	1438	1:17:35.17		3:55:59.64
1452	424	Angela rick	52	1360	18:46.80	1419	11:20.80	1447	1:49:46.71	1450	7:31.20	1453	1:55:14.99		4:22:40.40
1453	725	Diana Boyd	41	1432	22:01.00	1451	20:44.80	1453	3:18:44.47	1246	1:40.60	1451	1:30:07.42		5:33:18.32
1454	48	Sheryl Loan	55	862	13:00.00	69	1:49.10								
1455	768	Krista Sandhoefner	35	1205	15:47.50	1291	7:40.40								
1456	615	Karen Blaney	59	1225	15:59.60	1303	7:53.60								
1457	708	Hannah Gibbs	12	1130	15:02.40	1332	8:33.60								

RESULTS BY: Skinny Raven Events and Timing