

2015 GOLD NUGGET TRIATHLON
MAY, 18TH 2014
MOST IMPROVED

Results by Skinny Raven Events and Timing

BIB	FIRST NAME	LAST NAME	AGE	CITY	STATE	2014 TIME	2015 TIME
929	Jessie	Westin	30	Anchorage	AK	2:43:06	1:27:41
1335	Sissy	Adams	53	Anchorage	AK	2:42:13	1:35:06
923	charla	lee	55	Wasilla	AK	3:14:09	2:02:56
1519	Emma	Jerome	15	Fairbanks	AK	2:13:58	1:32:43
803	Maryann	Leenstra	59	Tempe	AZ	3:05:37	2:17:30
1311	Nikki	Strzempka	38	Eagle River	AK	1:58:11	1:28:02
505	Shyan	Hargis	11	Eagle River	AK	1:59:00	1:30:48
312	Kylie	Neher	14	Anchorage	AK	3:12:27	2:28:09
798	Brittany	Blain	35	Anchorage	AK	2:18:00	1:46:40
1402	Theresa	Feighery	29	Anchorage	AK	2:20:33	1:51:27
512	Emily	Hickox	12	Girdwood	AK	2:34:28	2:02:46
957	Danielle	Blanchard	32	Anchorage	AK	2:19:23	1:52:01
1538	Lauren	Langford	27	Anchorage	AK	1:45:26	1:25:51
1303	Miranda	Dordan	20	Eagle River	AK	2:04:51	1:42:39
1294	Emily	Soule	31	Eagle River	AK	2:18:53	1:54:31
652	Gretchen	Courtney	36	Chugiak	AK	2:37:44	2:10:09
1264	Vanessa	Hall	28	Chugiak	AK	2:08:28	1:46:29
694	Shawna	Bailey	42	Anchorage	AK	2:21:09	1:57:04
1469	amanda	soliai	34	Anchorage	AK	1:51:22	1:33:36
148	Keri	Nutter	33	Anchorage	AK	2:32:43	2:09:06
1103	Cortney	foos	28	Anchorage	AK	2:16:24	1:55:54
593	Tricia	Perkins	54	Anchorage	AK	1:54:49	1:37:42
948	Erin	Wade-Hemphill	32	Anchorage	AK	1:51:15	1:34:45
1410	Ana	Diaz	55	Eagle River	AK	2:18:31	1:58:01
729	Michelle	Barnett	28	Anchorage	AK	2:30:16	2:09:15
310	Windy	Alvarado-Neher	46	Anchorage	AK	3:09:21	2:43:44
463	CLAUDIA	RODRIGUEZ-ZINN	40	Laguna Hills	CA	1:50:34	1:36:24
1248	Marti	Garrett	40	Anchorage	AK	1:58:12	1:43:21
1322	Kimberly	Osburn	34	Anchorage	AK	1:54:00	1:39:51
675	Mary	Fleming	30	Anchorage	AK	2:42:34	2:23:06
121	Ellie	Mitchell	15	Anchorage	AK	1:33:14	1:22:12
688	robin	Lutz	38	Anchorage	AK	2:40:33	2:21:43
1342	amanda	hegna	36	Eagle River	AK	1:35:11	1:24:02
1535	Carol	Halvorson	46	Wasilla	AK	1:54:24	1:41:21
961	Hannah	Toomey	27	Anchorage	AK	1:52:23	1:40:18

1599	Rebecca	Van Wyck	37	Anchorage	AK	2:11:31	1:58:13
503	Elaina	Hveding	40	Anchorage	AK	1:43:18	1:33:01
1582	Cascen	Ostrander	33	Anchorage	AK	2:12:53	1:59:43
1050	Danalee	Jackson	36	Anchorage	AK	1:57:29	1:46:11
1268	Jody	Allen	44	Anchorage	AK	2:45:10	2:29:25
1017	Katie	Roche	26	Eagle River	AK	2:24:06	2:10:44
662	Melody	Martin	34	Anchorage	AK	2:32:00	2:18:09
481	Molly	Mclaughlin	12	Anchorage	AK	1:44:10	1:35:00
1301	Jennifer	Midlo	44	Eagle River	AK	1:59:43	1:49:13
1057	Jennifer	Gates	34	Anchorage	AK	1:51:35	1:42:04
1623	Jimin	Hwang	30	Anchorage	AK	2:14:09	2:02:43
313	Anna	Widman	32	Kenai	AK	1:35:03	1:27:01
1605	Brandi	White	36	Eagle River	AK	2:02:02	1:51:45
683	Millie	Spezialy	78	Anchorage	AK	2:08:58	1:58:12
246	Jennifer	Avery	38	Anchorage	AK	2:03:29	1:53:15
1521	sarah	Belway	45	Fairbanks	AK	1:42:34	1:34:06
1533	Alexis	Kaferstein	38	Seward	AK	2:08:45	1:58:23
230	Jeannie	Sato	47	Anchorage	AK	2:10:48	2:00:41
187	Jennifer	Doherty	39	Anchorage	AK	1:58:16	1:49:23
469	Josephine	Beavers	33	Anchorage	AK	1:50:42	1:42:29
102	Katrina	Arledge	50	Eagle River	AK	2:00:54	1:52:06
1570	Shelene	Sainsbury	39	Eagle River	AK	1:36:57	1:30:01
1421	Micheal	Lonergan	30	Anchorage	AK	1:32:37	1:26:07
712	Regina	Burzinski	33	Anchorage	AK	1:43:58	1:36:47
1365	Shannon	Sonnenberg	34	North Pole	AK	2:09:32	2:00:36
951	Emily	DeGroot	29	Anchorage	AK	2:10:53	2:01:52
253	Shasta	Miller	29	Anchorage	AK	1:47:56	1:40:35
1488	Blanca	Rendon	41	Anchorage	AK	2:26:45	2:16:50
105	Nancy	Spence	42	Anchorage	AK	1:37:25	1:30:52
1449	Sinnamon	Bovey	44	Anchorage	AK	2:13:49	2:04:57
611	Beth	Kutyba	50	Eagle River	AK	2:09:11	2:00:59
866	Catherine	Bollinger	47	Anchorage	AK	2:44:38	2:34:28
1002	Bonnie	Vaughn	55	Anchorage	AK	2:32:09	2:22:52
1043	Callie	Jones	30	Anchorage	AK	1:47:38	1:41:04
91	Gianna	McCune	34	Valdez	AK	1:51:36	1:44:48
791	Jillian	Fellman	36	Anchorage	AK	1:38:55	1:33:03
61	Francisca	Barnett	34	Anchorage	AK	1:42:36	1:36:33
1498	Chantal	deAlcuaz	33	Anchorage	AK	1:45:37	1:39:34
95	Nicolette	palmer	47	JBER	AK	2:20:29	2:12:44
1375	Layla	Beam	14	Chugiak	AK	1:46:28	1:40:38
108	Laura	Butcher	41	Anchorage	AK	1:38:03	1:32:41
86	Elinor	Harrington	32	Chugiak	AK	1:32:19	1:27:26
779	Bronwyn	Haynes	48	Anchorage	AK	1:32:14	1:27:24

1520 Mary	Lynn	51 Anchorage	AK	1:57:16	1:51:11
552 DeAnna	Roering	30 Anchorage	AK	2:16:27	2:09:25
1489 Heidi	Schulz	56 Anchorage	AK	1:48:22	1:42:57
1569 Julie	Hanson	46 Eagle River	AK	1:40:26	1:35:30
174 Melissa	Falcone	28 Anchorage	AK	2:17:30	2:10:45
1064 Barbara	Eberhart	57 Anchorage	AK	2:03:42	1:57:59
1236 Vicky	Cranor	50 Valdez	AK	2:21:53	2:15:22
1150 Anna	Fischer	35 Anchorage	AK	1:25:44	1:22:00
81 Lindsey	Durrell	30 Anchorage	AK	2:06:55	2:01:25
392 Michele	Ming	32 Eagle River	AK	2:34:29	2:27:53
836 Justine	Nelson	30 Anchorage	AK	2:24:34	2:18:30
1438 Jessy	Hilliard	35 Palmer	AK	2:03:10	1:58:08
1232 Katherine	Dawson	44 Anchorage	AK	2:30:46	2:24:44
937 Madeline	Courrier	18 Anchorage	AK	2:23:46	2:18:01
1591 Sabra	Marchand	36 Anchorage	AK	1:54:34	1:50:15
370 Hannah	Farr	12 Chugiak	AK	1:59:28	1:55:17
925 Trina dee	schachle	30 Wasilla	AK	3:28:21	3:21:08
1224 Stacey	Shriner	35 Anchorage	AK	1:53:40	1:49:45
1392 Tammy	Morton	46 Anchorage	AK	2:07:49	2:03:28
1173 Jess	Klain	30 Anchorage	AK	1:24:43	1:21:53
1461 Dena	Lythgoe	33 Anchorage	AK	1:58:16	1:54:30
1401 Carolyn	Harley	37 Anchorage	AK	1:46:42	1:43:21
78 Lori	Bodwell	49 Fairbanks	AK	1:30:21	1:27:40
730 Courtney	Smith	28 Anchorage	AK	2:39:59	2:35:16
1507 Jessi	Morris	34 Anchorage	AK	1:53:17	1:49:57
1295 Connie	Chevalier	60 Eagle River	AK	1:40:37	1:37:43
942 Kristina	Storlie	32 Anchorage	AK	1:34:49	1:32:18
548 Laurel	Renkert	27 Anchorage	AK	1:40:25	1:37:56
1215 Danielle	Holness	22 Anchorage	AK	2:02:48	1:59:55
1107 Donna	Pedersen	63 Anchorage	AK	2:06:57	2:04:20
594 Rebecca	Perkins	18 Anchorage	AK	1:57:02	1:54:40
640 Sarah	Apsens	27 Fairbanks	AK	1:51:02	1:48:52
229 Ramona	Reeves	57 Fairbanks	AK	1:46:49	1:44:53
585 Heidi	Embley	38 Anchorage	AK	1:44:17	1:42:39
793 LORI	KALTENBACH	41 Anchorage	AK	1:42:02	1:40:32
26 aicha	Hull	38 Anchorage	AK	1:19:33	1:18:28
918 Jaylee	Brendel	30 Anchorage	AK	1:47:40	1:46:13
711 Lisa	Land	53 Anchorage	AK	1:50:50	1:49:21
523 Cassandra	Barsalou	22 Eagle River	AK	2:15:33	2:14:01
1439 Autumn	Ball	22 Soldotna	AK	1:38:17	1:37:18
85 Cheryl	Duda	45 Eagle River	AK	1:28:00	1:27:14
974 Amanda	Dunlap	34 Anchorage	AK	1:56:56	1:55:59
478 Christine	Moore	48 Anchorage	AK	3:01:52	3:00:32

887	Rebecca	Kilfoyle	28	Anchorage	AK	2:59:23	2:58:12
433	Anne	Blount	48	Anchorage	AK	1:47:04	1:46:42
663	Molly	Young	33	Anchorage	AK	2:19:23	2:19:39
955	Amber	Myers	37	Anchorage	AK	1:38:00	1:38:20
810	Melissa	strauss	34	Anchorage	AK	2:31:43	2:32:16
1524	Maggie	McCarron	23	Homer	AK	1:50:27	1:51:08
247	Linda	Yarborough	63	Anchorage	AK	1:52:54	1:53:43
406	Susan	Frei Carson	39	Fairbanks	AK	2:01:24	2:02:22
681	Erica	Wilson	32	Anchorage	AK	2:26:16	2:27:27
987	RaeAnne	Hebnes	33	Anchorage	AK	2:10:44	2:12:05
497	Amanda	Lotz	28	Anchorage	AK	1:50:45	1:52:07
1512	Christine	Lundgren	50	Eagle River	AK	1:48:10	1:49:34
1124	Karissa	Gries	42	Anchorage	AK	1:29:32	1:30:44
597	Tamara	Von Gemmingen	41	Anchorage	AK	2:41:43	2:44:05
1511	Kelly	Parsons	50	Chugiak	AK	1:44:56	1:46:30
1092	Mirna	Estrada	30	Anchorage	AK	1:40:55	1:42:39
567	Kristen	Gilbert	38	Anchorage	AK	2:01:56	2:04:13
384	Nicole	Ullman	42	Anchorage	AK	2:48:34	2:51:54
467	Sarah	Peters	18	Anchorage	AK	1:51:30	1:53:48
323	Sarah	Freistone	21	Anchorage	AK	1:23:14	1:25:13
1018	Paulette	Compton	63	Eagle River	AK	2:19:28	2:23:05
754	Tracy	Lestochi	48	JBER	AK	1:58:43	2:02:07
521	Maddie	Barsalou	17	Eagle River	AK	2:25:55	2:30:15
1317	Martha	Service	56	Anchorage	AK	1:56:09	2:00:01
1485	Carmen	Springer	30	Anchorage	AK	1:49:57	1:53:38
1558	Johna	Beech	38	Kenai	AK	2:10:07	2:14:35
1368	Mary	Witthus-Erstrom	44	Soldotna	AK	1:55:04	1:59:17
1005	heidi	brittain	39	Chugiak	AK	2:22:14	2:27:35
582	Tisha	Valentine	33	Anchorage	AK	1:52:50	1:57:10
612	Makenzie	Kutyba	20	Eagle River	AK	1:55:29	1:59:57
522	jennifer	Barsalou	48	Eagle River	AK	2:21:49	2:27:37
702	Rachel	Goertz	32	Anchorage	AK	2:03:22	2:08:40
1133	Reilly	Hall	14	Eagle River	AK	1:40:27	1:45:40
169	Erin	Diel	26	Anchorage	AK	1:32:17	1:37:07
1409	Renae	Sather	44	Eagle River	AK	2:09:43	2:17:07
556	Sheri	Bender	45	Anchorage	AK	1:50:00	1:56:54
385	angie	jensen	51	Anchorage	AK	2:05:47	2:13:42
524	Morgan	Olszewski	33	Fairbanks	AK	1:40:37	1:46:57
1563	Devon	Rust	38	Anchorage	AK	1:42:21	1:49:16
979	Esther	Hayes	36	Anchorage	AK	2:01:00	2:09:22
1344	Marissa	Amor-Hegna	21	Eagle River	AK	2:10:00	2:19:15
668	Naomi	Zurba	45	Anchorage	AK	2:09:18	2:18:41
756	Penny	Furnish	51	Kenai	AK	2:28:22	2:39:25

716	Keidra	Harris	38	Anchorage	AK	1:52:54	2:01:54
1391	Sierra	Sadler	27	Anchorage	AK	1:41:56	1:50:05
741	Jessica	Crisp	35	Chugiak	AK	2:19:52	2:31:12
93	Jamie	Brakora	21	Anchorage	AK	1:48:25	1:58:01
235	Jennifer	Greene	42	Anchorage	AK	1:51:23	2:02:03
1177	Stephanie	Kuhns	30	Anchorage	AK	1:25:12	1:33:25
755	Yvonne	Oren	45	Kenai	AK	2:28:22	2:44:12
943	miranda	burzinski	36	Anchorage	AK	2:26:30	2:42:33
718	Jacqueline	Garcia	37	Anchorage	AK	2:26:03	2:42:28
1510	June	Gardner	34	Anchorage	AK	1:56:44	2:15:39
1214	Phillipia	Holness	53	Anchorage	AK	1:47:02	2:05:15
276	Nicole	Thibodeau	41	Anchorage	AK	1:43:17	2:00:59
964	Angela	Mazur	35	Anchorage	AK	1:43:36	2:02:49
883	Ashley	Blatchford	31	Kenai	AK	3:27:45	4:07:01
499	Katherine	Takak	19	Anchorage	AK	2:26:33	2:58:12
500	Teresa	Takak	47	Anchorage	AK	2:17:49	2:50:13
397	Eileen	Toso	48	Anchorage	AK	1:45:00	2:21:11

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