

**2017 GOLD NUGGET TRIATHLON****21-May-17****MOST IMPROVED**

Results by Skinny Raven Events and Timing

<b>PLACE</b>	<b>BIB</b>	<b>NAME</b>	<b>TOWN</b>	<b>STATE</b>	<b>DIV</b>	<b>2016 Time</b>	<b>2017 Time</b>	<b>Percent Change</b>
1	731	Jenni Marcell	Nome	AK	F3034	2:21:19	1:31:28	35.28%
2	1098	Kerry Clark	Anchorage	AK	F4044	2:27:48	1:41:38	31.24%
3	561	Katherine Takak	Anchorage	AK	F2024	3:31:45	2:28:13	30.00%
4	576	Courtney Maillet	Anchorage	AK	F3034	2:25:34	1:42:21	29.69%
5	1136	Natasha Graham	Anchorage	AK	F4044	2:11:57	1:36:50	26.61%
6	624	Dena Thomas	Anchorage	AK	F4044	3:10:04	2:20:45	25.95%
7	301	Cirrus Bunn	Anchorage	AK	F1014	3:32:53	2:39:17	25.18%
8	1007	Whitney Hoff	Anchorage	AK	F1519	2:56:18	2:14:36	23.65%
9	1621	Marley Hamlett	Anchorage	AK	F1014	2:15:50	1:44:08	23.34%
10	1274	Sara Lopez	Anchorage	AK	F3539	2:03:00	1:34:41	23.02%
11	881	Madgell Moore	Anchorage	AK	F2529	2:11:11	1:42:31	21.85%
12	626	Amanda Thomas	Anchorage	AK	F1014	3:10:38	2:29:37	21.52%
13	1014	Victoria Backa	Anchorage	AK	F4549	2:29:41	1:57:36	21.43%
14	1553	Rennea Goff	Anchorage	AK	F3539	2:15:45	1:47:28	20.83%
15	1405	Ashley Midlo	Eagle River	AK	F1014	2:44:59	2:10:45	20.75%
16	188	Ashley Webb	Anchorage	AK	F3034	2:09:54	1:43:58	19.96%
17	470	Terri Dreeszen	Anchorage	AK	F3539	2:42:59	2:10:46	19.77%
18	83	Mo Miller	Anchorage	AK	F5054	2:07:56	1:43:32	19.07%
19	860	Jaena Tranberg	Anchorage	AK	F3034	1:46:41	1:26:43	18.72%
20	738	Fabiola Burns	Anchorage	AK	F3034	2:07:14	1:43:35	18.59%
21	477	Amber Wells	Fairbanks	AK	F3034	2:10:43	1:46:40	18.40%
22	1151	Elena Hartford	Anchorage	AK	F2529	2:13:37	1:49:23	18.14%
23	92	Kate Abbott	Anchorage	AK	F4549	2:26:27	1:59:57	18.09%
24	1488	Irina Avtushko	Anchorage	AK	F2529	1:57:47	1:36:31	18.06%
25	387	Sissy Adams	Seward	AK	F5559	2:04:26	1:42:37	17.53%
26	131	Marisa Glieco	Anchorage	AK	F3539	2:44:46	2:17:01	16.84%
27	1425	Peggy Gonzalez	Anchorage	AK	F4044	1:48:32	1:30:17	16.82%
28	1199	KRISTINA STORLIE	Anchorage	AK	F3034	1:37:52	1:22:02	16.18%
29	1618	Kiera Puls	Anchorage	AK	F1519	2:10:43	1:50:13	15.68%
30	613	Shelby Bates	Anchorage	AK	F1519	2:18:19	1:56:48	15.56%
31	979	Wendy Morgan	Anchorage	AK	F4044	2:18:16	1:56:55	15.44%
32	727	Jennifer Fast	Nome	AK	F3034	2:38:48	2:15:49	14.47%
33	1307	Teresa Sellers	Eagle River	AK	F4549	2:22:44	2:02:11	14.40%
34	1471	Michelle Geidl	Eagle River	AK	F3539	1:59:45	1:42:58	14.02%
35	1219	Teresa Doerr	Anchorage	AK	F3034	1:58:27	1:41:59	13.90%
36	835	Megan Miles	Eagle River	AK	F1519	2:24:03	2:04:05	13.86%
37	192	Molly Simasko	Anchorage	AK	F3539	1:58:28	1:42:24	13.56%
38	623	Lisa Jaronitzky	Anchorage	AK	F5054	3:10:57	2:45:53	13.13%
39	767	Abigail Bigelow	Anchorage	AK	F1519	2:13:25	1:56:06	12.98%
40	550	Kelsey McCarthy-Keeler	Anchorage	AK	F1519	3:07:13	2:44:36	12.08%
41	215	Molly Estes	Eagle River	AK	F1519	2:16:13	1:59:59	11.92%
42	397	Hazel Hibpshman	Chugiak	AK	F3034	2:28:37	2:11:11	11.73%
43	798	Ashley Weaver	Anchorage	AK	F3034	2:08:00	1:53:11	11.58%
44	614	Jennifer Smith	Anchorage	AK	F3539	2:02:51	1:48:50	11.41%
45	377	Bailey Epperheimer	Kenai	AK	F1519	1:55:16	1:42:21	11.21%
46	1440	Anne Balcom	Anchorage	AK	F2529	2:04:17	1:50:22	11.20%
47	1267	Keri Parsons	Anchorage	AK	F3034	3:17:26	2:55:27	11.13%
48	202	Alyssa Hargis	Eagle River	AK	F1014	1:25:56	1:16:24	11.09%

49	537	Esther Hayes	Anchorage	AK	F3539	1:51:30	1:39:23	10.87%
50	875	Wendy Wiltfong	Eagle River	AK	F5054	2:57:21	2:38:32	10.61%
51	266	Lea Rueter	Anchorage	AK	F3034	1:54:28	1:42:36	10.37%
52	597	Shannon Storey	Eagle River	AK	F3539	1:51:00	1:39:32	10.33%
53	449	Isabella Anderson	Eagle River	AK	F1519	1:45:02	1:34:26	10.09%
54	262	Mari Rueter	Anchorage	AK	F3034	1:56:13	1:44:31	10.07%
55	656	Ava von gemmingen	Anchorage	AK	F1014	2:13:00	1:59:52	9.87%
56	130	Beta Rae Thompson	Anchorage	AK	F2529	1:51:04	1:40:07	9.86%
57	547	Hannah Grothe	Wasilla	AK	F2024	3:17:39	2:58:28	9.71%
58	1577	Erin Marbarger	Anchorage	AK	F3034	1:30:57	1:22:18	9.51%
59	1108	Gerri Tokar-Hines	Wasilla	AK	F4044	2:34:53	2:20:15	9.45%
60	895	Lara VanHoozer	Eagle River	AK	F4044	2:18:10	2:05:07	9.45%
61	670	Carol Willard	Anchorage	AK	F5559	2:38:32	2:23:42	9.36%
62	453	Alexis Kaferstein	Seward	AK	F4044	2:01:22	1:50:08	9.26%
63	753	Angeline Jensen	Anchorage	AK	F5054	2:20:23	2:07:50	8.94%
64	637	Mary Waltz	Anchorage	AK	F6064	2:41:27	2:27:06	8.89%
65	1532	Amy Nicolet	Anchorage	AK	F3539	1:55:00	1:44:58	8.72%
66	870	Kristen Kupperman	Anchorage	AK	F3034	2:30:43	2:18:00	8.44%
67	216	Melanie Clark	Anchorage	AK	F5559	2:00:02	1:50:10	8.22%
68	756	Sarah Lowry	Anchorage	AK	F1014	2:19:50	2:08:30	8.10%
69	562	Teresa Takak	Anchorage	AK	F4549	2:30:00	2:17:51	8.10%
70	990	Rita Mckenzie	Anchorage	AK	F5054	2:00:20	1:50:58	7.78%
71	714	Michelle Wilson	Eagle River	AK	F2024	2:07:43	1:57:57	7.65%
72	748	Ashley Lehman	Anchorage	AK	F3034	1:26:37	1:20:24	7.18%
73	1057	Sarah Buhr	Anchorage	AK	F3034	1:46:28	1:38:55	7.09%
74	673	Anika Wlad	Anchorage	AK	F1014	2:09:31	2:00:22	7.06%
75	84	Shawna Arend	Chugiak	AK	F4044	1:47:58	1:40:27	6.96%
76	267	Therese Brennan	Anchorage	AK	F3539	2:15:38	2:06:16	6.91%
77	24	Ellie Mitchell	Anchorage	AK	F1519	1:18:36	1:13:11	6.89%
78	1514	Kristin Whitson	Anchorage	AK	F4044	2:18:45	2:09:15	6.85%
79	851	Rebecca Graham	Palmer	AK	F5054	2:15:15	2:06:03	6.80%
80	1609	Ashley French	Anchorage	AK	F3034	1:29:12	1:23:09	6.78%
81	872	Angele Bell	Eagle River	AK	F3539	2:45:01	2:33:55	6.73%
82	1319	Jennifer Patronas	JBER	AK	F3539	2:06:52	1:58:32	6.57%
83	356	Riley Bennett-Vockner	Nome	AK	F3034	1:31:27	1:25:33	6.45%
84	336	Katherine Colquhoun	Fairbanks	AK	F2529	2:01:11	1:53:43	6.16%
85	704	Ashley Lang	Eagle River	AK	F4044	1:37:11	1:31:13	6.14%
86	341	Avery Hafele	Fairbanks	AK	F1014	2:14:06	2:06:15	5.85%
87	200	Shyan Hargis	Eagle River	AK	F1014	1:32:20	1:26:56	5.85%
88	1575	Layla Beam	Chugiak	AK	F1519	1:39:41	1:33:54	5.80%
89	345	Annie Markle	Anchorage	AK	F2529	2:14:51	2:07:16	5.62%
90	1323	Tamar Lubitsh	Anchorage	AK	F5559	3:00:18	2:50:10	5.62%
91	467	Jolene Campbell	Wasilla	AK	F4044	2:14:50	2:07:18	5.59%
92	1111	Holly Rinehart	Anchorage	AK	F5054	2:11:28	2:04:13	5.51%
93	27	Maggie Meeds	Anchorage	AK	F1519	1:19:30	1:15:08	5.49%
94	1308	Melissa Hardesty	Anchorage	AK	F4044	2:25:22	2:17:31	5.40%
95	740	robyn novak	Anchorage	AK	F3539	2:17:05	2:09:44	5.36%
96	124	Kelly McDevitt	Fairbanks	AK	F3539	1:36:12	1:31:08	5.27%
97	1132	Jennie Sodergren	Valdez	AK	F3034	1:49:43	1:44:14	5.00%
98	862	Lisa Hartford	Anchorage	AK	F4044	2:18:12	2:11:31	4.84%
99	1354	Linnea Ward	Anchorage	AK	F2529	1:57:30	1:52:00	4.68%
100	1329	Kayla Miller	Anchorage	AK	F2529	1:34:23	1:30:01	4.63%
101	235	Sandra Lee	Palmer	AK	F5559	1:53:40	1:48:31	4.53%
102	1276	Katriina Timm	Anchorage	AK	F3539	1:54:12	1:49:03	4.51%
103	605	Melanie Armstrong	Anchorage	AK	F4044	2:08:53	2:03:06	4.49%
104	1344	Kate Heath	Anchorage	AK	F2529	1:54:14	1:49:08	4.46%

105	514	Elise Driver	Anchorage	AK	F1519	1:45:31	1:40:50	4.44%
106	707	Heidi Loranger	Anchorage	AK	F4044	1:44:48	1:40:13	4.37%
107	420	Elizabeth Beavers	Denali National Pa	AK	F3539	1:55:26	1:50:24	4.36%
108	242	Kaleinani Rupp	Eagle River	AK	F3539	1:38:04	1:33:49	4.33%
109	787	Anna Nolan	Anchorage	AK	F2529	1:55:39	1:51:17	3.78%
110	1212	Hannah thomas	Anchorage	AK	F1014	1:46:30	1:42:29	3.77%
111	80	Jennifer Doherty	Anchorage	AK	F4044	1:47:10	1:43:09	3.75%
112	1612	Alison McCarrey	Anchorage	AK	F3539	2:00:50	1:56:22	3.70%
113	1085	Tracy Ross	Anchorage	AK	F4549	1:57:00	1:52:42	3.68%
114	1248	Amelia Marshburn	Anchorage	AK	F1014	3:01:24	2:54:44	3.68%
115	213	lori kaltenbach	Anchorage	AK	F4044	1:39:40	1:36:01	3.66%
116	589	Sara Sharpe	Eagle River	AK	F3034	2:01:53	1:57:26	3.65%
117	965	Nadia Anders	Kenai	AK	F4549	1:48:00	1:44:30	3.24%
118	1424	Jessica Crisp	Chugiak	AK	F3539	2:22:32	2:18:00	3.18%
119	243	Heather Sia	Bethel	AK	F4549	1:36:13	1:33:24	2.93%
120	400	catherine coon	Anchorage	AK	F5054	2:03:58	2:00:21	2.92%
121	1209	Johna Beech	Kenai	AK	F4044	2:16:36	2:12:40	2.88%
122	100	Heather Davis	Anchorage	AK	F6064	2:03:23	1:59:57	2.78%
123	1550	Elana Habib	Anchorage	AK	F3034	2:03:13	1:59:56	2.66%
124	836	Heidi Miles	Eagle River	AK	F5054	2:34:38	2:30:44	2.52%
125	1592	Kathleen McNamara	Anchorage	AK	F3034	1:40:20	1:37:58	2.36%
126	658	Cathy von gemmingen	Anchorage	AK	F5559	2:15:00	2:12:08	2.12%
127	148	Jennifer Gates	Anchorage	AK	F3539	1:37:19	1:35:25	1.95%
128	1522	Yasmin Massey	Anchorage	AK	F3034	2:14:15	2:11:52	1.78%
129	1185	Brandy Atkins	Anchorage	AK	F3539	2:00:40	1:58:36	1.71%
130	692	Madeline Courier	Anchorage	AK	F2024	2:11:52	2:09:43	1.63%
131	1421	Ashley Hicks	Chugiak	AK	F1519	1:32:47	1:31:42	1.17%
132	88	Jamie Brakora	Anchorage	AK	F2024	2:00:52	1:59:31	1.12%
133	351	Suzanne Armentrout	Chugiak	AK	F4549	1:34:15	1:33:13	1.10%
134	861	Melanee Stiassny	Girdwood	AK	F4044	1:25:24	1:24:28	1.09%
135	1005	Judy Krier	Chugiak	AK	F6064	2:16:38	2:15:09	1.09%
136	1094	Kelly Frost	Anchorage	AK	F2529	1:42:47	1:41:46	0.99%
137	746	Katie Rigsby	Anchorage	AK	F2529	1:34:13	1:33:20	0.94%
138	1494	Bronwyn Haynes	Anchorage	AK	F5054	1:28:52	1:28:03	0.92%
139	189	Adele Fetter	Anchorage	AK	F3539	2:20:40	2:19:25	0.89%
140	308	Joan Ryan	Anchorage	AK	F3034	1:47:00	1:46:05	0.86%
141	1221	Kathryn Wanat	Eagle River	AK	F2529	1:27:07	1:26:31	0.69%
142	1208	Chelsy Passmore	Anchorage	AK	F2529	2:03:39	2:02:54	0.61%
143	1645	Signe Pignalberi	Anchorage	AK	F3539	1:39:38	1:39:03	0.59%
144	513	Erin McLeod	Anchorage	AK	F1519	1:38:08	1:37:46	0.37%
145	1107	Amanda Day	Eagle River	AK	F3539	1:52:39	1:52:15	0.36%
146	1305	Reyna Moore	Chugiak	AK	F1519	1:43:15	1:42:57	0.29%
147	1213	Michelle thomas	Anchorage	AK	F5559	1:51:07	1:50:57	0.15%
148	1382	Erin Sivitz	Anchorage	AK	F1519	1:33:28	1:33:20	0.14%
149	1268	Cindi Parsons	Anchorage	AK	F5559	2:47:33	2:47:26	0.07%
150	897	Renae Bookman	Anchorage	AK	F4044	2:25:36	2:25:30	0.07%
151	1223	Bonnie Wanat	Eagle River	AK	F5559	1:45:20	1:45:24	-0.06%
152	106	claire Coppel	Anchorage	AK	F5559	1:25:00	1:25:09	-0.18%
153	792	Alicia Vernon	Chugiak	AK	F4549	1:48:31	1:48:44	-0.20%
154	1411	Kailey Gates	Eagle River	AK	F1519	1:50:49	1:51:10	-0.32%
155	503	Sara Dykstra	Anchorage	AK	F4044	1:39:15	1:39:42	-0.45%
156	1200	Jessica Diab	Eagle River	AK	F3539	1:39:29	1:39:57	-0.47%
157	955	Kelley Jansen	Anchorage	AK	F2529	1:32:55	1:33:28	-0.59%
158	978	Lisa An	Anchorage	AK	F4044	1:47:53	1:48:36	-0.66%
159	127	Naomi Oakley	Indian	AK	F1519	1:34:28	1:35:09	-0.72%
160	1506	Ali Wykis	Anchorage	AK	F3034	2:04:54	2:06:18	-1.12%

161	1106	Breanna Day	Eagle River	AK	F1519	1:47:03	1:48:26	-1.29%
162	329	Jessica K. Johnson	Fairbanks	AK	F3034	1:50:49	1:52:19	-1.35%
163	1620	Cassie Ostrander	Anchorage	AK	F3539	2:07:50	2:09:42	-1.46%
164	1004	Jennifer Barsalou	Eagle River	AK	F5054	2:28:52	2:31:05	-1.49%
165	583	Toni Swearingen	Anchorage	AK	F5559	2:00:53	2:02:52	-1.64%
166	1104	Gretchen Day	Anchorage	AK	F5559	1:50:56	1:53:00	-1.86%
167	251	Merrileigh Boring	Anchorage	AK	F4549	1:33:18	1:35:06	-1.93%
168	119	Lea Filippi	Anchorage	AK	F4044	2:33:13	2:36:15	-1.98%
169	1152	Mary Lynn	Anchorage	AK	F5054	2:02:29	2:05:01	-2.07%
170	193	Sarah Bellville	Anchorage	AK	F3539	2:16:53	2:19:57	-2.24%
171	654	Tracey Nguyen	Anchorage	AK	F2529	1:48:00	1:50:34	-2.38%
172	1095	Adriana Chastain	JBER	AK	F4044	2:02:23	2:05:25	-2.48%
173	930	Linda Homan	Eagle River	AK	F5559	1:59:02	2:02:05	-2.56%
174	76	Carey Gray	Anchorage	AK	F4549	2:24:47	2:28:30	-2.57%
175	270	Heather Bottrell	Eagle River	AK	F3034	1:39:46	1:42:21	-2.59%
176	1422	Penny Furnish	Kenai	AK	F5054	2:20:08	2:23:48	-2.62%
177	801	Mallory Morton	Fairbanks	AK	F2529	2:29:41	2:33:50	-2.77%
178	963	Yereth Rosen	Anchorage	AK	F5559	1:50:28	1:53:33	-2.79%
179	1387	Heidi Moore	Anchorage	AK	F1519	3:09:00	3:14:31	-2.92%
180	1271	Isabella Weiss	Palmer	AK	F1519	1:46:13	1:49:43	-3.30%
181	745	Erin Smulick	Anchorage	AK	F3034	1:50:19	1:53:59	-3.32%
182	439	Kathryn Sutton	Anchorage	AK	F3034	1:40:00	1:43:20	-3.33%
183	85	Carrie Ann Landgraf	Eagle River	AK	F5054	2:31:00	2:36:23	-3.57%
184	1426	Jessie Anderson	Anchorage	AK	F3539	2:24:48	2:30:20	-3.82%
185	820	Sheila O'Neill	Lacey	WA	F6064	2:58:03	3:05:24	-4.13%
186	752	Heather Jensen	Anchorage	AK	F1519	1:46:11	1:50:52	-4.41%
187	1296	Catherine McLaughlin	Anchorage	AK	F2024	1:45:30	1:50:16	-4.52%
188	1008	Jaylee Brendel	Anchorage	AK	F3034	1:38:53	1:43:23	-4.55%
189	327	Jill Burke	Anchorage	AK	F4549	2:37:16	2:44:38	-4.68%
190	315	Dena Lythgoe	Anchorage	AK	F3539	1:48:00	1:53:16	-4.88%
191	1579	Jessica Morris	Anchorage	AK	F3539	1:52:44	1:58:32	-5.14%
192	1127	Lori Day	Valdez	AK	F4549	2:02:20	2:08:57	-5.41%
193	554	Ginny Cook	Anchorage	AK	F1014	1:53:30	2:00:12	-5.90%
194	628	Staci Seagle	Anchorage	AK	F4549	3:05:00	3:15:56	-5.91%
195	686	Heather Courrier	Anchorage	AK	F4549	1:43:50	1:50:17	-6.21%
196	358	Melissa Card	Palmer	AK	F3539	2:39:22	2:49:27	-6.33%
197	153	Yesenia Manzur	Anchorage	AK	F2529	1:41:35	1:48:21	-6.66%
198	211	Danielle Blanchard	Anchorage	AK	F3034	1:48:44	1:56:00	-6.68%
199	564	Gwendolyn Carlson	Anchorage	AK	F6064	3:40:22	3:56:05	-7.13%
200	97	Connie Heinz	Wasilla	AK	F6569	2:23:13	2:33:43	-7.33%
201	783	Mystelle Butterfield	Anchorage	AK	F3539	2:33:00	2:44:28	-7.49%
202	1035	Sherry Wright	Anchorage	AK	F5559	1:55:22	2:04:20	-7.77%
203	152	Kimberly Chaitoff	Anchorage	AK	F4044	1:58:41	2:07:58	-7.82%
204	1558	Theresa Feighery	Anchorage	AK	F3034	1:45:26	1:54:31	-8.62%
205	1436	Kylie Perry	Anchorage	AK	F2529	2:43:38	2:59:23	-9.63%
206	349	Lian Myers	Anchorage	AK	F1519	1:50:27	2:01:40	-10.16%
207	473	Lydia Sullivan	Anchorage	AK	F5559	1:52:21	2:03:46	-10.16%
208	386	Crystal Epperheimer	Kenai	AK	F1519	1:48:21	1:59:27	-10.24%
209	1283	Erin Wade	Anchorage	AK	F3034	1:34:45	1:44:28	-10.26%
210	908	Kathrin Swoboda	Anchorage	AK	F2529	2:00:00	2:13:53	-11.57%
211	807	tina gallaway	Ketchikan	AK	F5559	2:20:59	2:37:54	-12.00%
212	1061	Judi Westfall	Anchorage	AK	F4549	1:59:47	2:15:59	-13.52%
213	1543	Jennifer Gilhuly	Anchorage	AK	F2529	2:13:27	2:31:34	-13.58%
214	86	LuAnn Piccard	Anchorage	AK	F5559	1:50:54	2:06:52	-14.40%
215	1009	Madison Barsalou	Eagle River	AK	F1519	2:32:20	2:54:59	-14.87%
216	1288	Tapia Stover	Anchorage	AK	F3539	1:49:24	2:06:35	-15.71%

217	1149	Roxanne Peter	Anchorage	AK	F3034	2:27:37	2:50:52	-15.75%
218	1105	Madisyn Day	Eagle River	AK	F1519	1:49:52	2:08:09	-16.64%
219	273	Theresa Lee	Anchorage	AK	F2529	1:45:00	2:09:57	-23.76%
220	160	Anna Bryant	Anchorage	AK	F4549	2:08:08	2:40:01	-24.88%
221	827	Stephanie Manning	Anchorage	AK	F4044	1:52:00	2:41:05	-43.82%
222	1072	Deborah Sigala-Franco	Anchorage	AK	F3539	1:50:00	2:50:57	-55.41%