

2019 GOLD NUGGET TRIATHLON
 May 19, 2019
 Bartlett High School - Anchorage, AK

Place	Name	Bib	Div/Tot	Div	Rank	Swim	Rank	T1	Rank	Bike	Rank	T2	Rank	Run	Time
1	Stephanie Arnold	3	1/120	F2529	64	8:01	1	1:03	1	31:53	212	0:25	2	20:25	1:01:44
2	Mazzy Jackson	10	1/105	F1519	8	6:50	2	1:09	19	35:54	597	0:45	3	20:26	1:05:01
3	Kristina Eaton	7	1/227	F3539	53	7:47	13	1:22	4	33:21	345	0:32	19	22:21	1:05:21
4	Katelyn Stearns	2	1/226	F3034	28	7:23	15	1:23	6	33:38	388	0:34	25	22:36	1:05:32
5	Teresa Ulrich	9	2/227	F3539	9	6:55	27	1:32	2	32:44	756	0:55	48	23:53	1:05:57
6	Amber Stull	1	1/200	F4044	40	7:32	4	1:10	8	34:00	325	0:31	49	23:54	1:07:04
7	Katie Green	23	3/227	F3539	94	8:22	21	1:26	7	33:47	526	0:41	28	22:53	1:07:07
8	Danelle Winn	5	1/95	F5054	144	8:52	10	1:18	11	34:47	748	0:54	11	21:32	1:07:22
9	Bri Lowen	29	4/227	F3539	101	8:26	22	1:26	15	35:19	690	0:51	12	21:41	1:07:41
10	Ellie Mitchell	4	2/105	F1519	78	8:10	25	1:31	3	32:49	568	0:43	83	25:03	1:08:14
11	Maja Lapkass	26	3/105	F1519	86	8:16	63	1:48	24	36:06	4	0:11	22	22:25	1:08:44
12	Joanne Allan	12	2/200	F4044	75	8:09	70	1:49	14	34:59	52	0:15	51	23:55	1:09:06
13	Kinsey Loan	8	2/120	F2529	91	8:18	19	1:25	10	34:29	380	0:34	63	24:31	1:09:15
14	Victoria Oxentenko	39	5/227	F3539	152	8:55	216	2:29	18	35:46	724	0:53	13	21:45	1:09:46
15	Corrie Smith	11	3/200	F4044	82	8:14	11	1:20	12	34:52	431	0:36	86	25:08	1:10:09
16	Casey Wright	25	3/120	F2529	39	7:31	33	1:35	38	37:17	391	0:34	34	23:20	1:10:16
17	Brianne Keifer	30	2/226	F3034	109	8:31	108	1:58	13	34:53	570	0:44	56	24:15	1:10:18
18	Heather Helzer	20	3/226	F3034	73	8:08	9	1:17	32	37:00	313	0:31	38	23:30	1:10:23
19	Joleen White	27	1/142	F4549	14	7:00	47	1:41	9	34:17	513	0:41	175	26:48	1:10:24
20	Sara Miller	49	4/200	F4044	43	7:34	42	1:38	30	36:39	499	0:40	53	24:01	1:10:30
21	Ivy Eski	32	4/105	F1519	97	8:25	36	1:37	21	35:59	520	0:41	46	23:52	1:10:32
22	Aubrey LeClair	15	5/105	F1519	286	9:55	137	2:06	37	37:08	9	0:12	9	21:20	1:10:40
23	Valerie Goulet	18	4/120	F2529	149	8:53	20	1:26	41	37:23	290	0:29	24	22:31	1:10:40
24	Deana Watson	17	2/142	F4549	145	8:52	7	1:14	16	35:28	784	0:57	58	24:20	1:10:48
25	Karina Packer	41	5/120	F2529	42	7:32	51	1:43	74	38:54	490	0:40	17	22:12	1:10:59
26	Darcy Dugan	13	6/227	F3539	430	10:51	6	1:13	51	38:11	659	0:48	1	20:00	1:11:01
27	Jodie Totten	1301	7/227	F3539	41	7:32	170	2:18	46	37:41	536	0:42	30	22:58	1:11:08
28	Jana Seaman	45	8/227	F3539	85	8:15	103	1:56	42	37:24	632	0:47	29	22:53	1:11:13
29	Justin Calvin	1209	4/226	F3034	217	9:30	109	1:58	34	37:00	764	0:55	23	22:29	1:11:51
30	Hannah Booher	28	1/51	F2024	203	9:23	112	1:58	84	39:19	660	0:48	5	20:56	1:12:22
31	Hilary Rea	1422	5/226	F3034	76	8:10	89	1:53	90	39:31	259	0:28	21	22:25	1:12:24
32	Nicole Hjelm	459	9/227	F3539	179	9:12	83	1:52	36	37:08	509	0:41	42	23:35	1:12:25
33	Sarah Freistone	31	6/120	F2529	233	9:37	90	1:53	63	38:37	2	0:10	18	22:16	1:12:31
34	Kelly Pasch	1585	3/142	F4549	15	7:01	91	1:53	73	38:54	537	0:42	55	24:10	1:12:38
35	Jenny Kimball	21	4/142	F4549	6	6:46	23	1:29	22	36:02	320	0:31	244	27:53	1:12:39
36	Betsy Lund	48	5/200	F4044	31	7:24	71	1:49	92	39:37	472	0:39	35	23:22	1:12:48
37	Nancy Meade	35	1/83	F5559	56	7:51	67	1:49	44	37:35	40	0:14	94	25:22	1:12:49
38	Alyse Loran	40	6/226	F3034	283	9:54	46	1:40	45	37:38	846	1:01	26	22:42	1:12:53
39	Kristina Storlie	38	10/227	F3539	201	9:22	106	1:57	20	35:56	624	0:46	82	24:59	1:12:58
40	Yvonne Jeschke	1576	2/51	F2024	191	9:18	270	2:42	65	38:40	124	0:19	16	22:10	1:13:07
41	Kelley Jansen	44	7/226	F3034	65	8:01	26	1:31	57	38:19	577	0:44	66	24:40	1:13:12
42	Sara Brubaker	1440	8/226	F3034	36	7:26	31	1:35	69	38:48	1332	2:05	37	23:29	1:13:21
43	Heather Edic	1537	7/120	F2529	623	11:49	79	1:51	47	38:00	918	1:07	4	20:40	1:13:25
44	Jodi McLaughlin	1607	5/142	F4549	79	8:11	14	1:22	43	37:26	487	0:40	128	26:08	1:13:45
45	Kristine Percival	1415	6/200	F4044	235	9:37	5	1:11	76	39:06	312	0:30	44	23:37	1:13:59
46	Lauren Spinelli	36	7/200	F4044	127	8:41	132	2:04	59	38:28	710	0:52	52	23:57	1:14:00
47	Madison Rosser	948	9/226	F3034	165	9:02	24	1:30	109	40:03	374	0:34	31	23:00	1:14:06
48	Taryn Oleson	34	8/120	F2529	93	8:21	84	1:52	119	40:15	26	0:14	40	23:33	1:14:12
49	Helen Wilson	1517	6/105	F1519	111	8:32	234	2:35	54	38:15	457	0:38	60	24:23	1:14:21
50	Katra Wedeking	46	6/142	F4549	117	8:34	40	1:38	23	36:04	256	0:28	231	27:43	1:14:24

2019 GOLD NUGGET TRIATHLON
 May 19, 2019
 Bartlett High School - Anchorage, AK

Place	Name	Bib	Div/Tot	Div	Rank	Swim	Rank	T1	Rank	Bike	Rank	T2	Rank	Run	Time
51	sara sayre	1562	10/226	F3034	224	9:33	214	2:29	62	38:36	295	0:30	41	23:33	1:14:39
52	Amy Stielstra	19	11/227	F3539	7	6:48	65	1:48	100	39:54	561	0:43	104	25:30	1:14:42
53	Jennifer Lamoreaux	43	7/142	F4549	71	8:04	32	1:35	64	38:39	623	0:46	117	25:53	1:14:56
54	Mandy Casurella	525	8/200	F4044	183	9:14	41	1:38	145	41:04	74	0:17	27	22:47	1:14:58
55	Trina Pastarr	147	11/226	F3034	168	9:03	384	3:05	140	40:58	650	0:48	6	21:06	1:14:59
56	Kaila Hawley	1416	12/227	F3539	419	10:46	288	2:46	28	36:35	45	0:15	71	24:47	1:15:06
57	Nicki Holmen	1169	13/227	F3539	257	9:43	18	1:25	31	36:40	287	0:29	181	26:53	1:15:08
58	Lee-Ann Stouff	125	14/227	F3539	44	7:35	218	2:31	147	41:05	778	0:56	32	23:03	1:15:09
59	Bridget McBride	141	9/200	F4044	18	7:05	161	2:14	131	40:43	495	0:40	64	24:35	1:15:16
60	Jennifer Armentrou	50	10/200	F4044	185	9:15	88	1:52	50	38:07	628	0:46	92	25:19	1:15:18
61	Mikayla Savikko	1315	15/227	F3539	181	9:14	118	2:00	49	38:03	448	0:37	99	25:28	1:15:20
62	Heather Onders	1322	11/200	F4044	335	10:15	93	1:54	39	37:20	510	0:41	102	25:28	1:15:36
63	Alison Arians	1044	8/142	F4549	204	9:23	192	2:24	89	39:30	689	0:51	43	23:37	1:15:42
64	Liane Nagata	102	9/142	F4549	166	9:03	28	1:33	48	38:02	566	0:43	167	26:42	1:16:01
65	Cadence Stull	33	7/105	F1519	45	7:37	3	1:10	103	39:57	685	0:50	153	26:29	1:16:01
66	Linda Barnack	1482	12/226	F3034	158	9:00	123	2:01	70	38:52	617	0:46	97	25:25	1:16:02
67	Erin Marbarger	1634	13/226	F3034	157	8:59	92	1:54	79	39:09	1035	1:17	73	24:51	1:16:07
68	Jessie Luiken	1175	9/120	F2529	32	7:24	157	2:12	144	41:04	164	0:22	88	25:13	1:16:12
69	Anna Rix	268	14/226	F3034	142	8:51	117	2:00	33	37:00	866	1:03	215	27:26	1:16:18
70	Clare Shea	1467	16/227	F3539	162	9:01	191	2:23	83	39:19	903	1:06	67	24:40	1:16:28
71	Mary OGrady	1118	15/226	F3034	328	10:12	439	3:16	124	40:30	11	0:12	20	22:22	1:16:30
72	Katherine Kelly	1487	16/226	F3034	83	8:14	98	1:56	155	41:16	553	0:43	61	24:24	1:16:31
73	Suzie Hosmanek	144	17/227	F3539	381	10:31	16	1:23	71	38:54	888	1:05	70	24:44	1:16:35
74	Morgan Aldridge	67	18/227	F3539	348	10:18	39	1:38	29	36:36	664	0:49	212	27:22	1:16:41
75	Melanee Stiassny	975	12/200	F4044	333	10:13	94	1:55	91	39:35	917	1:07	50	23:54	1:16:42
76	Kelcie Ralph	1183	17/226	F3034	98	8:26	54	1:44	120	40:16	821	0:59	96	25:25	1:16:47
77	Susanne Fleek-Gree	1259	2/95	F5054	225	9:33	62	1:48	58	38:26	872	1:04	136	26:13	1:17:02
78	Molly Mclaughlin	1609	8/105	F1519	17	7:02	162	2:14	129	40:37	140	0:20	184	26:57	1:17:08
79	Katie Bisson	1475	13/200	F4044	68	8:03	29	1:34	130	40:39	414	0:36	143	26:22	1:17:11
80	Ryann Dorris	481	9/105	F1519	1	6:23	316	2:51	277	44:06	37	0:14	47	23:52	1:17:24
81	Rachelle Kanady	24	18/226	F3034	247	9:40	107	1:58	80	39:10	29	0:14	149	26:27	1:17:27
82	Tamra Kornfield	1615	19/226	F3034	208	9:24	115	1:59	106	40:01	571	0:44	95	25:23	1:17:28
83	Katherine Sind	1443	20/226	F3034	323	10:10	77	1:51	110	40:04	567	0:43	68	24:41	1:17:28
84	Clair DeGeorge	1442	3/51	F2024	26	7:21	272	2:42	343	45:16	175	0:22	14	21:54	1:17:35
85	Dorothy Shearn	1350	3/95	F5054	38	7:30	485	3:24	98	39:50	1105	1:23	103	25:29	1:17:35
86	Bonnie DeArmoun	1311	19/227	F3539	113	8:32	50	1:42	199	42:37	35	0:14	65	24:38	1:17:41
87	Sarah Conkey	1649	21/226	F3034	21	7:12	114	1:59	135	40:49	258	0:28	206	27:18	1:17:43
88	Karen Loso	954	14/200	F4044	59	7:54	311	2:50	172	42:01	311	0:30	62	24:30	1:17:44
89	Kalima Glascott	178	1/111	F1014	47	7:40	38	1:37	191	42:20	569	0:43	101	25:28	1:17:47
90	Monica Oakley	1096	20/227	F3539	599	11:41	66	1:48	60	38:28	782	0:56	77	24:56	1:17:48
91	ingrid reese	458	15/200	F4044	220	9:31	59	1:47	128	40:35	635	0:47	87	25:11	1:17:50
92	Jennifer Henderson	42	16/200	F4044	190	9:17	159	2:13	86	39:23	1018	1:15	111	25:49	1:17:54
93	Rachel Crawford	16	22/226	F3034	135	8:47	17	1:25	214	42:54	877	1:04	45	23:48	1:17:56
94	Sheryl Loan	82	1/45	F6064	1124	15:17	171	2:18	5	33:38	1143	1:28	91	25:18	1:17:58
95	Sarah Webster	1492	21/227	F3539	61	7:56	458	3:19	166	41:44	743	0:54	57	24:16	1:18:07
96	Holly Martinson	175	22/227	F3539	267	9:48	30	1:34	88	39:28	525	0:41	170	26:43	1:18:12
97	Lauren Hess	22	10/120	F2529	170	9:04	96	1:55	115	40:11	544	0:42	147	26:25	1:18:15
98	Katie Seybert	227	4/51	F2024	130	8:42	75	1:51	87	39:25	675	0:49	241	27:49	1:18:35
99	Jackie Minge	14	2/83	F5559	172	9:05	80	1:52	67	38:43	793	0:57	258	28:01	1:18:37
100	Ericka Mulder	438	2/45	F6064	141	8:50	136	2:06	56	38:18	768	0:56	302	28:31	1:18:38

2019 GOLD NUGGET TRIATHLON
 May 19, 2019
 Bartlett High School - Anchorage, AK

Place	Name	Bib	Div/Tot	Div	Rank	Swim	Rank	T1	Rank	Bike	Rank	T2	Rank	Run	Time
101	Jennifer Schrage	128	10/142	F4549	371	10:26	198	2:26	85	39:20	1207	1:37	74	24:51	1:18:38
102	Kelly Carson	1092	17/200	F4044	904	13:29	104	1:56	26	36:10	885	1:04	123	26:01	1:18:39
103	Jennifer Sheasley	305	5/51	F2024	306	10:02	238	2:35	52	38:13	478	0:39	197	27:12	1:18:40
104	Hannah Lies	1146	11/120	F2529	256	9:43	519	3:29	265	43:49	218	0:25	8	21:18	1:18:42
105	Meredith Schwartz	1045	10/105	F1519	383	10:33	300	2:48	81	39:14	742	0:54	89	25:15	1:18:42
106	Kim Verreydt	1269	4/95	F5054	239	9:39	271	2:42	55	38:17	910	1:06	188	27:00	1:18:43
107	Molly Templin	999	12/120	F2529	663	12:03	196	2:25	215	42:55	12	0:13	7	21:10	1:18:43
108	Kelly Powers	764	11/142	F4549	99	8:26	178	2:20	27	36:22	894	1:05	439	30:38	1:18:49
109	Kelsey Tranel	73	23/226	F3034	585	11:37	49	1:42	17	35:32	819	0:59	334	29:03	1:18:51
110	Erin Beam	452	12/142	F4549	49	7:44	200	2:26	153	41:11	746	0:54	158	26:38	1:18:51
111	Debbie Boots	170	3/83	F5559	344	10:17	61	1:48	113	40:10	662	0:49	114	25:52	1:18:52
112	Katie Swenson	1319	23/227	F3539	401	10:39	331	2:54	107	40:02	23	0:13	85	25:08	1:18:54
113	Dianne Prince	47	4/83	F5559	308	10:03	64	1:48	72	38:54	303	0:30	230	27:43	1:18:56
114	Madeline Bingham	502	11/105	F1519	12	6:59	131	2:03	126	40:33	157	0:21	354	29:24	1:19:18
115	Heather Krellner	1216	18/200	F4044	213	9:28	168	2:16	134	40:48	531	0:42	134	26:13	1:19:24
116	Heather Sia	1236	13/142	F4549	287	9:55	167	2:15	142	41:00	494	0:40	108	25:40	1:19:28
117	Kimberly Spence-Je	1420	24/226	F3034	81	8:12	126	2:03	189	42:19	178	0:23	169	26:42	1:19:37
118	Ava Murphy	1273	2/111	F1014	192	9:18	52	1:43	188	42:18	108	0:18	131	26:11	1:19:47
119	Claire Coppel	89	3/45	F6064	163	9:02	261	2:41	139	40:58	811	0:58	135	26:13	1:19:49
120	Jennifer Flanagan	1480	14/142	F4549	372	10:27	294	2:47	225	43:02	42	0:15	36	23:27	1:19:55
121	Julie Martyn	1439	19/200	F4044	523	11:19	99	1:56	117	40:13	589	0:44	116	25:53	1:20:03
122	Carleen Ulbrich	137	15/142	F4549	278	9:52	139	2:07	99	39:52	712	0:52	213	27:23	1:20:03
123	Kaylee Heck	1283	12/105	F1519	705	12:18	235	2:35	40	37:22	1038	1:17	157	26:35	1:20:04
124	Amy Koehn	1069	20/200	F4044	420	10:46	56	1:45	94	39:41	87	0:17	232	27:43	1:20:11
125	Erin Aklestad	1023	25/226	F3034	207	9:24	73	1:50	102	39:56	735	0:54	269	28:10	1:20:11
126	Elizabeth Barnaby	1650	21/200	F4044	353	10:18	215	2:29	158	41:23	963	1:11	76	24:54	1:20:14
127	Sarah Nicholas	1625	6/51	F2024	60	7:55	418	3:12	247	43:24	48	0:15	105	25:35	1:20:19
128	Natasha Dye	1343	13/120	F2529	118	8:34	501	3:27	183	42:12	1007	1:15	80	24:58	1:20:23
129	Rebecca Carroll	1471	24/227	F3539	659	12:01	237	2:35	118	40:13	600	0:45	75	24:52	1:20:24
130	Jennifer Page	1035	22/200	F4044	537	11:23	169	2:16	207	42:47	681	0:50	33	23:11	1:20:25
131	Hailee Rahm	1013	25/227	F3539	295	9:57	225	2:33	138	40:57	550	0:43	142	26:20	1:20:29
132	Jill McLeod	124	5/95	F5054	205	9:23	239	2:35	141	40:58	522	0:41	189	27:00	1:20:36
133	Leslie Hoffman	1229	23/200	F4044	290	9:56	135	2:06	122	40:20	240	0:26	263	28:05	1:20:51
134	Beth Calabro	69	24/200	F4044	131	8:43	48	1:41	116	40:11	528	0:41	366	29:36	1:20:51
135	Julia Thomas	512	13/105	F1519	393	10:38	44	1:40	205	42:42	123	0:19	106	25:37	1:20:54
136	Nancy Spence	101	16/142	F4549	773	12:40	120	2:00	53	38:15	601	0:45	209	27:21	1:20:58
137	Juliette Benson	323	14/105	F1519	11	6:58	174	2:19	234	43:14	114	0:19	272	28:11	1:20:59
138	Rose Garner	80	6/95	F5054	378	10:31	86	1:52	25	36:10	783	0:57	492	31:32	1:20:59
139	Aviana Sorich	298	15/105	F1519	10	6:56	146	2:08	239	43:20	620	0:46	243	27:51	1:20:59
140	Jill Griffin	887	5/83	F5559	610	11:45	134	2:05	66	38:41	876	1:04	216	27:27	1:21:00
141	Megan McLaughlin	1606	3/111	F1014	30	7:23	226	2:33	246	43:24	135	0:20	223	27:33	1:21:12
142	Mary Krynski	917	4/45	F6064	288	9:55	356	3:00	157	41:20	966	1:12	115	25:52	1:21:17
143	Lauren Dorris	482	4/111	F1014	4	6:41	355	3:00	355	45:31	91	0:17	120	25:57	1:21:25
144	Jennifer Watson	94	17/142	F4549	206	9:23	263	2:41	182	42:12	590	0:44	151	26:27	1:21:26
145	Jodi Harskamp	1321	25/200	F4044	314	10:07	205	2:28	101	39:54	543	0:42	283	28:18	1:21:27
146	Mary Kay Sorich	299	26/200	F4044	356	10:19	141	2:07	133	40:46	875	1:04	201	27:16	1:21:29
147	Anna Cantrell	736	14/120	F2529	503	11:13	279	2:45	209	42:49	186	0:23	59	24:23	1:21:30
148	Samantha Longacre	1132	26/226	F3034	273	9:50	538	3:32	351	45:25	1126	1:26	10	21:23	1:21:35
149	Ashley Mattson	634	26/227	F3539	739	12:29	297	2:47	35	37:04	588	0:44	306	28:33	1:21:36
150	Jessie Westin	608	27/226	F3034	302	10:00	383	3:05	237	43:19	120	0:19	81	24:58	1:21:39

2019 GOLD NUGGET TRIATHLON
 May 19, 2019
 Bartlett High School - Anchorage, AK

Place	Name	Bib	Div/Tot	Div	Rank	Swim	Rank	T1	Rank	Bike	Rank	T2	Rank	Run	Time
151	Joey Eski	83	18/142	F4549	410	10:43	244	2:36	68	38:46	703	0:51	318	28:49	1:21:44
152	Tanya Kirk	37	7/95	F5054	553	11:26	57	1:45	61	38:32	463	0:38	356	29:26	1:21:45
153	Kai Binkley Sims	566	27/227	F3539	329	10:12	97	1:56	210	42:49	454	0:38	140	26:17	1:21:50
154	Bethany Lawson	867	19/142	F4549	210	9:24	209	2:28	170	41:57	105	0:18	237	27:45	1:21:50
155	Aeia Davis	1124	16/105	F1519	19	7:08	393	3:07	193	42:24	116	0:19	327	28:56	1:21:52
156	Michelle Richards	827	8/95	F5054	769	12:39	286	2:45	213	42:53	22	0:13	39	23:31	1:21:59
157	Angie Harris	171	9/95	F5054	265	9:48	130	2:03	167	41:46	907	1:06	211	27:22	1:22:03
158	Kelsey Johannes	479	17/105	F1519	155	8:57	576	3:39	266	43:50	33	0:14	98	25:27	1:22:05
159	Janet Morrone	88	27/200	F4044	828	12:59	206	2:28	82	39:18	854	1:02	144	26:23	1:22:07
160	Quincy Arms	140	28/227	F3539	100	8:26	158	2:13	312	44:43	921	1:07	107	25:39	1:22:07
161	Jenelle Brinkman	1344	28/200	F4044	184	9:15	12	1:21	316	44:50	447	0:37	129	26:08	1:22:08
162	Georgia Kubic	1252	29/227	F3539	161	9:01	402	3:09	184	42:12	781	0:56	179	26:52	1:22:09
163	Riley Bennett-Vock	683	30/227	F3539	742	12:30	68	1:49	143	41:01	574	0:44	137	26:14	1:22:15
164	Emily Long	433	31/227	F3539	230	9:36	53	1:43	235	43:16	763	0:55	187	27:00	1:22:28
165	Brooke Therrien	1533	28/226	F3034	223	9:33	111	1:58	154	41:16	436	0:37	340	29:08	1:22:30
166	Holly D Willman	1200	29/200	F4044	24	7:16	122	2:01	152	41:09	751	0:55	473	31:14	1:22:33
167	Lisa Thrasher	1303	15/120	F2529	154	8:57	301	2:48	190	42:20	800	0:58	221	27:32	1:22:33
168	Jaena Tranberg	1405	29/226	F3034	583	11:37	185	2:21	95	39:42	705	0:52	266	28:09	1:22:37
169	Jill Burnett	87	30/200	F4044	160	9:01	180	2:20	269	43:54	220	0:25	190	27:01	1:22:39
170	Ashley French	1234	30/226	F3034	279	9:53	142	2:07	164	41:34	556	0:43	288	28:25	1:22:40
171	Erica Otten	1620	32/227	F3539	87	8:17	164	2:14	96	39:42	826	0:59	508	31:42	1:22:52
172	Cindy Freistone	643	6/83	F5559	606	11:43	595	3:43	198	42:35	83	0:17	69	24:42	1:22:58
173	Lies Packer	1034	5/45	F6064	451	10:56	189	2:22	159	41:25	94	0:18	253	28:00	1:22:59
174	Gabby Vassar	1133	7/51	F2024	632	11:54	105	1:57	186	42:16	86	0:17	160	26:38	1:22:59
175	Heather Poe	604	33/227	F3539	538	11:23	482	3:24	163	41:33	132	0:20	148	26:25	1:23:03
176	Pam Tittle	1000	7/83	F5559	731	12:25	128	2:03	93	39:40	1024	1:15	229	27:41	1:23:03
177	Dawn Murphy	1272	31/200	F4044	297	9:58	60	1:47	192	42:22	674	0:49	265	28:09	1:23:03
178	Jennifer Raffaelli	273	32/200	F4044	72	8:05	542	3:33	334	45:09	284	0:29	113	25:51	1:23:05
179	Shannon Smiley	941	20/142	F4549	88	8:17	315	2:51	329	45:04	261	0:28	152	26:27	1:23:05
180	Kayla Clark	269	21/142	F4549	363	10:23	110	1:58	230	43:11	611	0:45	178	26:49	1:23:06
181	Alisha Sarginger	1496	31/226	F3034	316	10:07	138	2:06	261	43:46	879	1:04	126	26:06	1:23:07
182	Sara Kennedy	1451	34/227	F3539	398	10:38	37	1:37	148	41:06	1104	1:23	291	28:27	1:23:09
183	Kristen Keifer	1190	32/226	F3034	320	10:10	221	2:32	108	40:03	1026	1:16	344	29:15	1:23:13
184	Tessa Johrendt	1448	35/227	F3539	214	9:28	149	2:10	280	44:09	79	0:17	202	27:16	1:23:18
185	Lesley Yamauchi	894	1/25	F6569	855	13:10	81	1:52	75	38:55	655	0:48	314	28:44	1:23:26
186	Holly Boston	569	33/226	F3034	462	11:00	35	1:36	112	40:09	871	1:04	370	29:42	1:23:29
187	Carol Stratton	1055	33/200	F4044	574	11:31	254	2:38	248	43:30	514	0:41	90	25:18	1:23:36
188	Alexis Furin	1277	34/200	F4044	417	10:45				730	0:53	254	28:01	1:23:36	
189	Lauren Smayda	414	36/227	F3539	199	9:21	241	2:36	180	42:11	812	0:58	305	28:32	1:23:37
190	Jessica Nangle	401	35/200	F4044	182	9:14	150	2:10	168	41:50	736	0:54	368	29:38	1:23:44
191	Hartley Miller	522	18/105	F1519	33	7:24	58	1:46	370	45:43	555	0:43	270	28:10	1:23:45
192	Bernadette Pohl	1622	16/120	F2529	187	9:16	475	3:22	328	45:03	81	0:17	112	25:50	1:23:45
193	Anna-Marie Benson	322	22/142	F4549	376	10:29	362	3:01	178	42:09	1017	1:15	183	26:56	1:23:48
194	Megan O'Mullane	425	36/200	F4044	281	9:54	197	2:26	313	44:44	796	0:58	119	25:56	1:23:55
195	Krista Cook	1646	34/226	F3034	80	8:12	532	3:31	256	43:38	21	0:13	287	28:23	1:23:56
196	Sierra Winegarner	152	35/226	F3034	25	7:16	127	2:03	258	43:41	379	0:34	436	30:34	1:24:06
197	Kate Gallaway	1077	36/226	F3034	29	7:23	307	2:50	211	42:51	789	0:57	410	30:20	1:24:18
198	Donna Pierce	148	17/120	F2529	35	7:25	207	2:28	194	42:25	802	0:58	467	31:08	1:24:22
199	Pamela Boyleston	1626	23/142	F4549	562	11:28	187	2:22	125	40:33	1165	1:31	301	28:31	1:24:22
200	Sarah MASTROYANIS	1053	37/226	F3034	542	11:23	330	2:54	227	43:05	62	0:16	174	26:47	1:24:23

2019 GOLD NUGGET TRIATHLON
 May 19, 2019
 Bartlett High School - Anchorage, AK

Place	Name	Bib	Div/Tot	Div	Rank	Swim	Rank	T1	Rank	Bike	Rank	T2	Rank	Run	Time
201	Erin Norton	1500	38/226	F3034	169	9:03	395	3:08	217	42:55	958	1:11	268	28:10	1:24:24
202	Rebekah Coady	1098	39/226	F3034	835	13:01	232	2:34	111	40:06	614	0:46	259	28:02	1:24:26
203	Sarah Baldwin	1613	40/226	F3034	173	9:06	213	2:29	300	44:26	232	0:26	267	28:09	1:24:34
204	Lori Guyer	1241	10/95	F5054	841	13:04	165	2:15	181	42:11	154	0:21	173	26:46	1:24:35
205	Deanna Pruhs	1225	8/83	F5559	434	10:52	140	2:07	104	40:00	255	0:27	471	31:13	1:24:37
206	Katrina Mejia	237	37/200	F4044	473	11:04	440	3:16	156	41:20	929	1:08	246	27:54	1:24:39
207	Jeanine Madden	1498	38/200	F4044	92	8:21	249	2:37	352	45:27	613	0:46	234	27:44	1:24:52
208	Merrileigh Boring	242	24/142	F4549	96	8:25	508	3:27	293	44:22	44	0:15	290	28:27	1:24:54
209	Hazel Blum	1313	41/226	F3034	188	9:16	153	2:11	333	45:08	886	1:04	220	27:32	1:25:09
210	Rachel Odom	1385	18/120	F2529	218	9:31	424	3:13	318	44:50	174	0:22	207	27:18	1:25:12
211	Amanda Hawes	955	39/200	F4044	719	12:22	76	1:51	187	42:17	757	0:55	240	27:49	1:25:13
212	Elise Metzger	969	5/111	F1014	375	10:29	295	2:47	347	45:21	954	1:11	100	25:28	1:25:13
213	Ali Pryne	1394	19/120	F2529	843	13:05	675	3:57	151	41:07	820	0:59	130	26:09	1:25:14
214	Heidi Swanston	800	37/227	F3539	877	13:18	55	1:44	174	42:06	496	0:40	218	27:30	1:25:16
215	Kate Dodson	133	42/226	F3034	341	10:16	151	2:10	326	44:58	596	0:45	195	27:09	1:25:17
216	Jessica Jule	1223	43/226	F3034	284	9:55	567	3:37	146	41:05	814	0:59	378	29:46	1:25:19
217	Sarah Buhr	317	38/227	F3539	593	11:38	373	3:02	196	42:31	442	0:37	228	27:40	1:25:26
218	Lilian Ho	1260	39/227	F3539	143	8:52	336	2:55	228	43:07	505	0:40	386	29:55	1:25:27
219	Erin Eisses	1631	20/120	F2529	171	9:05	267	2:42	173	42:02	1135	1:27	404	30:13	1:25:28
220	Lena Krutikov	381	40/200	F4044	105	8:29	266	2:42	375	45:51	66	0:16	276	28:13	1:25:28
221	Holly Cook	1410	40/227	F3539	802	12:51	361	3:00	468	47:19	60	0:16	15	22:05	1:25:29
222	Ashley Hicks	475	19/105	F1519	464	11:01	74	1:50	285	44:16	30	0:14	274	28:12	1:25:31
223	Jordin Thompson	187	44/226	F3034	241	9:39	624	3:49	288	44:17	938	1:09	163	26:40	1:25:31
224	Sarah Ellison	340	45/226	F3034	970	13:56	45	1:40	208	42:47	8	0:12	185	26:58	1:25:31
225	Jennifer Schmidt	750	41/200	F4044	409	10:43	1082	6:00	77	39:08	761	0:55	317	28:47	1:25:32
226	Rachel Pennington	1495	46/226	F3034	495	11:10	292	2:46	220	42:58	46	0:15	293	28:28	1:25:35
227	Caroline Blair	789	42/200	F4044	261	9:46	528	3:31	255	43:38	693	0:51	245	27:53	1:25:36
228	Suzanna Caldwell	1335	47/226	F3034	236	9:38	574	3:39	297	44:23	1025	1:15	177	26:49	1:25:42
229	Amy Engeberg	1418	41/227	F3539	1031	14:25	188	2:22	127	40:34	449	0:37	238	27:46	1:25:42
230	Elizabeth Page	1036	6/111	F1014	518	11:17	69	1:49	249	43:30	49	0:15	328	28:57	1:25:46
231	Catherine Moncrief	977	11/95	F5054	84	8:15	299	2:48	238	43:19	622	0:46	442	30:43	1:25:48
232	Weather Potdevin	389	48/226	F3034	5	6:44	644	3:52	397	46:09	67	0:16	326	28:53	1:25:52
233	Jen Yach	1434	49/226	F3034	545	11:24	121	2:01	345	45:21	432	0:36	156	26:35	1:25:54
234	Heather Dekalb	95	12/95	F5054	264	9:47	85	1:52	161	41:32	640	0:47	535	32:07	1:26:03
235	Suzanne Armentrout	1226	25/142	F4549	269	9:48	203	2:27	123	40:27	1233	1:42	507	31:41	1:26:03
236	Katherine Chung	1568	50/226	F3034	58	7:53	523	3:30	296	44:23	342	0:32	380	29:50	1:26:05
237	Brianna Ramsey	1425	21/120	F2529	607	11:44	533	3:31	295	44:23	69	0:16	138	26:14	1:26:06
238	Francisca Barnett	62	42/227	F3539	467	11:02	148	2:09	216	42:55	856	1:03	332	29:01	1:26:08
239	Madeline Ramuglia	1099	51/226	F3034	140	8:49	125	2:02	289	44:17	634	0:47	406	30:16	1:26:10
240	Amy Smith	79	13/95	F5054	384	10:34	82	1:52	394	46:08	181	0:23	200	27:15	1:26:11
241	Catherine Graham	1630	52/226	F3034	737	12:27	591	3:42	242	43:21	221	0:25	141	26:19	1:26:13
242	Christina Morgan	117	53/226	F3034	421	10:46	230	2:34	319	44:52	294	0:29	224	27:34	1:26:13
243	Natasha Graham	1452	26/142	F4549	693	12:12	43	1:39	97	39:50	853	1:02	499	31:37	1:26:17
244	Nora McBride	1178	7/111	F1014	50	7:44	646	3:52	503	48:00	7	0:12	162	26:39	1:26:26
245	Caitlin Sawicki	302	54/226	F3034	402	10:40	656	3:53	360	45:34	189	0:23	121	25:58	1:26:26
246	Stephanie Whisenha	1105	22/120	F2529	815	12:55	273	2:43	137	40:52	1157	1:30	299	28:29	1:26:27
247	Summer Holt	1491	23/120	F2529	933	13:44	798	4:26	78	39:08	986	1:13	251	27:58	1:26:27
248	Sarah Nash	385	55/226	F3034	427	10:51	224	2:33	250	43:32	791	0:57	310	28:37	1:26:29
249	Amy Woodward	1202	43/200	F4044	112	8:32	352	2:59	279	44:09	322	0:31	411	30:20	1:26:29
250	Melissa Goins	1364	43/227	F3539	637	11:55	265	2:42	268	43:53	243	0:26	226	27:36	1:26:30

2019 GOLD NUGGET TRIATHLON
 May 19, 2019
 Bartlett High School - Anchorage, AK

Place	Name	Bib	Div/Tot	Div	Rank	Swim	Rank	T1	Rank	Bike	Rank	T2	Rank	Run	Time
251	Erica Livingston	493	44/227	F3539	280	9:54	287	2:46	224	43:02	697	0:51	394	30:01	1:26:32
252	Holly Fisk	531	45/227	F3539	251	9:41	34	1:36	340	45:14	908	1:06	335	29:03	1:26:39
253	Laurie Hueffer	259	44/200	F4044	513	11:15	129	2:03	362	45:36	405	0:35	210	27:21	1:26:47
254	Alexandra Caldelas	485	56/226	F3034	666	12:04	702	4:03	185	42:15	1072	1:20	204	27:16	1:26:56
255	Shoshannah Kinsler	1054	57/226	F3034	716	12:22	691	4:00	171	41:58	1327	2:04	171	26:43	1:27:05
256	Katrina Kennedy	279	24/120	F2529	491	11:09	863	4:43	202	42:41	109	0:18	281	28:16	1:27:05
257	Valerie Kern	1145	25/120	F2529	122	8:36	248	2:37	454	47:07	64	0:16	304	28:31	1:27:05
258	Naomi Gallien	150	58/226	F3034	237	9:38	166	2:15	445	46:56	54	0:16	264	28:08	1:27:11
259	Anna Straka	1393	46/227	F3539	390	10:36	666	3:55	301	44:27	1022	1:15	192	27:08	1:27:19
260	Mona Bremont	172	9/83	F5559	648	11:57	102	1:56	105	40:00	711	0:52	562	32:35	1:27:19
261	Susie Dietz	890	14/95	F5054	194	9:19	290	2:46	324	44:55	1147	1:29	323	28:52	1:27:19
262	Mary Johannes	212	10/83	F5559	548	11:24	562	3:36	257	43:38	262	0:28	284	28:20	1:27:24
263	Gloria Reyes	674	2/25	F6569	628	11:52	194	2:25	335	45:10	1049	1:18	168	26:42	1:27:24
264	Hiromi Chambers	1362	45/200	F4044	519	11:18	327	2:53	497	47:53	111	0:18	84	25:05	1:27:25
265	Reese Woodward	1204	8/111	F1014	67	8:02	423	3:12	588	49:23	192	0:23	150	26:27	1:27:26
266	Lora Jorgensen	57	15/95	F5054	448	10:56	420	3:12	121	40:16	995	1:14	519	31:51	1:27:27
267	Bethany Essary	1164	47/227	F3539	133	8:44	503	3:27	322	44:54	744	0:54	362	29:30	1:27:27
268	ELIZABETH ARTEAGA	1060	59/226	F3034	664	12:03	490	3:25	240	43:20	257	0:28	278	28:14	1:27:28
269	Claire Norton-Cruz	168	46/200	F4044	54	7:49	257	2:39	396	46:09	869	1:03	388	29:57	1:27:36
270	Kyndall Carey	893	48/227	F3539	943	13:47	849	4:38	169	41:52	57	0:16	191	27:05	1:27:36
271	Maura Black	1600	20/105	F1519	238	9:38	195	2:25	404	46:16	137	0:20	331	29:00	1:27:37
272	Jennifer Loofbourr	1549	49/227	F3539	167	9:03	560	3:35	529	48:23	362	0:33	127	26:07	1:27:38
273	Kelly Yanoshek	1061	26/120	F2529	633	11:54	720	4:08	244	43:24	122	0:19	261	28:03	1:27:46
274	Denise Singery	1375	60/226	F3034	326	10:11	741	4:12	252	43:36	1288	1:54	256	28:01	1:27:52
275	Chelsea Kovalcsik	1534	27/120	F2529	514	11:16	346	2:56	226	43:03	476	0:39	392	30:00	1:27:52
276	Jodie McPhie	1572	27/142	F4549	291	9:56	394	3:07	411	46:23	823	0:59	225	27:35	1:27:58
277	Leah Einhorn	1575	61/226	F3034	746	12:31	641	3:51	307	44:37	667	0:49	133	26:12	1:27:58
278	Kara Johnson	1085	21/105	F1519	16	7:01	233	2:34	272	43:56	24	0:13	662	34:16	1:28:00
279	Virginia Kane	875	62/226	F3034	578	11:33	975	5:19	236	43:18	651	0:48	208	27:19	1:28:15
280	Helen Carroll	179	11/83	F5559	373	10:27	183	2:21	415	46:27	452	0:37	294	28:28	1:28:18
281	Kari Wiederkehr	1184	47/200	F4044	321	10:10	145	2:08	136	40:51	672	0:49	675	34:30	1:28:27
282	Letty Hingtgen	1402	63/226	F3034	296	9:57	366	3:01	287	44:17	236	0:26	448	30:49	1:28:28
283	Kris Miller	962	16/95	F5054	849	13:09	252	2:38	223	43:01	968	1:12	303	28:31	1:28:29
284	Olive Heatwole	505	22/105	F1519	334	10:15	692	4:00	441	46:50	47	0:15	196	27:12	1:28:30
285	Heidi Schumacher	1588	9/111	F1014	1015	14:18	211	2:29	341	45:15	103	0:18	146	26:25	1:28:42
286	Danielle Penaranda	547	64/226	F3034	951	13:49	524	3:30	267	43:50	737	0:54	176	26:48	1:28:49
287	Corie Stanley	1525	48/200	F4044	729	12:25	414	3:11	282	44:12	960	1:11	248	27:57	1:28:55
288	Meghan Paulson	803	50/227	F3539	516	11:16	100	1:56	229	43:08	845	1:00	505	31:40	1:28:58
289	Kathryn Wanat	1108	28/120	F2529	635	11:54	242	2:36	317	44:50	163	0:22	348	29:19	1:28:59
290	Maggie Porter	1437	49/200	F4044	274	9:51	298	2:47	432	46:43	852	1:01	320	28:50	1:29:10
291	Melanie Dickson	774	51/227	F3539	556	11:26	836	4:35	428	46:40	302	0:30	125	26:02	1:29:11
292	Meredith Duhrsen	1455	10/111	F1014	871	13:15	305	2:49	251	43:36	133	0:20	346	29:16	1:29:13
293	Lindsey Honemann	733	65/226	F3034	712	12:21	601	3:44	376	45:51	13	0:13	193	27:08	1:29:14
294	Hannah Farr	1639	23/105	F1519	23	7:12	147	2:09	195	42:26	813	0:58	808	36:32	1:29:16
295	Bridgette Evermann	943	52/227	F3539	796	12:48	987	5:22	218	42:55	1029	1:16	182	26:56	1:29:16
296	Shari Storlie	1339	66/226	F3034	1161	15:48	399	3:08	311	44:43	126	0:19	93	25:20	1:29:17
297	Lola Woodward	1203	11/111	F1014	27	7:22	347	2:58	524	48:17	98	0:18	427	30:30	1:29:23
298	Logan Brink	770	8/51	F2024	369	10:25	447	3:18	408	46:19	226	0:25	330	28:59	1:29:24
299	Teanna Hehnlín	286	53/227	F3539	703	12:16	788	4:23	364	45:36	816	0:59	132	26:12	1:29:24
300	Katy Krings	852	54/227	F3539	837	13:03	640	3:51	353	45:27	915	1:07	124	26:01	1:29:27

2019 GOLD NUGGET TRIATHLON
 May 19, 2019
 Bartlett High School - Anchorage, AK

Place	Name	Bib	Div/Tot	Div	Rank	Swim	Rank	T1	Rank	Bike	Rank	T2	Rank	Run	Time
301	Christina Overturf	145	67/226	F3034	55	7:49	777	4:21	747	52:06	204	0:24	72	24:50	1:29:27
302	Verneese Maney	1441	28/142	F4549	1009	14:16	253	2:38	179	42:10	776	0:56	358	29:30	1:29:28
303	Elizabeth Allman	272	17/95	F5054	298	9:58	623	3:49	321	44:54	1228	1:41	341	29:10	1:29:30
304	Helena Hall	1503	18/95	F5054	499	11:12	304	2:49	419	46:30	337	0:32	300	28:30	1:29:31
305	Avery Hafele	909	12/111	F1014	13	7:00	411	3:10	417	46:29	359	0:33	545	32:22	1:29:32
306	hannah katchen	550	13/111	F1014	2	6:26	1008	5:32	592	49:25	1182	1:33	164	26:40	1:29:34
307	Emily Edwards	1063	14/111	F1014	588	11:38	491	3:25	286	44:16	1234	1:42	312	28:40	1:29:39
308	Andrea Barnes	84	55/227	F3539	801	12:50	462	3:20	369	45:42	158	0:21	217	27:29	1:29:40
309	Kalyan Westley	258	56/227	F3539	541	11:23	427	3:13	488	47:42	165	0:22	194	27:09	1:29:48
310	Sara Cleaver	896	29/120	F2529	124	8:37	808	4:28	476	47:30	661	0:48	292	28:27	1:29:48
311	Jordan Iverson	416	30/120	F2529	3	6:31	329	2:54	530	48:26	32	0:14	512	31:46	1:29:48
312	Vaness Byrd	68	57/227	F3539	77	8:10	143	2:08	475	47:29	803	0:58	464	31:07	1:29:49
313	Mo Miller	97	19/95	F5054	720	12:23	434	3:14	114	40:10	1155	1:30	560	32:34	1:29:50
314	Elizabeth Matthews	1238	31/120	F2529	650	11:58	1045	5:45	435	46:44	338	0:32	78	24:57	1:29:53
315	Dara Stull	657	15/111	F1014	138	8:49	340	2:55	399	46:12	1177	1:33	432	30:32	1:29:59
316	Kristine Hammargre	266	12/83	F5559	1013	14:17	219	2:31	276	44:06	93	0:18	319	28:50	1:30:00
317	Ashley Sundquist	1345	68/226	F3034	103	8:27	358	3:00	150	41:07	833	1:00	804	36:30	1:30:02
318	Michelle Blair	1541	69/226	F3034	164	9:02	793	4:24	490	47:44	172	0:22	307	28:35	1:30:05
319	Bonnie Nephew	596	70/226	F3034	521	11:19	433	3:14	597	49:29	153	0:21	110	25:46	1:30:06
320	Jennifer Deason	1538	50/200	F4044	923	13:41	193	2:24	197	42:32	1139	1:28	401	30:07	1:30:09
321	Cory Bryant	132	13/83	F5559	66	8:01	633	3:50	509	48:04	517	0:41	365	29:36	1:30:09
322	Madalyn Gaither	470	24/105	F1519	240	9:39	144	2:08	493	47:50	17	0:13	414	30:22	1:30:10
323	Anne Harper	176	71/226	F3034	107	8:31	563	3:36	590	49:24	106	0:18	296	28:28	1:30:15
324	HEIDI EMBLEY	1372	51/200	F4044	927	13:43	179	2:20	281	44:11	113	0:18	375	29:44	1:30:15
325	Hailey Hand	1597	25/105	F1519	745	12:31	547	3:33	292	44:20	39	0:14	374	29:44	1:30:21
326	Laura Mullin	402	14/83	F5559	436	10:53	372	3:02	460	47:13	1213	1:38	235	27:44	1:30:28
327	Emma Haddix	1450	58/227	F3539	532	11:22	339	2:55	132	40:43	598	0:45	700	34:56	1:30:40
328	Betsy Haines	202	15/83	F5559	444	10:55	457	3:19	219	42:57	962	1:11	546	32:22	1:30:41
329	Alexandra Stone	406	72/226	F3034	110	8:31	451	3:18	452	47:06	1348	2:12	369	29:39	1:30:44
330	Carol Halvorson	1527	20/95	F5054	932	13:44	487	3:24	201	42:38	1167	1:31	364	29:34	1:30:49
331	LEIGH HONIG	1514	59/227	F3539	543	11:23	380	3:04	598	49:29	82	0:17	159	26:38	1:30:49
332	Annie Krenzer	264	60/227	F3539	525	11:20	276	2:44	442	46:52	1160	1:30	295	28:28	1:30:51
333	Mary Vollendorf	76	21/95	F5054	446	10:56	396	3:08	270	43:54	1186	1:34	480	31:23	1:30:52
334	Ashley Lang	1398	52/200	F4044	442	10:55	175	2:19	645	50:19	583	0:44	172	26:43	1:30:58
335	Mary Cox	126	6/45	F6064	507	11:13	419	3:12	175	42:06	1275	1:51	566	32:39	1:30:59
336	Chelsea Sternicki	115	61/227	F3539	685	12:09	321	2:53	222	43:00	1183	1:33	495	31:33	1:31:06
337	Hannah Kornely	737	32/120	F2529	246	9:40	570	3:37	406	46:17	71	0:16	478	31:18	1:31:07
338	Isabel Hakala	1079	33/120	F2529	252	9:41	835	4:35	377	45:51	138	0:20	447	30:48	1:31:13
339	Laura Green	542	53/200	F4044	840	13:03	353	2:59	271	43:55	1252	1:45	363	29:34	1:31:13
340	Sandra Music	760	54/200	F4044	1254	17:04	8	1:14	253	43:36	1033	1:16	271	28:10	1:31:19
341	Michelle Trowbridg	1401	29/142	F4549	74	8:09	723	4:09	480	47:32	1354	2:15	350	29:20	1:31:22
342	Erica Lambers	1403	62/227	F3539	461	11:00	949	5:10	344	45:20	1286	1:54	262	28:04	1:31:26
343	Hannah Kragt	993	26/105	F1519	362	10:23	302	2:49	177	42:08	427	0:36	744	35:33	1:31:26
344	Mia Stiassny	934	16/111	F1014	470	11:03	303	2:49	550	48:44	72	0:17	309	28:36	1:31:27
345	Kristine Johnson	1535	73/226	F3034	468	11:02	119	2:00	436	46:45	943	1:10	433	30:33	1:31:27
346	Allison Devine	1278	9/51	F2024	121	8:36	350	2:59	521	48:15	90	0:17	485	31:24	1:31:29
347	Maria Cvancara	1627	27/105	F1519	51	7:45	530	3:31	832	53:55	507	0:41	109	25:40	1:31:29
348	Amy Brumbaugh	1243	30/142	F4549	677	12:08	240	2:36	481	47:32	248	0:27	321	28:50	1:31:31
349	Sue Parry	105	7/45	F6064	357	10:19	245	2:36	535	48:29	959	1:11	333	29:01	1:31:35
350	Amber Myers	1094	55/200	F4044	311	10:06	593	3:42	389	46:00	893	1:05	445	30:46	1:31:37

2019 GOLD NUGGET TRIATHLON
 May 19, 2019
 Bartlett High School - Anchorage, AK

Place	Name	Bib	Div/Tot	Div	Rank	Swim	Rank	T1	Rank	Bike	Rank	T2	Rank	Run	Time
351	Paula Taylor	1149	16/83	F5559	557	11:26	318	2:52	379	45:52	891	1:05	422	30:26	1:31:39
352	Kerry Clark	558	56/200	F4044	399	10:39	725	4:09	346	45:21	1239	1:43	383	29:52	1:31:42
353	Layla Beam	453	28/105	F1519	425	10:50	72	1:49	545	48:37	16	0:13	408	30:17	1:31:45
354	Randi Dicello	311	74/226	F3034	1181	15:58	182	2:21	306	44:35	61	0:16	311	28:39	1:31:47
355	Michelle Hensel	290	22/95	F5054	857	13:10	478	3:23	332	45:06	883	1:04	338	29:07	1:31:48
356	Dana Atkins	519	34/120	F2529	404	10:40	116	1:59	607	49:40	582	0:44	316	28:46	1:31:48
357	Elizabeth Marks	1300	75/226	F3034	125	8:39	359	3:00	309	44:39	920	1:07	672	34:24	1:31:48
358	Kathy Rumsey	816	63/227	F3539	727	12:24	95	1:55	294	44:22	603	0:45	550	32:26	1:31:51
359	Sarah Belway	1093	31/142	F4549	894	13:26	155	2:12	414	46:26	1011	1:15	308	28:36	1:31:53
360	Debra Kinn	106	8/45	F6064	668	12:05	87	1:52	290	44:19	152	0:21	604	33:21	1:31:56
361	Katherine Colquhou	373	76/226	F3034	612	11:45	317	2:51	440	46:50	89	0:17	416	30:23	1:32:05
362	Alexandra Thomas	1466	29/105	F1519	195	9:19	761	4:17	458	47:09	214	0:25	454	30:58	1:32:06
363	Sarah Morehouse	131	57/200	F4044	755	12:33	342	2:56	499	47:56	370	0:33	277	28:13	1:32:10
364	Genevieve Maurits	1059	58/200	F4044	272	9:50	626	3:49	385	45:59	179	0:23	540	32:14	1:32:12
365	Kyra Kingsbery	1524	64/227	F3539	176	9:09	415	3:11	378	45:51	95	0:18	630	33:45	1:32:13
366	Kimberly Osburn	607	65/227	F3539	487	11:08	779	4:21	387	45:59	101	0:18	428	30:30	1:32:14
367	Jamie Cookson	1187	35/120	F2529	662	12:02	650	3:52	315	44:48	383	0:34	457	31:01	1:32:15
368	Paola Kennah	1233	77/226	F3034	722	12:23	217	2:30	372	45:45	316	0:31	468	31:09	1:32:17
369	Elena Hartford	1421	36/120	F2529	449	10:56	220	2:31	413	46:26	1093	1:22	462	31:06	1:32:18
370	Heather Schoff	375	10/51	F2024	605	11:43	477	3:22	448	46:58	999	1:14	337	29:05	1:32:21
371	Sarah Kleedehn	55	3/25	F6569	863	13:13	156	2:12	392	46:05	145	0:21	434	30:34	1:32:22
372	Carolyn Harley	108	59/200	F4044	794	12:48	281	2:45	484	47:36	642	0:47	298	28:29	1:32:23
373	Nicole Clark	1519	60/200	F4044	844	13:05	332	2:54	400	46:13	193	0:23	381	29:50	1:32:24
374	Holly Herring	216	66/227	F3539	725	12:24	328	2:53	434	46:43	168	0:22	398	30:05	1:32:25
375	Kaleen Haines	963	67/227	F3539	808	12:52	496	3:26	407	46:18	1107	1:24	297	28:28	1:32:26
376	Summer Cutting	1067	61/200	F4044	680	12:08	172	2:18	260	43:46	931	1:08	596	33:09	1:32:28
377	Rachel Duffey	886	62/200	F4044	445	10:55	486	3:24	651	50:27	1266	1:48	118	25:55	1:32:28
378	Mandy LaRose	78	63/200	F4044	768	12:38	163	2:14	393	46:06	890	1:05	426	30:29	1:32:30
379	Madeleine Day	1155	30/105	F1519	431	10:51	268	2:42	365	45:37	205	0:24	584	32:58	1:32:31
380	Michelle Schwenn	85	23/95	F5054	1055	14:41	231	2:34	283	44:12	824	0:59	402	30:08	1:32:33
381	Monica Perez-Verdi	1539	32/142	F4549	175	9:07	637	3:51	492	47:45	425	0:36	475	31:16	1:32:33
382	Laura Jungreis	1091	37/120	F2529	259	9:45	694	4:01	496	47:53	399	0:35	419	30:25	1:32:36
383	Katie Myers	1012	68/227	F3539	554	11:26	736	4:11	726	51:49	51	0:15	79	24:57	1:32:36
384	Amy Hart	1113	69/227	F3539	244	9:40	349	2:59	473	47:24	861	1:03	496	31:35	1:32:38
385	Emily Austin	142	78/226	F3034	114	8:32	369	3:02	536	48:30	1058	1:19	476	31:17	1:32:38
386	Kristi Ellsworth	1369	79/226	F3034	764	12:37	961	5:14	518	48:13	177	0:22	139	26:14	1:32:38
387	Courtney Maillet	1240	80/226	F3034	484	11:08	708	4:05	433	46:43	503	0:40	400	30:06	1:32:40
388	Laura Polakowski	417	38/120	F2529	22	7:12	862	4:42	774	52:48	50	0:15	242	27:50	1:32:46
389	Ashley Adamczak	262	81/226	F3034	884	13:20	247	2:37	368	45:41	1109	1:24	377	29:45	1:32:46
390	Zoe Beiergrohnslei	1239	31/105	F1519	115	8:33	291	2:46	320	44:52	188	0:23	794	36:20	1:32:53
391	Mollee Raney	933	9/45	F6064	276	9:52	246	2:36	546	48:39	485	0:40	469	31:10	1:32:54
392	Sonja Mackey	1486	64/200	F4044	638	11:55	506	3:27	254	43:37	895	1:05	578	32:53	1:32:55
393	Rose Donlon	858	39/120	F2529	618	11:47	568	3:37	284	44:14	317	0:31	574	32:51	1:32:57
394	Mandy Morell	58	65/200	F4044	231	9:36	160	2:14	523	48:17	862	1:03	515	31:50	1:32:57
395	Kristen Lewis	487	70/227	F3539	395	10:38	885	4:49	416	46:27	587	0:44	417	30:23	1:33:00
396	Lori Deschamps	551	33/142	F4549	63	8:01	1213	7:24	589	49:24	1193	1:34	166	26:41	1:33:02
397	Leah Adint	213	82/226	F3034	412	10:44	1102	6:14	327	45:00	552	0:43	420	30:26	1:33:04
398	Kristie Fore	1095	34/142	F4549	1053	14:37	212	2:29	212	42:51	1103	1:23	513	31:46	1:33:05
399	Nicole Acena	1408	83/226	F3034	895	13:26	409	3:10	325	44:57	1051	1:18	413	30:22	1:33:11
400	Bonnie Wanat	1107	10/45	F6064	458	10:59	78	1:51	221	42:59	134	0:20	841	37:06	1:33:13

2019 GOLD NUGGET TRIATHLON
 May 19, 2019
 Bartlett High School - Anchorage, AK

Place	Name	Bib	Div/Tot	Div	Rank	Swim	Rank	T1	Rank	Bike	Rank	T2	Rank	Run	Time
401	Katrina Garner	1221	35/142	F4549	1126	15:20	404	3:09	165	41:36	435	0:37	563	32:36	1:33:16
402	Anna Sia	1235	66/200	F4044	644	11:57	599	3:43	412	46:25	534	0:42	438	30:35	1:33:20
403	Kristen Newcomer	554	71/227	F3539	714	12:21	598	3:43	395	46:09	1426	3:44	214	27:25	1:33:20
404	Renee Goentzel	1318	72/227	F3539	327	10:12	744	4:12	500	47:56	389	0:34	430	30:30	1:33:22
405	Sarah Metzger	1276	73/227	F3539	437	10:54	1033	5:40	531	48:26	586	0:44	233	27:43	1:33:25
406	Kathy Seybert	226	17/83	F5559	481	11:07	387	3:06	233	43:14	1043	1:17	686	34:46	1:33:27
407	Wendy Demers	379	24/95	F5054	447	10:56	769	4:18	513	48:09	1274	1:51	285	28:20	1:33:33
408	Jentry McWhorter	369	84/226	F3034	652	12:00	880	4:49	424	46:34	1001	1:14	329	28:58	1:33:33
409	Emily Jensen	1122	11/51	F2024	289	9:56	780	4:21	528	48:22	65	0:16	440	30:41	1:33:33
410	Rachel Stone	521	67/200	F4044	565	11:29	456	3:18	367	45:41	1300	1:56	477	31:18	1:33:41
411	Tasha Deardorff	243	74/227	F3539	846	13:06	888	4:51	402	46:15	92	0:17	345	29:15	1:33:43
412	Cindy Cooper	60	11/45	F6064	540	11:23	483	3:24	162	41:32	1037	1:17	783	36:13	1:33:47
413	Zoe Chang	1459	32/105	F1519	132	8:43	314	2:51	552	48:44	594	0:45	576	32:51	1:33:52
414	Susannah Griffith	506	33/105	F1519	211	9:26	520	3:29	683	51:05	5	0:12	373	29:44	1:33:53
415	Naomi Oakley	121	34/105	F1519	20	7:11	201	2:27	541	48:34	1176	1:32	658	34:12	1:33:54
416	Rosie Conway	1066	17/111	F1014	732	12:26	727	4:09	551	48:44	231	0:26	279	28:15	1:33:57
417	Maggie Donnelly	956	18/83	F5559	1165	15:48	376	3:03	200	42:37	680	0:50	506	31:40	1:33:58
418	Robin Cope	1470	12/45	F6064	905	13:29	476	3:22	160	41:30	1195	1:35	652	34:06	1:34:01
419	Alana Mandalapa	1556	85/226	F3034	382	10:32	606	3:46	374	45:50	199	0:24	618	33:34	1:34:02
420	Tressa Langford	394	40/120	F2529	1058	14:42	718	4:08	403	46:15	55	0:16	313	28:43	1:34:02
421	Elene Cole	1129	25/95	F5054	310	10:05	689	4:00	391	46:05	1308	1:58	530	31:57	1:34:03
422	Diane Firmani	1154	4/25	F6569	346	10:17	495	3:26	245	43:24	880	1:04	762	35:54	1:34:03
423	Rianne Campbell	1340	41/120	F2529	150	8:53	709	4:05	466	47:19	1034	1:16	557	32:33	1:34:05
424	Molly McKinley	343	68/200	F4044	971	13:56	765	4:18	275	44:05	266	0:28	482	31:23	1:34:08
425	Hannah McManus	935	86/226	F3034	367	10:25	776	4:21	384	45:57	1212	1:37	517	31:51	1:34:08
426	Debbie Paine	849	75/227	F3539	438	10:54	499	3:26	176	42:08	1153	1:30	785	36:13	1:34:09
427	Nicole Wollgast	364	87/226	F3034	649	11:58	184	2:21	724	51:47	738	0:54	198	27:13	1:34:11
428	Margaret Shalit	714	42/120	F2529	670	12:05	1084	6:02	278	44:09	916	1:07	450	30:55	1:34:16
429	Nancy Kragt	991	26/95	F5054	509	11:13	204	2:27	382	45:56	265	0:28	664	34:18	1:34:21
430	Tricia Perkins	473	19/83	F5559	602	11:42	308	2:50	463	47:15	805	0:58	503	31:39	1:34:23
431	Kiana Gates	755	12/51	F2024	439	10:54	504	3:27	512	48:07	202	0:24	501	31:38	1:34:28
432	Sidney Epperheimer	587	35/105	F1519	472	11:04	324	2:53	664	50:48	144	0:20	355	29:25	1:34:28
433	Kerry Reifel	691	27/95	F5054	555	11:26	435	3:14	354	45:30	331	0:31	635	33:50	1:34:30
434	Amelia Gilliland	1608	43/120	F2529	955	13:52	629	3:49	471	47:22	1132	1:27	260	28:02	1:34:30
435	Connie Service	881	88/226	F3034	397	10:38	550	3:34	809	53:28	27	0:14	161	26:39	1:34:31
436	Abigail Kragt	992	18/111	F1014	653	12:00	177	2:20	464	47:16	247	0:27	564	32:36	1:34:37
437	Eden Lunsford	1228	36/142	F4549	679	12:08	227	2:34	323	44:54	1114	1:25	623	33:38	1:34:37
438	Heather Dollick	1633	36/105	F1519	300	9:59	186	2:21	231	43:14	654	0:48	910	38:19	1:34:39
439	Tiffany Schuyler	1432	76/227	F3539	304	10:01	602	3:44	627	49:57	881	1:04	387	29:56	1:34:41
440	Robyn Mertz	461	13/51	F2024	1018	14:18	905	4:57	690	51:12	75	0:17	54	24:02	1:34:43
441	Hallie Peterson	362	44/120	F2529	563	11:28	554	3:34	685	51:07	1325	2:03	165	26:40	1:34:51
442	Abigail Luiken	1177	14/51	F2024	219	9:31	431	3:14	718	51:39	148	0:21	403	30:09	1:34:51
443	Pamela Jurancich	1614	89/226	F3034	339	10:15	392	3:07	203	42:41	1053	1:18	873	37:38	1:34:57
444	Laura Foster	99	28/95	F5054	766	12:37	390	3:06	337	45:14	395	0:35	619	33:34	1:35:04
445	Stacey Ledgerwood	346	69/200	F4044	1098	15:04	578	3:39	259	43:45	873	1:04	498	31:35	1:35:05
446	Margaret Young	1409	70/200	F4044	536	11:23	665	3:55	585	49:22	902	1:06	353	29:23	1:35:06
447	Gina Miller	719	37/142	F4549	579	11:33	436	3:15	608	49:41	1062	1:19	352	29:21	1:35:07
448	Molly Mingo	1304	71/200	F4044	697	12:13	397	3:08	423	46:32	612	0:45	559	32:34	1:35:11
449	Lesley Chase	1232	90/226	F3034	299	9:58	374	3:03	446	46:57	775	0:56	665	34:19	1:35:11
450	Josi Zugg	599	15/51	F2024	95	8:23	335	2:55	745	52:04	955	1:11	441	30:41	1:35:12

2019 GOLD NUGGET TRIATHLON
 May 19, 2019
 Bartlett High School - Anchorage, AK

Place	Name	Bib	Div/Tot	Div	Rank	Swim	Rank	T1	Rank	Bike	Rank	T2	Rank	Run	Time
451	Callie Jones	1469	91/226	F3034	642	11:56	760	4:17	363	45:36	1184	1:33	525	31:55	1:35:15
452	Megan Clancy	255	38/142	F4549	494	11:10	701	4:03	594	49:27	233	0:26	407	30:16	1:35:19
453	Paige Noble	541	37/105	F1519	780	12:42	500	3:26	457	47:09	790	0:57	465	31:07	1:35:19
454	Jeannette Levine	1263	92/226	F3034	876	13:17	541	3:33	623	49:53	455	0:38	257	28:01	1:35:19
455	Gina LaBar	442	93/226	F3034	1061	14:43	668	3:56	390	46:02	491	0:40	395	30:02	1:35:20
456	Jiale Turner	983	16/51	F2024	275	9:52	363	3:01	336	45:12	965	1:11	777	36:06	1:35:20
457	Shannon Morley	378	77/227	F3539	587	11:37	443	3:16	591	49:25	299	0:30	437	30:35	1:35:21
458	Stella Stoller	1595	38/105	F1519	90	8:18	333	2:54	636	50:06	298	0:30	621	33:36	1:35:22
459	Brooke Wood	1336	78/227	F3539	707	12:18	262	2:41	348	45:24	754	0:55	653	34:09	1:35:25
460	Melody Hall	229	94/226	F3034	552	11:25	255	2:38	510	48:06	162	0:22	583	32:57	1:35:27
461	Sarah Hayes	341	95/226	F3034	868	13:14	786	4:23	593	49:25	25	0:13	280	28:15	1:35:28
462	Jodie Mack	1332	79/227	F3539	504	11:13	897	4:54	572	49:06	679	0:50	360	29:30	1:35:30
463	Anna Green	932	19/111	F1014	352	10:18	283	2:45	742	52:02	10	0:12	409	30:18	1:35:33
464	Kiera Puls	687	39/105	F1519	368	10:25	400	3:09	682	51:05	41	0:14	446	30:47	1:35:38
465	Samantha Malanaphy	1531	96/226	F3034	415	10:45	584	3:40	731	51:55	771	0:56	289	28:27	1:35:40
466	Kari Dupree	217	20/83	F5559	558	11:27	875	4:47	232	43:14	604	0:45	743	35:30	1:35:41
467	Hilary Walters	868	97/226	F3034	985	14:03	800	4:26	646	50:20	315	0:31	145	26:24	1:35:42
468	Samantha Lonser	316	20/111	F1014	70	8:03	756	4:16	762	52:29	361	0:33	425	30:28	1:35:48
469	Jennifer Gates	1326	80/227	F3539	544	11:24	940	5:06	502	47:58	1366	2:21	336	29:04	1:35:50
470	Katy Green	1029	98/226	F3034	345	10:17	510	3:28	514	48:11	466	0:38	605	33:22	1:35:55
471	Katie Bozone	1130	17/51	F2024	586	11:37	511	3:28	578	49:14	1	0:10	489	31:27	1:35:55
472	Letitia Brisson	1457	39/142	F4549	228	9:36	269	2:42	310	44:41	1159	1:30	864	37:28	1:35:56
473	Sarah Palenske	663	81/227	F3539	391	10:36	277	2:44	388	46:00	1396	2:55	628	33:45	1:35:57
474	Jessica Shearer	1618	99/226	F3034	418	10:46	729	4:10	507	48:02	951	1:11	518	31:51	1:35:57
475	Molly Larmie	1100	100/226	F3034	245	9:40	628	3:49	459	47:10	1173	1:32	636	33:50	1:35:59
476	Traci Wood	382	101/226	F3034	627	11:51	927	5:03	679	51:03	229	0:26	227	27:38	1:35:59
477	Elizabeth Flores	1545	29/95	F5054	622	11:49	754	4:15	527	48:21	309	0:30	463	31:07	1:36:00
478	Annika Ostberg	857	40/105	F1519	1262	17:11	895	4:53	264	43:48	1080	1:21	325	28:52	1:36:04
479	Sue Sheard	527	21/83	F5559	864	13:13	228	2:34	398	46:11	1065	1:19	573	32:50	1:36:05
480	Amber Setlock	1071	102/226	F3034	48	7:42	678	3:58	725	51:49	922	1:07	493	31:32	1:36:06
481	Sarah King	749	45/120	F2529	696	12:13	1095	6:09	350	45:25	683	0:50	497	31:35	1:36:10
482	Heidi Glotfelty Co	1064	30/95	F5054	708	12:19	370	3:02	339	45:14	273	0:29	720	35:12	1:36:14
483	Joanna Reast	1445	22/83	F5559	998	14:10	548	3:33	149	41:06	516	0:41	823	36:46	1:36:15
484	Stephanie Mergens	1338	31/95	F5054	687	12:10	1215	7:26	455	47:08	706	0:52	315	28:44	1:36:17
485	Claire Matherne	1591	41/105	F1519	250	9:41	653	3:52	665	50:48	450	0:37	483	31:23	1:36:20
486	Stacy Dayley	1542	32/95	F5054	724	12:24	412	3:10	262	43:47	1420	3:37	607	33:25	1:36:22
487	Malia Reeg	530	42/105	F1519	260	9:45	716	4:07	658	50:42	200	0:24	494	31:33	1:36:29
488	Alison Selvik	421	40/142	F4549	942	13:47	991	5:24	543	48:35	375	0:34	273	28:12	1:36:29
489	Samantha Bristor	908	43/105	F1519	37	7:26	577	3:39	943	56:07	934	1:08	275	28:12	1:36:31
490	Mari Rueter	350	103/226	F3034	501	11:12	124	2:02	632	50:03	63	0:16	588	33:02	1:36:33
491	Megan McKay	173	104/226	F3034	520	11:18	173	2:19	557	48:48	1174	1:32	569	32:45	1:36:40
492	Erika Bennett	1038	41/142	F4549	571	11:30	258	2:40	418	46:30	390	0:34	739	35:28	1:36:41
493	LAUREN LESSARD	1296	82/227	F3539	490	11:09	712	4:06	438	46:46	722	0:53	634	33:49	1:36:41
494	Lisa Quinn	706	105/226	F3034	838	13:03	732	4:10	532	48:27	663	0:49	405	30:15	1:36:42
495	Roberta Graham	698	83/227	F3539	186	9:15	1162	6:49	487	47:40	1303	1:57	458	31:03	1:36:42
496	Mari Eaton	1032	33/95	F5054	832	13:00	551	3:34	303	44:32	1347	2:12	611	33:29	1:36:44
497	Erin Witmer	562	42/142	F4549	301	9:59	594	3:43	308	44:37	274	0:29	895	37:59	1:36:45
498	Michele Fowler	981	72/200	F4044	1194	16:07	229	2:34	469	47:21	88	0:17	423	30:27	1:36:45
499	Markie Shiflea	151	84/227	F3539	954	13:51	773	4:20	641	50:12	769	0:56	222	27:33	1:36:49
500	ALYSSA KRIER	1400	46/120	F2529	656	12:01	210	2:28	358	45:33	1036	1:17	746	35:35	1:36:52

2019 GOLD NUGGET TRIATHLON
 May 19, 2019
 Bartlett High School - Anchorage, AK

Place	Name	Bib	Div/Tot	Div	Rank	Swim	Rank	T1	Rank	Bike	Rank	T2	Rank	Run	Time
501	Claire Torbensen-A	898	43/142	F4549	949	13:49	603	3:45	291	44:20	982	1:13	639	33:54	1:36:58
502	MEL CHAPMAN	1530	34/95	F5054	510	11:13	382	3:05	371	45:44	182	0:23	810	36:35	1:36:59
503	Vanessa Vetsch	1641	85/227	F3539	285	9:55	494	3:26	869	54:34	1205	1:37	219	27:32	1:37:01
504	Molly McBride	1179	21/111	F1014	119	8:34	417	3:12	1024	57:52	278	0:29	186	26:59	1:37:04
505	Afton milliman	476	44/105	F1519	338	10:15	638	3:51	883	54:46	275	0:29	239	27:46	1:37:05
506	Jackie Neal	1387	44/142	F4549	786	12:44	488	3:24	410	46:21	792	0:57	625	33:40	1:37:05
507	Megan Carlson	1316	86/227	F3539	307	10:03	988	5:23	568	49:03	159	0:21	543	32:17	1:37:05
508	Elizabeth Mar THOM	1438	106/226	F3034	658	12:01	378	3:04	206	42:45	980	1:13	907	38:12	1:37:13
509	Zola Sayers-Fay	517	45/105	F1519	271	9:49	559	3:35	615	49:49	408	0:36	614	33:32	1:37:19
510	Rachel Graham	165	107/226	F3034	128	8:42	464	3:20	706	51:26	926	1:08	571	32:48	1:37:21
511	Jaylee Brendel	811	108/226	F3034	1180	15:57	338	2:55	643	50:17	319	0:31	236	27:44	1:37:22
512	Ilene Clemens	636	109/226	F3034	200	9:22	663	3:54	567	49:02	896	1:05	651	34:04	1:37:26
513	Wendy Gorski	1392	87/227	F3539	792	12:46	337	2:55	421	46:31	704	0:52	671	34:24	1:37:26
514	Alexxa Schubert	501	46/105	F1519	931	13:43	585	3:40	776	52:50	195	0:23	180	26:52	1:37:27
515	Alice Johnston	1153	47/120	F2529	903	13:29	939	5:05	674	50:59	548	0:43	199	27:14	1:37:28
516	Josephine Beard	320	73/200	F4044	645	11:57	428	3:14	564	49:00	237	0:26	579	32:53	1:37:28
517	Melody Eickmann	1513	45/142	F4549	1039	14:29	515	3:29	555	48:47	210	0:25	412	30:21	1:37:29
518	Chelsea Rhodes	1473	110/226	F3034	675	12:07	608	3:46	606	49:39	420	0:36	487	31:25	1:37:31
519	Patricia O'Gorman	136	1/11	F7074	573	11:31	280	2:45	477	47:31	280	0:29	722	35:17	1:37:31
520	Malaika Tesson	635	111/226	F3034	216	9:30	406	3:10	561	48:53	944	1:10	697	34:52	1:37:32
521	Jinna Cooper	66	35/95	F5054	983	14:02	113	1:59	356	45:32	1131	1:27	679	34:36	1:37:34
522	Rebekah Jensen	1121	18/51	F2024	798	12:49	459	3:19	701	51:21	34	0:14	389	29:58	1:37:40
523	Emily Bendelewski-	1488	112/226	F3034	625	11:50	422	3:12	204	42:41	1021	1:15	935	38:49	1:37:46
524	Liz Turner	1511	113/226	F3034	919	13:40	555	3:34	644	50:17	400	0:35	372	29:43	1:37:47
525	Katarzyna Michon	1111	88/227	F3539	763	12:36	461	3:20	581	49:16	213	0:25	541	32:15	1:37:49
526	Jessica Ossenkop	334	114/226	F3034	1214	16:23	181	2:20	526	48:21	141	0:20	429	30:30	1:37:52
527	Celia Rozen	1566	13/45	F6064	681	12:09	516	3:29	516	48:12	1158	1:30	561	32:35	1:37:52
528	Isabella Anderson	1563	47/105	F1519	57	7:52	573	3:38	796	53:19	239	0:26	567	32:40	1:37:53
529	Brooke Wagner	783	22/111	F1014	360	10:20	565	3:36	754	52:12	194	0:23	486	31:25	1:37:54
530	Madison Vania	1309	48/120	F2529	441	10:55	310	2:50	483	47:36	1073	1:20	726	35:20	1:37:58
531	Echo McDonald	1454	23/83	F5559	735	12:27	676	3:57	263	43:48	1220	1:39	781	36:10	1:37:59
532	Lubava Wessels	96	48/105	F1519	759	12:35	466	3:20	681	51:04	424	0:36	421	30:26	1:38:00
533	Avery Kornstad	538	19/51	F2024	1164	15:48	714	4:07	474	47:25	720	0:53	382	29:51	1:38:01
534	Nadia Anders	434	46/142	F4549	1043	14:30	682	3:59	575	49:11	1067	1:19	339	29:08	1:38:04
535	Dianna Clemetson	191	36/95	F5054	340	10:16	284	2:45	534	48:29	1013	1:15	733	35:25	1:38:08
536	Sarah Jensen	1120	37/95	F5054	934	13:44	630	3:49	582	49:21	36	0:14	459	31:05	1:38:12
537	Kelly Foreman	1125	38/95	F5054	549	11:25	636	3:51	649	50:23	197	0:23	537	32:13	1:38:13
538	Lauren Hundrup	423	115/226	F3034	479	11:06	819	4:31	357	45:32	1012	1:15	767	35:57	1:38:19
539	Fabiola Garassino	1230	116/226	F3034	823	12:57	534	3:31	573	49:08	129	0:20	551	32:26	1:38:20
540	Karen Divelbiss	483	24/83	F5559	710	12:20	425	3:13	580	49:16	458	0:38	585	32:58	1:38:23
541	Kathryn Duder	74	74/200	F4044	227	9:34	351	2:59	361	45:35	216	0:25	990	40:02	1:38:34
542	Maryann Hoke	914	117/226	F3034	1192	16:06	812	4:29	478	47:31	665	0:49	371	29:43	1:38:36
543	Kristen Collins	1197	49/120	F2529	614	11:46	484	3:24	794	53:14	234	0:26	379	29:48	1:38:36
544	Madeline Troxell	685	49/105	F1519	805	12:51	903	4:56	766	52:35	100	0:18	255	28:01	1:38:39
545	Johnna Minemyer	184	89/227	F3539	911	13:35	1039	5:42	366	45:40	401	0:35	597	33:11	1:38:41
546	Lilia Sullivan	1320	47/142	F4549	639	11:55	309	2:50	409	46:20	276	0:29	845	37:10	1:38:42
547	Reyna Moore	441	50/105	F1519	706	12:18	365	3:01	836	53:58	76	0:17	343	29:12	1:38:45
548	Teresa Mattson	1188	90/227	F3539	909	13:34	722	4:09	579	49:16	307	0:30	479	31:21	1:38:48
549	Grace Conway	1065	23/111	F1014	221	9:32	764	4:17	444	46:55	595	0:45	860	37:23	1:38:50
550	Audrey Alstrom	1548	91/227	F3539	811	12:54	509	3:28	609	49:42	1221	1:39	470	31:12	1:38:52

2019 GOLD NUGGET TRIATHLON
 May 19, 2019
 Bartlett High School - Anchorage, AK

Place	Name	Bib	Div/Tot	Div	Rank	Swim	Rank	T1	Rank	Bike	Rank	T2	Rank	Run	Time
551	Tamara Freystone	642	20/51	F2024	938	13:45	1171	6:52	563	48:59	31	0:14	342	29:11	1:38:59
552	Bella Barrows	92	92/227	F3539	498	11:11	250	2:37	866	54:31	155	0:21	415	30:23	1:39:01
553	Sara Hadden	1097	75/200	F4044	440	10:54	256	2:39	520	48:15	677	0:50	798	36:26	1:39:01
554	Rose Van Hemert	161	2/11	F7074	1067	14:44	223	2:32	482	47:34	70	0:16	642	33:58	1:39:03
555	Jyll Green	974	48/142	F4549	477	11:05	243	2:36	422	46:32	1226	1:40	850	37:12	1:39:04
556	Sami Glascott	640	49/142	F4549	778	12:41	176	2:19	554	48:47	211	0:25	705	34:59	1:39:09
557	Malia Klein	284	76/200	F4044	733	12:26	546	3:33	877	54:43	1006	1:15	205	27:16	1:39:11
558	Kimberly Metzger	968	39/95	F5054	1030	14:25	617	3:48	447	46:58	1096	1:22	568	32:42	1:39:12
559	Carla Erickson	1194	50/142	F4549	426	10:51	759	4:17	586	49:22	1229	1:41	590	33:04	1:39:13
560	Janet Smalley	814	5/25	F6569	772	12:39	566	3:37	431	46:42	253	0:27	773	36:02	1:39:26
561	Angela Astle	52	51/142	F4549	1138	15:28	621	3:48	465	47:18	1227	1:41	472	31:13	1:39:26
562	Linnea Cafmeyer	486	118/226	F3034	1025	14:24	1115	6:18	383	45:56	822	0:59	524	31:55	1:39:30
563	Chelsea Springer	1521	21/51	F2024	387	10:35	564	3:36	748	52:06	493	0:40	565	32:36	1:39:31
564	Renee Gregory	707	77/200	F4044	262	9:46	341	2:56	631	50:02	700	0:51	770	35:58	1:39:31
565	Kristen Bearden	1526	119/226	F3034	1072	14:46	681	3:59	699	51:17	615	0:46	324	28:52	1:39:38
566	Ann Lovejoy	319	52/142	F4549	180	9:12	597	3:43	662	50:45	838	1:00	708	35:00	1:39:39
567	PHILLIPIA HOLNESS	465	25/83	F5559	1019	14:19	446	3:17	508	48:02	912	1:07	586	32:59	1:39:42
568	Carla Churchman	1352	78/200	F4044	1049	14:34	1133	6:27	373	45:48	1393	2:53	396	30:03	1:39:42
569	Emily Schnell	1544	120/226	F3034	1011	14:17	669	3:56	472	47:24	1360	2:18	514	31:49	1:39:42
570	Rebecca Venot	1317	93/227	F3539	590	11:38	677	3:57	427	46:38	717	0:52	817	36:41	1:39:45
571	Amy Alderfer	1314	79/200	F4044	640	11:55	699	4:02	549	48:43	169	0:22	688	34:46	1:39:47
572	Monique Rapuzzi	1428	80/200	F4044	293	9:57	715	4:07	470	47:22	1418	3:34	696	34:52	1:39:50
573	Michelle Vlah	431	40/95	F5054	268	9:48	983	5:20	504	48:01	1083	1:21	734	35:25	1:39:54
574	Rianna Titus	545	51/105	F1519	655	12:00	467	3:20	805	53:26	56	0:16	452	30:56	1:39:55
575	Anne-Marie Droege	1462	22/51	F2024	482	11:07	312	2:50	678	51:02	97	0:18	681	34:40	1:39:56
576	CECILIA FRANKO	851	50/120	F2529	592	11:38	445	3:17	401	46:15	585	0:44	898	38:05	1:39:57
577	Savonna Rygh	978	24/111	F1014	515	11:16	430	3:14	584	49:22	1189	1:34	680	34:37	1:40:01
578	Dawn Humenik	308	53/142	F4549	908	13:31	997	5:26	330	45:05	719	0:52	716	35:09	1:40:01
579	Caroline Kirby	1128	94/227	F3539	860	13:11	364	3:01	600	49:32	714	0:52	608	33:27	1:40:01
580	Lauren Gaither	471	23/51	F2024	526	11:20	154	2:12	603	49:37	842	1:00	765	35:56	1:40:02
581	Diane Brozovsky	832	26/83	F5559	497	11:11	549	3:34	548	48:43	327	0:31	784	36:13	1:40:09
582	Sara Warrick	1001	51/120	F2529	581	11:36	259	2:40	273	44:03	686	0:50	1026	41:05	1:40:13
583	Dayle Kodama	1449	54/142	F4549	647	11:57	767	4:18	566	49:02	933	1:08	638	33:54	1:40:17
584	Lindsay Wackowski	769	121/226	F3034	486	11:08	768	4:18	843	54:03	807	0:58	384	29:53	1:40:17
585	Ashly Beckes	1640	122/226	F3034	1012	14:17	285	2:45	539	48:31	1054	1:18	612	33:29	1:40:19
586	Alicia Vernon	72	55/142	F4549	429	10:51	282	2:45	610	49:44	578	0:44	789	36:17	1:40:19
587	Amanda Thomas	1003	52/105	F1519	967	13:55	367	3:01	511	48:07	1092	1:22	643	33:59	1:40:21
588	Staci Fieser	1014	81/200	F4044	944	13:47	841	4:36	571	49:04	786	0:57	531	32:00	1:40:22
589	Bronwyn Haynes	588	41/95	F5054	1354	19:46	421	3:12	299	44:25	975	1:12	521	31:53	1:40:26
590	Bailey Epperheimer	586	53/105	F1519	459	10:59	463	3:20	948	56:15	118	0:19	367	29:37	1:40:28
591	Chanda File	411	52/120	F2529	403	10:40	882	4:49	553	48:44	977	1:12	714	35:05	1:40:29
592	Linnea Ward	1555	123/226	F3034	156	8:58	861	4:42	709	51:32	1187	1:34	633	33:49	1:40:33
593	Hannah Iverson	422	53/120	F2529	34	7:25	450	3:18	822	53:42	190	0:23	753	35:47	1:40:34
594	Melani Huckabay	1265	56/142	F4549	889	13:23	505	3:27	517	48:13	648	0:48	690	34:47	1:40:36
595	Beta Rae Thompson	352	124/226	F3034	952	13:50	448	3:18	565	49:01	759	0:55	617	33:34	1:40:36
596	Tapia Stover	1447	95/227	F3539	867	13:14	1026	5:37	331	45:06	201	0:24	790	36:18	1:40:36
597	Rena Kornstad	712	57/142	F4549	508	11:13	465	3:20	842	54:02	1077	1:20	443	30:44	1:40:38
598	Danae Davis	1573	27/83	F5559	594	11:38	264	2:41	855	54:12	318	0:31	502	31:39	1:40:40
599	Esther Hayes	982	82/200	F4044	1093	15:01	627	3:49	501	47:57	858	1:03	580	32:53	1:40:42
600	Casey Foss	155	54/120	F2529	575	11:32	202	2:27	771	52:45	238	0:26	624	33:39	1:40:46

2019 GOLD NUGGET TRIATHLON
 May 19, 2019
 Bartlett High School - Anchorage, AK

Place	Name	Bib	Div/Tot	Div	Rank	Swim	Rank	T1	Rank	Bike	Rank	T2	Rank	Run	Time
601	Jessica Willis	1173	58/142	F4549	580	11:33	894	4:52	420	46:31	1264	1:48	775	36:06	1:40:49
602	Patrice Vermillion	1635	14/45	F6064	591	11:38	426	3:13	491	47:44	1206	1:37	816	36:41	1:40:51
603	Brittany Keener	1024	96/227	F3539	1167	15:49	795	4:25	241	43:21	835	1:00	791	36:18	1:40:51
604	Rachel Kidwell	432	125/226	F3034	1054	14:38	704	4:04	692	51:14	339	0:32	424	30:27	1:40:53
605	Madelin Lowen	658	25/111	F1014	784	12:44	580	3:40	923	55:41	758	0:55	249	27:58	1:40:55
606	Yereth Rosen	1581	15/45	F6064	408	10:43	974	5:19	695	51:15	1272	1:50	522	31:54	1:40:59
607	Freya Janssen	1570	97/227	F3539	906	13:30	878	4:48	637	50:08	413	0:36	534	32:06	1:41:06
608	Molly Cornish	526	55/120	F2529	485	11:08	348	2:59	891	54:51	146	0:21	520	31:51	1:41:07
609	Shauna Crawford	1337	56/120	F2529	962	13:53	959	5:13	599	49:29	112	0:18	548	32:23	1:41:15
610	Lia Keller	54	83/200	F4044	318	10:09	357	3:00					803	36:30	1:41:16
611	Brenda Noble	390	42/95	F5054	1024	14:23	1086	6:04	630	50:01	1163	1:31	351	29:20	1:41:17
612	Susan Bishop	271	16/45	F6064	888	13:22	1125	6:23	621	49:51	1312	1:59	376	29:45	1:41:19
613	Crystal Kappelman	838	84/200	F4044	968	13:55	1367	11:07	349	45:24	1336	2:06	322	28:51	1:41:20
614	Beth Roth	326	28/83	F5559	743	12:30	251	2:37	757	52:17	840	1:00	587	33:01	1:41:24
615	Ilana Weisberg	650	24/51	F2024	1017	14:18	306	2:50	815	53:33	558	0:43	399	30:05	1:41:26
616	Benay Carrillo	1583	126/226	F3034	858	13:10	343	2:56	714	51:35	268	0:28	606	33:25	1:41:33
617	Michelle Taylor	684	57/120	F2529	850	13:09	1002	5:29	533	48:28	1136	1:27	589	33:03	1:41:34
618	Kaylee Merrill	967	54/105	F1519	669	12:05	408	3:10	666	50:49	501	0:40	698	34:54	1:41:35
619	Brittany Pearson	878	127/226	F3034	535	11:22	896	4:54	808	53:27	687	0:50	460	31:05	1:41:36
620	Abbey Brau	824	128/226	F3034	52	7:46	1012	5:34	338	45:14	1378	2:28	1011	40:37	1:41:37
621	Jill Evoy	713	98/227	F3539	1150	15:35	1000	5:27	619	49:49	1079	1:21	357	29:28	1:41:38
622	Amy Nicolet	1181	85/200	F4044	496	11:11	429	3:14	604	49:37	508	0:41	837	37:02	1:41:42
623	Jillian Ladegard	543	99/227	F3539	511	11:13	832	4:34	777	52:50	1441	6:38	155	26:30	1:41:44
624	Bethany Zellmer	964	86/200	F4044	512	11:14	1220	7:31	386	45:59	173	0:22	818	36:41	1:41:45
625	Ginni Burbridge	571	17/45	F6064	331	10:12	471	3:21	668	50:52	149	0:21	839	37:06	1:41:50
626	April Johnson	1086	59/142	F4549	813	12:54	473	3:21	515	48:12	260	0:28	831	36:57	1:41:50
627	Jo Ballagh	1294	129/226	F3034	961	13:52	693	4:01	274	44:04	1416	3:24	809	36:34	1:41:53
628	Kristen Rodriguez	1224	100/227	F3539	631	11:54	843	4:36	1021	57:49	1204	1:37	122	26:00	1:41:53
629	Lindsey Ingram	300	101/227	F3539	624	11:49	389	3:06	722	51:42	1289	1:54	613	33:31	1:42:00
630	Debbie Folk	1174	87/200	F4044	676	12:07	481	3:23	702	51:22	251	0:27	685	34:45	1:42:02
631	Mary Mitchell	882	58/120	F2529	178	9:10	873	4:46	1027	57:59	85	0:17	385	29:53	1:42:04
632	Jillian Roberts	1510	102/227	F3539	389	10:36	552	3:34	854	54:11	780	0:56	572	32:49	1:42:04
633	Linnzi Doerr	980	103/227	F3539	825	12:57	1025	5:37	851	54:07	1152	1:30	247	27:56	1:42:05
634	Noel Strick	1056	60/142	F4549	795	12:48	848	4:38	814	53:32	96	0:18	453	30:57	1:42:11
635	Anna Kardashyan	1611	26/111	F1014	336	10:15	1093	6:07	882	54:45	18	0:13	449	30:54	1:42:13
636	Kylie Duby	1148	59/120	F2529	1243	16:54	556	3:34	537	48:30	909	1:06	542	32:15	1:42:18
637	Lea Rueter	351	130/226	F3034	1026	14:24	432	3:14	583	49:21	119	0:19	709	35:02	1:42:18
638	Haley Harmon	1589	27/111	F1014	569	11:30	323	2:53	772	52:45	130	0:20	699	34:54	1:42:20
639	Michelle Cason	1381	131/226	F3034	1238	16:50	923	5:03	540	48:32	1388	2:43	347	29:18	1:42:23
640	Jennifer Wagner	1052	43/95	F5054	407	10:42	388	3:06	453	47:06	1134	1:27	992	40:06	1:42:24
641	Lorelei Hass	1605	44/95	F5054	761	12:35	713	4:07	443	46:52	1369	2:23	805	36:31	1:42:26
642	Joan Nelson	1050	29/83	F5559	988	14:05	553	3:34	298	44:23	1047	1:18	951	39:09	1:42:27
643	Ana Kroona	813	55/105	F1519	941	13:46	613	3:47	429	46:40	1002	1:14	842	37:07	1:42:33
644	Lena Lawhead	979	88/200	F4044	783	12:44	575	3:39	451	47:05	300	0:30	933	38:46	1:42:42
645	Julie Aloysius	1251	61/142	F4549	740	12:29	816	4:30	1008	57:29	832	1:00	203	27:16	1:42:42
646	Rebekah Land	1168	104/227	F3539	312	10:06	345	2:56	1014	57:39	430	0:36	488	31:26	1:42:42
647	Elizabeth Parsons	883	60/120	F2529	830	12:59	1177	6:58	743	52:03	668	0:49	391	29:59	1:42:45
648	Alison McCarrey	1483	89/200	F4044	620	11:47	522	3:30	569	49:04	941	1:09	854	37:18	1:42:46
649	Jill Faudree	263	45/95	F5054	559	11:27	881	4:49	405	46:16	305	0:30	977	39:47	1:42:48
650	Jessica Molyneux	472	105/227	F3539	935	13:45	1010	5:33	381	45:54	1294	1:55	751	35:43	1:42:48

2019 GOLD NUGGET TRIATHLON
 May 19, 2019
 Bartlett High School - Anchorage, AK

Place	Name	Bib	Div/Tot	Div	Rank	Swim	Rank	T1	Rank	Bike	Rank	T2	Rank	Run	Time
651	Theresa Feeley-Sum	633	106/227	F3539	643	11:56	1034	5:41	779	52:53	310	0:30	516	31:50	1:42:48
652	Riann Anderson	1119	25/51	F2024	751	12:32	190	2:23	865	54:31	107	0:18	594	33:07	1:42:49
653	Ruth O'Neal	491	61/120	F2529	69	8:03	755	4:15	1011	57:35	224	0:25	558	32:34	1:42:50
654	Jenna Gilliland	539	62/120	F2529	608	11:44	452	3:18	587	49:23	393	0:35	890	37:54	1:42:52
655	Katherine Puls	686	56/105	F1519	134	8:46	855	4:40	997	57:16	104	0:18	528	31:55	1:42:54
656	Ava Von Gemmingen	1110	28/111	F1014	322	10:10	313	2:51	763	52:31	14	0:13	851	37:16	1:42:59
657	Ilona van der Ven	667	63/120	F2529	242	9:39	942	5:06	556	48:48	474	0:39	938	38:52	1:43:02
658	Rachel Scott	1219	132/226	F3034	1003	14:13	710	4:05	670	50:57	453	0:37	599	33:13	1:43:03
659	Teresa Sellers	854	46/95	F5054	423	10:47	673	3:57	305	44:35	1082	1:21	1072	42:25	1:43:04
660	Annaleisa Kress	699	26/51	F2024	615	11:46	587	3:41	856	54:13	535	0:42	570	32:46	1:43:04
661	Mariah Sallee	1161	57/105	F1519	671	12:05	398	3:08	522	48:16	301	0:30	952	39:11	1:43:08
662	Lara Wayt	830	47/95	F5054	343	10:17	890	4:52	525	48:20	1197	1:35	905	38:11	1:43:12
663	MJ Motta	923	133/226	F3034	1068	14:44	208	2:28	914	55:23	482	0:39	393	30:00	1:43:13
664	Maureen Van Wagner	1215	62/142	F4549	596	11:39	1304	8:59	304	44:35	899	1:05	832	36:58	1:43:14
665	Anna Schmidt	504	58/105	F1519	1308	18:16	571	3:38	775	52:49	68	0:16	282	28:17	1:43:14
666	Whitney Andersen	1287	64/120	F2529	718	12:22	583	3:40	717	51:38	291	0:29	715	35:09	1:43:17
667	Jamie Staudinger	1346	134/226	F3034	1253	17:03	558	3:35	613	49:47	1235	1:42	474	31:14	1:43:19
668	Victoria Ables	345	90/200	F4044	1105	15:06	684	3:59	538	48:31	1097	1:22	674	34:26	1:43:21
669	Sarah Evridge	1384	135/226	F3034	872	13:16	806	4:28	639	50:10	554	0:43	694	34:51	1:43:25
670	Hannah Smith	1557	136/226	F3034	528	11:20	733	4:10	764	52:35	1216	1:38	632	33:47	1:43:28
671	Hannah Cooper	1126	65/120	F2529	317	10:07	966	5:15	810	53:28	1243	1:44	582	32:56	1:43:29
672	Deb Etheridge	240	48/95	F5054	946	13:48	444	3:16	642	50:14	1122	1:26	691	34:48	1:43:30
673	Maria Weiss	1244	27/51	F2024	641	11:56	785	4:22	910	55:17	484	0:40	484	31:24	1:43:37
674	Stephanie Ferguson	773	63/142	F4549	892	13:24	1016	5:35	697	51:16	1156	1:30	529	31:56	1:43:39
675	Heather Courrier	1288	64/142	F4549	475	11:05	1101	6:14	479	47:31	252	0:27	919	38:26	1:43:40
676	Michelle Thomas	1005	30/83	F5559	337	10:15	869	4:45	749	52:07	409	0:36	778	36:08	1:43:48
677	Grace Henry	1504	59/105	F1519	1014	14:17	489	3:25	716	51:37	423	0:36	641	33:58	1:43:51
678	Sarah Wehrmann	613	29/111	F1014	374	10:28	829	4:34	1002	57:22	19	0:13	481	31:23	1:43:58
679	Erica Carroll	1610	107/227	F3539	433	10:52	586	3:40	629	50:01	1280	1:53	872	37:37	1:44:01
680	Katherine McDonald	945	137/226	F3034	414	10:45	654	3:53	577	49:14	187	0:23	986	39:52	1:44:04
681	Alana Davis	1123	65/142	F4549	1065	14:43	385	3:06	574	49:09	219	0:25	822	36:46	1:44:07
682	Jessica Johnson	265	138/226	F3034	226	9:34	931	5:04	960	56:25	1014	1:15	526	31:55	1:44:11
683	Amy Utley	1427	49/95	F5054	776	12:41	1142	6:31	430	46:40	829	1:00	855	37:21	1:44:11
684	Natalia Lau	1172	108/227	F3539	1099	15:04	921	5:02	625	49:55	382	0:34	626	33:40	1:44:13
685	Kaitlyn O'Brien	892	66/120	F2529	709	12:20	831	4:34	426	46:36	1398	2:58	881	37:48	1:44:14
686	Claire Dorn	1325	67/120	F2529	1268	17:20	877	4:48	544	48:35	166	0:22	600	33:13	1:44:16
687	Madison Dietz Pawl	888	30/111	F1014	108	8:31	957	5:13	770	52:42	630	0:47	844	37:09	1:44:19
688	Jennifer Smith	429	109/227	F3539	1274	17:26	649	3:52	302	44:31	1411	3:15	727	35:20	1:44:21
689	Ellie Kiser	532	139/226	F3034	1247	16:57	703	4:03	652	50:30	225	0:25	553	32:29	1:44:22
690	Allison Woolfe	1540	140/226	F3034	1213	16:23	289	2:46	680	51:04	810	0:58	601	33:14	1:44:24
691	Kathryn Whelehan	1006	66/142	F4549	303	10:01	582	3:40	949	56:16	147	0:21	654	34:10	1:44:25
692	Alicia Cridge	1144	68/120	F2529	349	10:18	611	3:47	828	53:50	518	0:41	759	35:52	1:44:26
693	Natalie Foley	821	91/200	F4044	177	9:09	1020	5:35	656	50:36	1180	1:33	866	37:35	1:44:27
694	brandi white	1333	92/200	F4044	613	11:46	970	5:16	461	47:13	1166	1:31	936	38:51	1:44:35
695	Andrea Chang	1458	67/142	F4549	984	14:03	513	3:28	827	53:49	279	0:29	575	32:51	1:44:38
696	kristin kinstrey	70	110/227	F3539	129	8:42	401	3:09	1000	57:20	575	0:44	689	34:47	1:44:40
697	Laura Hartz	174	111/227	F3539	701	12:15	866	4:44	903	55:08	967	1:12	491	31:30	1:44:46
698	Chloe larson	1310	60/105	F1519	106	8:31	344	2:56	871	54:39	198	0:23	913	38:22	1:44:49
699	Danielle Knight	807	93/200	F4044	1208	16:16	1058	5:49	693	51:14	492	0:40	451	30:55	1:44:52
700	Camas Oxford	1592	61/105	F1519	750	12:32	915	4:58	941	56:04	28	0:14	466	31:07	1:44:54

2019 GOLD NUGGET TRIATHLON
 May 19, 2019
 Bartlett High School - Anchorage, AK

Place	Name	Bib	Div/Tot	Div	Rank	Swim	Rank	T1	Rank	Bike	Rank	T2	Rank	Run	Time
701	Elizabeth Edwards	989	112/227	F3539	907	13:30	199	2:26	833	53:56	223	0:25	682	34:41	1:44:57
702	Theresa Feighery	895	141/226	F3034	684	12:09	911	4:57	640	50:11	1175	1:32	786	36:13	1:45:01
703	Meagan Dutton	1058	113/227	F3539	992	14:07	438	3:15	660	50:43	78	0:17	819	36:41	1:45:01
704	Susan Bradley	1426	1/6	F7579	1051	14:35	454	3:18	672	50:58	385	0:34	747	35:38	1:45:02
705	Kayla Guerrero	1543	69/120	F2529	603	11:43	711	4:05	559	48:50	1091	1:21	948	39:09	1:45:06
706	Keena Bennett	1039	31/111	F1014	258	9:43	334	2:54	968	56:37	365	0:33	732	35:25	1:45:10
707	Brenda Bowles	403	50/95	F5054	853	13:09	645	3:52	342	45:16	1209	1:37	1038	41:25	1:45:17
708	Katie Bender	1628	114/227	F3539	253	9:41	839	4:36	795	53:18	997	1:14	806	36:32	1:45:19
709	Nicole Rogers	1481	115/227	F3539	598	11:40	521	3:29	857	54:13	1218	1:38	669	34:22	1:45:20
710	Amanda Lotz	591	142/226	F3034	400	10:39	804	4:27	793	53:14	397	0:35	800	36:28	1:45:21
711	Julie English	583	94/200	F4044	741	12:29	815	4:29	467	47:19	1111	1:24	974	39:42	1:45:22
712	Erikka Nielsen	926	143/226	F3034	480	11:07	1278	8:29	744	52:03	541	0:42	592	33:06	1:45:25
713	Emily Ross	710	32/111	F1014	865	13:13	512	3:28	985	56:57	15	0:13	500	31:38	1:45:27
714	Karen Lewis	338	116/227	F3539	505	11:13	1204	7:16	756	52:13	1008	1:15	616	33:33	1:45:27
715	Heather Huff	435	95/200	F4044	502	11:12	1120	6:20	686	51:07	1149	1:29	741	35:29	1:45:36
716	Sandra Lee	169	18/45	F6064	567	11:29	474	3:22	846	54:05	1181	1:33	719	35:11	1:45:37
717	Robyn Goff	143	117/227	F3539	980	14:00	772	4:20	713	51:35	1081	1:21	673	34:25	1:45:38
718	Grace Dietz Pawlak	889	62/105	F1519	126	8:40	1130	6:25	875	54:42	1242	1:43	656	34:12	1:45:40
719	Jennifer Wilson	745	118/227	F3539	358	10:20	1242	7:44	601	49:33	1406	3:06	706	35:00	1:45:41
720	Rebecca Agalawatta	239	96/200	F4044	454	10:58	685	3:59	800	53:22	1203	1:36	761	35:54	1:45:46
721	Dawn Carmichael	327	51/95	F5054	1170	15:52	615	3:47	314	44:45	1295	1:55	962	39:29	1:45:47
722	Chelsea McGarry	616	119/227	F3539	782	12:43	948	5:09	707	51:28	446	0:37	760	35:52	1:45:47
723	Olivia Heath	447	144/226	F3034	734	12:26	1325	9:40	595	49:27	351	0:33	629	33:45	1:45:49
724	Dena Thomas	1002	97/200	F4044	621	11:48	600	3:44	819	53:39	456	0:38	774	36:03	1:45:50
725	Bobbi Menzel	232	120/227	F3539	885	13:21	405	3:09	750	52:07	1257	1:46	740	35:28	1:45:50
726	Cynthia Worrell	1567	19/45	F6064	547	11:24	479	3:23	380	45:52	673	0:49	1156	44:28	1:45:55
727	Nicole Zuber	1306	68/142	F4549	912	13:35	472	3:21	663	50:46	1016	1:15	836	37:01	1:45:56
728	Brooklyn McCormick	496	33/111	F1014	137	8:47	368	3:02	1120	1:00:42	161	0:22	598	33:11	1:46:01
729	Michelle Moore	1182	121/227	F3539	749	12:32	828	4:33	494	47:50	847	1:01	993	40:08	1:46:02
730	Stephanie DeRaimo	296	122/227	F3539	365	10:24	526	3:30	661	50:43	117	0:19	1030	41:09	1:46:03
731	Jennifer Ungerecht	744	123/227	F3539	717	12:22	610	3:47	852	54:09	230	0:26	736	35:26	1:46:06
732	Gretchen Day	1157	31/83	F5559	812	12:54	752	4:15	614	49:48	860	1:03	904	38:09	1:46:07
733	Heather MacAlpine	1264	52/95	F5054	1141	15:29	745	4:13	727	51:51	433	0:37	644	34:00	1:46:07
734	Brodie Kimmel	1391	145/226	F3034	1119	15:15	865	4:44	765	52:35	919	1:07	556	32:31	1:46:09
735	Mariah Schierholt	1331	70/120	F2529	826	12:58	596	3:43	723	51:45	1386	2:37	718	35:10	1:46:11
736	Alexi Walker	451	34/111	F1014	787	12:45	502	3:27	859	54:16	1258	1:47	649	34:02	1:46:14
737	Megan Poulisse	1532	71/120	F2529	957	13:52	995	5:26	1049	58:33	333	0:31	250	27:58	1:46:18
738	Brandi Mangione	617	72/120	F2529	243	9:39	545	3:33	862	54:23	481	0:39	901	38:08	1:46:21
739	Sierra Sterling	1213	35/111	F1014	818	12:56	469	3:21	830	53:53	121	0:19	766	35:56	1:46:22
740	Kellee Grenier	1307	73/120	F2529	890	13:23	805	4:27	711	51:33	777	0:56	776	36:06	1:46:23
741	Jacquelyn Welge	238	124/227	F3539	700	12:14	1106	6:16	911	55:18	988	1:13	490	31:29	1:46:28
742	Cami McGhee	278	146/226	F3034	753	12:33	913	4:58	981	56:53	241	0:26	510	31:46	1:46:34
743	Asya Stivers	931	98/200	F4044	530	11:21	1317	9:29	751	52:11	410	0:36	593	33:06	1:46:41
744	Lori Wagoner	615	53/95	F5054	756	12:34	514	3:28	737	51:59	882	1:04	883	37:49	1:46:52
745	Melissa Hardesty	855	99/200	F4044	814	12:55	391	3:06	439	46:49	1039	1:17	1090	42:48	1:46:53
746	Emerson Sims	567	36/111	F1014	775	12:41	319	2:52	915	55:24	125	0:19	750	35:40	1:46:55
747	Ruth Kroona	812	54/95	F5054	829	12:59	1301	8:57	425	46:36	1027	1:16	843	37:09	1:46:55
748	Heather Whittecar	1033	28/51	F2024	432	10:52	1139	6:30	635	50:05	670	0:49	930	38:41	1:46:56
749	Julia Melson	791	100/200	F4044	976	13:58	377	3:03	698	51:16	304	0:30	906	38:11	1:46:57
750	Sarah Lowry	594	63/105	F1519	993	14:08	659	3:53	1040	58:20	38	0:14	431	30:30	1:47:04

2019 GOLD NUGGET TRIATHLON
 May 19, 2019
 Bartlett High School - Anchorage, AK

Place	Name	Bib	Div/Tot	Div	Rank	Swim	Rank	T1	Rank	Bike	Rank	T2	Rank	Run	Time
751	Valli Peterson	639	101/200	F4044	930	13:43	1134	6:27	655	50:36	709	0:52	742	35:30	1:47:06
752	Amelia Kari	500	37/111	F1014	351	10:18	539	3:32	1080	59:18	950	1:10	577	32:53	1:47:10
753	Liz Harpold	134	147/226	F3034	147	8:53	1121	6:20	969	56:40	787	0:57	670	34:22	1:47:10
754	Caitlin Turbervill	946	29/51	F2024	1117	15:13	920	5:00	605	49:38	349	0:33	826	36:52	1:47:14
755	Lisa An	998	102/200	F4044	1145	15:33	978	5:19	624	49:54	1395	2:53	622	33:38	1:47:15
756	Kimberly Resheske	1152	148/226	F3034	1201	16:11	572	3:38	450	47:01	473	0:39	981	39:49	1:47:16
757	Lori Jones	231	32/83	F5559	46	7:37	1140	6:30	876	54:42	591	0:44	884	37:49	1:47:21
758	Codi Armstrong	768	74/120	F2529	1005	14:14	525	3:30	733	51:56	170	0:22	857	37:21	1:47:22
759	Jainy Dolata	167	64/105	F1519	354	10:19	652	3:52	1052	58:39	529	0:41	637	33:52	1:47:22
760	Karen Keesecker	1258	33/83	F5559	1292	17:54	437	3:15	653	50:32	797	0:58	687	34:46	1:47:23
761	Kelly Mahay	420	103/200	F4044	1233	16:46	770	4:19	848	54:05	222	0:25	527	31:55	1:47:29
762	Kiya Gates	754	65/105	F1519	493	11:10	705	4:04	896	54:55	235	0:26	834	37:00	1:47:32
763	Karen Sallee	1160	104/200	F4044	332	10:13	687	3:59	988	57:03	1106	1:24	704	34:58	1:47:35
764	Tammy Morton	100	55/95	F5054	355	10:19	557	3:35	560	48:51	1128	1:27	1115	43:27	1:47:36
765	Linda Chang	1062	34/83	F5559	1155	15:41	824	4:33	596	49:27	1215	1:38	793	36:20	1:47:37
766	Alissa Engelby	1139	105/200	F4044	937	13:45	996	5:26	894	54:52	209	0:24	602	33:14	1:47:40
767	Deanna Bozone	1127	30/51	F2024	1172	15:53	739	4:12	648	50:23	84	0:17	830	36:57	1:47:40
768	Mya Campbell	625	38/111	F1014	478	11:06	986	5:22	1106	59:59	539	0:42	435	30:34	1:47:41
769	Elizabeth Rue	494	125/227	F3539	617	11:47	846	4:37	817	53:36	1142	1:28	787	36:16	1:47:42
770	Erin Wade	793	126/227	F3539	1151	15:35	655	3:53	677	51:02	942	1:10	782	36:10	1:47:47
771	Jackie Cason	396	35/83	F5559	824	12:57	1128	6:24	825	53:46	1391	2:51	523	31:55	1:47:51
772	Nancy Greenwell	891	36/83	F5559	292	9:56	1178	6:59	622	49:51	1296	1:56	954	39:17	1:47:57
773	Kelley Tompkins	1411	149/226	F3034	305	10:01	648	3:52	687	51:08	477	0:39	1070	42:20	1:47:58
774	Angelina Gonzales	1377	66/105	F1519	948	13:49	632	3:50	673	50:59	753	0:55	923	38:29	1:47:59
775	Rita McKenzie	651	56/95	F5054	1307	18:14	1298	8:51	505	48:02	1269	1:50	461	31:06	1:48:00
776	Jennifer Neff	822	127/227	F3539	873	13:16	924	5:03	650	50:27	1240	1:43	867	37:35	1:48:01
777	Karen Witthoeft	1571	106/200	F4044	533	11:22	651	3:52	965	56:35	766	0:56	728	35:20	1:48:03
778	Cassie Williams	248	150/226	F3034	1056	14:41	1267	8:17	700	51:20	605	0:45	591	33:04	1:48:05
779	Lydia Ames	289	151/226	F3034	936	13:45	1069	5:54	918	55:30	1045	1:17	511	31:46	1:48:11
780	Drea Owens	752	31/51	F2024	963	13:53	616	3:47	792	53:13	80	0:17	838	37:03	1:48:12
781	Donna Annone	560	57/95	F5054	994	14:08	783	4:22	618	49:49	215	0:25	969	39:35	1:48:16
782	Carolyn Easton	1371	128/227	F3539	683	12:09	1068	5:54	688	51:10	283	0:29	928	38:36	1:48:16
783	Charla Lee	1082	37/83	F5559	896	13:26	592	3:42	359	45:33	1256	1:45	1135	43:56	1:48:21
784	Tracy Ross	711	69/142	F4549	777	12:41	544	3:33	1003	57:23	249	0:27	666	34:19	1:48:21
785	Ashley Schaber	1026	129/227	F3539	839	13:03	1047	5:45	853	54:10	1120	1:25	645	34:01	1:48:23
786	Jade Simek	1358	67/105	F1519	589	11:38	152	2:11	840	54:02	115	0:19	1003	40:25	1:48:31
787	Julia Todd	1293	68/105	F1519	636	11:55	706	4:04	767	52:35	1214	1:38	916	38:23	1:48:33
788	Emily McKenzie	652	69/105	F1519	738	12:29	749	4:13	890	54:50	643	0:47	797	36:24	1:48:41
789	Lea Messelheiser	1380	107/200	F4044	1204	16:14	1048	5:46	638	50:09	1061	1:19	721	35:17	1:48:43
790	Madgell Moore	1406	152/226	F3034	560	11:28	274	2:43	898	54:59	1282	1:53	877	37:44	1:48:44
791	Debbie Corral	113	6/25	F6569	845	13:06	293	2:47	612	49:46	328	0:31	1082	42:40	1:48:48
792	Elaina Hveding	221	108/200	F4044	212	9:27	612	3:47	628	49:59	1130	1:27	1146	44:18	1:48:56
793	LynnAnn Tew	555	58/95	F5054	405	10:41	325	2:53	449	47:00	864	1:03	1233	47:24	1:48:59
794	Kate Bradley	497	153/226	F3034	854	13:10	845	4:37	954	56:19	151	0:21	678	34:36	1:49:00
795	Yekaterina Manyoky	1501	154/226	F3034	1035	14:27	721	4:08	1088	59:33	334	0:31	418	30:24	1:49:02
796	Suzanne Luiken	1176	38/83	F5559	1032	14:26	1019	5:35	879	54:44	127	0:19	646	34:01	1:49:04
797	Kimberly Buskirk	536	70/142	F4549	463	11:00	1156	6:42	932	55:47	1044	1:17	668	34:20	1:49:04
798	Sanjana Greenhill	104	155/226	F3034	1079	14:51	320	2:52	456	47:08	932	1:08	1106	43:08	1:49:06
799	Holly Luiken	1180	130/227	F3539	469	11:03	672	3:57	542	48:35	1315	2:01	1117	43:33	1:49:06
800	Katura Willingham	339	131/227	F3539	1114	15:10	1075	5:56	721	51:41	930	1:08	723	35:19	1:49:12

2019 GOLD NUGGET TRIATHLON
 May 19, 2019
 Bartlett High School - Anchorage, AK

Place	Name	Bib	Div/Tot	Div	Rank	Swim	Rank	T1	Rank	Bike	Rank	T2	Rank	Run	Time
801	Carrie Stanfield	1237	132/227	F3539	1016	14:18	797	4:25	919	55:32	99	0:18	684	34:41	1:49:12
802	Megan Perkins-Norg	704	39/83	F5559	874	13:16	1241	7:43	547	48:41	1249	1:44	886	37:51	1:49:13
803	Catherine Coon	553	40/83	F5559	366	10:24	278	2:45	671	50:57	972	1:12	1136	43:58	1:49:13
804	Jennifer Jackson	440	71/142	F4549	1239	16:51	536	3:32	708	51:29	666	0:49	812	36:38	1:49:16
805	Jamey Reed	1623	156/226	F3034	672	12:05	938	5:05	1101	59:50	73	0:17	539	32:14	1:49:29
806	Marina Henao	478	70/105	F1519	315	10:07	588	3:41	1249	1:05:53	196	0:23	359	29:30	1:49:31
807	Jennie Hafele	906	109/200	F4044	102	8:27	955	5:11	669	50:56	696	0:51	1140	44:10	1:49:32
808	Amber Tiamzon	619	157/226	F3034	1020	14:19	886	4:50	715	51:37	646	0:48	896	38:02	1:49:33
809	Fran Brink	772	59/95	F5054	1210	16:18	1009	5:32	495	47:52	1164	1:31	921	38:26	1:49:37
810	Genia Vasquez	666	133/227	F3539	450	10:56	917	4:59	1037	58:13	429	0:36	702	34:58	1:49:41
811	Kathleen Doherty	1353	134/227	F3539	630	11:53	1107	6:16	858	54:14	573	0:44	813	36:39	1:49:44
812	Hayley McKinney	1112	135/227	F3539	452	10:56	937	5:05	964	56:35	1334	2:06	712	35:03	1:49:44
813	Amy Oney	976	72/142	F4549	198	9:21	900	4:54	868	54:34	527	0:41	1000	40:16	1:49:45
814	Ashlee Bowman	1522	75/120	F2529	1157	15:43	1158	6:45	831	53:54	770	0:56	555	32:31	1:49:47
815	Joey Caterinichio	480	73/142	F4549	531	11:21	1127	6:24	892	54:51	368	0:33	815	36:40	1:49:48
816	Laurie Fagnani	325	41/83	F5559	987	14:03	664	3:55	704	51:24	1217	1:38	937	38:51	1:49:49
817	Kristin Butler	771	158/226	F3034	793	12:47	910	4:57	889	54:49	953	1:11	779	36:09	1:49:51
818	Karla Taylor-Welch	111	20/45	F6064	822	12:57	381	3:04	1075	59:15	208	0:24	660	34:14	1:49:52
819	Jackie Seiffert	1084	74/142	F4549	1064	14:43	743	4:12	562	48:57	1379	2:30	973	39:38	1:49:58
820	Ava Rothbarth	795	39/111	F1014	104	8:27					180	0:23	1029	41:09	1:50:01
821	Devon James	477	71/105	F1519	566	11:29	1207	7:19	864	54:27	59	0:16	811	36:38	1:50:07
822	Kate Johnson	1017	136/227	F3539	807	12:52	1044	5:44	818	53:39	269	0:28	868	37:35	1:50:16
823	Serena Outhier	1142	110/200	F4044	1123	15:17	658	3:53	873	54:40	297	0:30	771	35:58	1:50:16
824	Rosa Guerra	309	21/45	F6064	965	13:54	671	3:56	803	53:24	1283	1:53	848	37:11	1:50:17
825	Melanie Clark	1366	42/83	F5559	689	12:11	695	4:01	769	52:40	1299	1:56	966	39:33	1:50:19
826	Ryan Lundstrom	715	76/120	F2529	1002	14:12	698	4:02	837	53:59	369	0:33	871	37:37	1:50:22
827	Judy Thompson	1025	111/200	F4044	918	13:39	1001	5:29	719	51:39	1030	1:16	912	38:21	1:50:22
828	Jamie Rowley	767	159/226	F3034	799	12:50	762	4:17	738	51:59	1168	1:31	979	39:49	1:50:24
829	Diane Mohwinkel	59	2/6	F7579	861	13:11	581	3:40	498	47:55	1078	1:21	1150	44:21	1:50:26
830	Rachel Goertz	1246	137/227	F3539	881	13:19	413	3:10	946	56:12	347	0:32	852	37:16	1:50:28
831	Fiona Peichel	930	60/95	F5054	1191	16:06	928	5:04	486	47:37	1352	2:14	965	39:30	1:50:29
832	Hanna Pyune	507	72/105	F1519	457	10:59	403	3:09	1039	58:19	267	0:28	875	37:39	1:50:33
833	Kailey Gates	753	32/51	F2024	582	11:36	416	3:12	1018	57:45	203	0:24	876	37:41	1:50:36
834	Linda Wilson	1031	7/25	F6569	726	12:24	810	4:28	710	51:33	292	0:29	1051	41:44	1:50:36
835	Serena Sweet	785	138/227	F3539	699	12:14	1092	6:07	462	47:14	1387	2:37	1074	42:29	1:50:39
836	Amanda Michener	1587	73/105	F1519	810	12:53	643	3:51	1103	59:57	43	0:15	627	33:45	1:50:39
837	Caroline Peterson	1217	160/226	F3034	694	12:13	1282	8:35	626	49:57	1402	3:02	833	36:59	1:50:44
838	Calla Willett	1073	75/142	F4549	197	9:20	919	5:00	694	51:15	1237	1:43	1119	43:34	1:50:50
839	Jill Simek	1359	76/142	F4549	999	14:11	101	1:56	820	53:39	806	0:58	995	40:09	1:50:52
840	melissa Hatter	446	77/120	F2529	215	9:28	1053	5:47	802	53:24	1356	2:15	989	40:01	1:50:52
841	Ann-Chee Cheng	1423	161/226	F3034	396	10:38	847	4:38	1235	1:04:50	639	0:47	397	30:05	1:50:56
842	Patricia Cummings	377	162/226	F3034	771	12:39	1271	8:21	732	51:56	828	1:00	840	37:06	1:50:59
843	Kelli Stroh	716	43/83	F5559	1277	17:31	647	3:52	485	47:37	394	0:35	1041	41:32	1:51:03
844	DeLynn James	1354	8/25	F6569	996	14:09	728	4:09	620	49:51	355	0:33	1073	42:25	1:51:05
845	Stacey Kiekintveld	722	77/142	F4549	916	13:38	1063	5:52	797	53:19	1059	1:19	835	37:00	1:51:06
846	Jenny Um	415	163/226	F3034	1070	14:45	535	3:32	957	56:23	136	0:20	780	36:10	1:51:08
847	Kylee Dietz	360	40/111	F1014	1290	17:53	813	4:29	838	53:59	542	0:42	655	34:10	1:51:11
848	Isabella Forshee	225	78/120	F2529	601	11:42	781	4:21	959	56:23	437	0:37	917	38:24	1:51:25
849	Jill Hogan	1267	112/200	F4044	688	12:10	1197	7:13	634	50:05	1052	1:18	1014	40:44	1:51:28
850	Claire Day	1156	74/105	F1519	651	11:59	371	3:02	880	54:44	402	0:35	1034	41:13	1:51:32

2019 GOLD NUGGET TRIATHLON
 May 19, 2019
 Bartlett High School - Anchorage, AK

Place	Name	Bib	Div/Tot	Div	Rank	Swim	Rank	T1	Rank	Bike	Rank	T2	Rank	Run	Time
851	Leah Parks	1257	113/200	F4044	1347	19:27	1059	5:49	602	49:36	1090	1:21	729	35:21	1:51:33
852	Kimberly Ayek	81	164/226	F3034	928	13:43	1070	5:54	576	49:14	404	0:35	1066	42:14	1:51:38
853	Jeanne Fischer	1030	3/11	F7074	1162	15:48	605	3:45	759	52:21	242	0:26	958	39:20	1:51:39
854	Lynda Limon	277	61/95	F5054	626	11:51	1138	6:30	676	51:00	1413	3:17	943	39:04	1:51:39
855	Julie Nelson-Brown	839	114/200	F4044	1023	14:23	410	3:10	983	56:54	739	0:54	796	36:23	1:51:42
856	Skyla Hymas	510	75/105	F1519	682	12:09	735	4:11	1073	59:13	760	0:55	724	35:19	1:51:45
857	Elizabeth Percy	235	165/226	F3034	116	8:33	492	3:25	1062	58:54	293	0:29	1006	40:27	1:51:46
858	Adrianna Cahill	747	62/95	F5054	695	12:13	1046	5:45	1005	57:26	1089	1:21	713	35:04	1:51:47
859	kristin starr	1274	79/120	F2529	266	9:48	1255	8:02	952	56:18	1075	1:20	795	36:22	1:51:49
860	Nelda Dodge	1357	44/83	F5559	1416	23:13	973	5:18	243	43:24	699	0:51	946	39:07	1:51:51
861	Jaime Locke	748	115/200	F4044	1038	14:29	604	3:45	1060	58:52	1056	1:18	620	33:34	1:51:57
862	Allison Critchlow	208	139/227	F3539	476	11:05	977	5:19	931	55:47	264	0:28	960	39:21	1:51:59
863	Rennea Goff	1266	116/200	F4044	611	11:45	635	3:51	845	54:05	825	0:59	1037	41:25	1:52:02
864	Annika Langland	1171	41/111	F1014	443	10:55	898	4:54	1077	59:15	947	1:10	757	35:52	1:52:04
865	Kathryn Hoke	913	33/51	F2024	1406	21:53	679	3:58	735	51:57	817	0:59	603	33:20	1:52:05
866	karen harris	372	45/83	F5559	673	12:06	1090	6:04	1067	59:00	1394	2:53	536	32:07	1:52:08
867	Mattie Hattenburg	1330	80/120	F2529	758	12:34	1338	10:04	826	53:49	415	0:36	717	35:10	1:52:10
868	Savannah Willis	523	42/111	F1014	282	9:54	860	4:42	1082	59:26	58	0:16	889	37:54	1:52:11
869	Miranda Dordan	1165	34/51	F2024	500	11:12	667	3:56	736	51:58	1265	1:48	1112	43:19	1:52:11
870	Caye Moberg	1484	63/95	F5054	1320	18:34	730	4:10	758	52:19	483	0:40	807	36:32	1:52:13
871	Nanette Star	410	117/200	F4044	1314	18:24	879	4:49	675	50:59	497	0:40	859	37:23	1:52:13
872	Jane Sullivan	354	22/45	F6064	728	12:24	868	4:44	955	56:20	217	0:25	914	38:22	1:52:14
873	Holly Parsons	424	64/95	F5054	1036	14:28	909	4:57	734	51:56	1400	2:58	893	37:58	1:52:16
874	Jeanette Alas	996	118/200	F4044	577	11:33	867	4:44	947	56:13	1201	1:36	908	38:14	1:52:18
875	LARA VANHOOPER	661	119/200	F4044	978	14:00	620	3:48	806	53:27	530	0:42	1002	40:24	1:52:18
876	Harper Willman	1201	43/111	F1014	947	13:48	661	3:54	761	52:29	1042	1:17	1022	40:57	1:52:24
877	Jessi Morris	460	140/227	F3539	1090	14:59	840	4:36	901	55:04	306	0:30	856	37:21	1:52:28
878	Ava Austerman	902	44/111	F1014	879	13:19	686	3:59	958	56:23	850	1:01	885	37:50	1:52:30
879	Desiree Alvarez	359	120/200	F4044	997	14:09	1320	9:32	951	56:18	160	0:21	538	32:13	1:52:31
880	Laura Sis	921	121/200	F4044	1187	16:02	857	4:42	991	57:05	353	0:33	661	34:15	1:52:35
881	Gail Rust	579	46/83	F5559	1227	16:41	236	2:35	729	51:54	1057	1:18	999	40:12	1:52:38
882	Beth Baker	123	4/11	F7074	893	13:25	360	3:00	841	54:02	1127	1:26	1015	40:50	1:52:42
883	Karen Cushman	1138	23/45	F6064	1066	14:44	1077	5:57	741	52:00	417	0:36	961	39:28	1:52:43
884	Samantha Loud	274	166/226	F3034	576	11:32	1169	6:52	1141	1:01:14	468	0:38	554	32:30	1:52:44
885	Megan Maloy	1220	167/226	F3034	1184	15:59	375	3:03	1034	58:08	892	1:05	676	34:30	1:52:44
886	Julie Doepken	949	78/142	F4549	379	10:31	1198	7:13	847	54:05	961	1:11	975	39:46	1:52:44
887	melissa van dyke	1312	79/142	F4549	277	9:52	622	3:48	1155	1:01:47	371	0:33	820	36:45	1:52:44
888	Jennifer Aklestad	1016	141/227	F3539	856	13:10	1146	6:33	904	55:09	372	0:33	858	37:22	1:52:45
889	Danielle Johnson	1018	142/227	F3539	1313	18:19	696	4:01	740	52:00	715	0:52	870	37:37	1:52:47
890	Tracey Keaton	315	80/142	F4549	1179	15:57	543	3:33	936	55:54	428	0:36	825	36:50	1:52:48
891	RaeAnne Hebnes	997	143/227	F3539	820	12:57	750	4:14	1010	57:32	335	0:31	874	37:38	1:52:50
892	Aubrey Swammy	724	35/51	F2024	174	9:06	1266	8:16	1214	1:03:49	546	0:42	456	30:58	1:52:50
893	Sarah Mixsell	130	76/105	F1519	62	7:59	734	4:10	1048	58:31	324	0:31	1050	41:43	1:52:53
894	Wendy Heck	1282	65/95	F5054	1000	14:12	775	4:20	519	48:13	1231	1:41	1157	44:30	1:52:54
895	Johnna Kohl	281	81/142	F4549	123	8:37	941	5:06	984	56:57	1068	1:19	1024	40:59	1:52:56
896	Lynn Campbell	324	81/120	F2529	153	8:55	260	2:40	768	52:35	506	0:40	1251	48:08	1:52:57
897	Alexis Kaferstein	285	122/200	F4044	319	10:10	133	2:04	1063	58:57	1112	1:25	1005	40:25	1:52:59
898	Lauren Poulsen	204	168/226	F3034	788	12:45	1119	6:20	925	55:42	725	0:53	861	37:25	1:53:02
899	Leigh Wright	721	82/142	F4549	1103	15:06	918	5:00	987	57:00	381	0:34	737	35:27	1:53:04
900	Molly Wirschem	282	45/111	F1014	151	8:54	901	4:55	990	57:04	1086	1:21	1018	40:53	1:53:05

2019 GOLD NUGGET TRIATHLON
 May 19, 2019
 Bartlett High School - Anchorage, AK

Place	Name	Bib	Div/Tot	Div	Rank	Swim	Rank	T1	Rank	Bike	Rank	T2	Rank	Run	Time
901	Tanya Barnett	899	123/200	F4044	973	13:57	1076	5:57	938	55:59	1292	1:55	731	35:24	1:53:10
902	Virginia Anderson	669	24/45	F6064	774	12:40	892	4:52	654	50:36	779	0:56	1144	44:15	1:53:17
903	Alexa Blakey	862	46/111	F1014	711	12:21	844	4:36	928	55:43	1297	1:56	932	38:45	1:53:19
904	Bethany Doepken	950	47/111	F1014	529	11:21	1176	6:57	835	53:57	1063	1:19	976	39:47	1:53:20
905	Stephanie Drescher	1141	144/227	F3539	657	12:01	979	5:20	1119	1:00:40	358	0:33	695	34:52	1:53:23
906	Rhonda Lackey	756	124/200	F4044	827	12:59	1021	5:36	778	52:53	1192	1:34	1004	40:25	1:53:24
907	Carrie Dawley	203	145/227	F3539	1110	15:08	1160	6:46	908	55:16	1313	2:00	663	34:18	1:53:26
908	Sandra Lowther	568	47/83	F5559	1242	16:52	517	3:29	821	53:39	142	0:20	950	39:09	1:53:27
909	Susannah Harper	578	66/95	F5054	597	11:40	1232	7:38	844	54:05	1208	1:37	924	38:32	1:53:29
910	Lynne Keilman-Cruz	1348	48/83	F5559	1182	15:58	507	3:27	782	52:59	878	1:04	991	40:03	1:53:30
911	Olivia Sims	1502	146/227	F3539	1237	16:49	607	3:46	1133	1:01:06	110	0:18	504	31:40	1:53:38
912	Ginny Jackson	1208	147/227	F3539	466	11:02	619	3:48	860	54:18	480	0:39	1132	43:54	1:53:39
913	Kayla Peichel	929	82/120	F2529	534	11:22					1357	2:16	964	39:29	1:53:39
914	Valerie McKenney	549	25/45	F6064	600	11:42	891	4:52	659	50:42	336	0:31	1204	46:01	1:53:46
915	Abby Thomas	509	77/105	F1519	411	10:43	625	3:49	1163	1:01:58	321	0:31	824	36:49	1:53:47
916	Kadence Brinkman	276	78/105	F1519	1186	16:02	872	4:46	1196	1:02:59	653	0:48	349	29:19	1:53:52
917	Joy Bartko	1435	169/226	F3034	730	12:25	1374	11:21	1078	59:16	741	0:54	390	29:59	1:53:52
918	Avigail Curry	1638	125/200	F4044	1269	17:21	1226	7:35	811	53:29	524	0:41	693	34:50	1:53:54
919	Denise Haliczzer	837	83/142	F4549	1107	15:06	1206	7:19	689	51:10	859	1:03	955	39:18	1:53:54
920	Niccole Cleary	197	126/200	F4044	1301	18:10	1028	5:38	940	56:03	191	0:23	631	33:46	1:53:57
921	Cassandra Barsalou	871	83/120	F2529	852	13:09	1029	5:38	760	52:22	254	0:27	1071	42:24	1:53:59
922	Maggi Arend	1479	9/25	F6569	744	12:30	766	4:18	506	48:02	657	0:48	1261	48:24	1:54:00
923	Bria burningham	498	148/227	F3539	692	12:12	774	4:20	705	51:26	1403	3:02	1103	43:07	1:54:06
924	Amanda Andersen	1308	84/142	F4549	550	11:25	790	4:23	558	48:50	1253	1:45	1245	47:47	1:54:07
925	Sara Boersma	718	149/227	F3539	1121	15:16	874	4:47	849	54:06	549	0:43	956	39:19	1:54:09
926	Karen Sundberg	818	49/83	F5559	748	12:31	782	4:21	746	52:05	1154	1:30	1125	43:43	1:54:09
927	Debbie Slater	1057	170/226	F3034	406	10:41	296	2:47	667	50:52	329	0:31	1278	49:26	1:54:15
928	Sarah Wottlin	1256	150/227	F3539	981	14:01	1087	6:04	1117	1:00:33	1225	1:40	533	32:02	1:54:18
929	De-An Watkins	1404	171/226	F3034	1428	25:07	825	4:33	995	57:13	788	0:57	154	26:30	1:54:19
930	Amanda Dunlap	678	151/227	F3539	1109	15:08	821	4:32	1031	58:07	562	0:43	756	35:52	1:54:20
931	Christine Cooke	1643	127/200	F4044	887	13:22	1051	5:46	812	53:30	1198	1:35	994	40:09	1:54:20
932	Rhonda Jansen	1297	26/45	F6064	660	12:02	1064	5:52	950	56:18	1335	2:06	900	38:08	1:54:23
933	Madisen Johnson	1021	79/105	F1519	821	12:57	778	4:21	1142	1:01:15	377	0:34	730	35:24	1:54:29
934	Kari Brookover	1355	50/83	F5559	779	12:42	441	3:16	691	51:13	946	1:10	1208	46:12	1:54:30
935	Jousette Mckeel	529	152/227	F3539	1154	15:41	851	4:39	1007	57:28	270	0:28	792	36:18	1:54:32
936	Iris Rothbarth	796	48/111	F1014	255	9:42	899	4:54	1012	57:36	245	0:27	1059	41:55	1:54:32
937	Gerri Tokar-Hines	1342	128/200	F4044	789	12:46	460	3:19	785	53:02	900	1:05	1152	44:21	1:54:32
938	Laura Potter	820	51/83	F5559	248	9:40	784	4:22	647	50:22	1314	2:01	1258	48:14	1:54:37
939	Karen Loeffler	110	27/45	F6064	939	13:45	634	3:50	989	57:04	1337	2:06	892	37:57	1:54:40
940	Natalie Hopkins	1163	80/105	F1519	803	12:51	833	4:34	1127	1:00:51	326	0:31	769	35:58	1:54:43
941	Deborah Barker	829	85/142	F4549	1255	17:04	757	4:16	730	51:54	288	0:29	1028	41:07	1:54:49
942	Gretchen Wuttke	751	49/111	F1014	1116	15:12	1243	7:47	684	51:06	702	0:51	988	39:56	1:54:50
943	Kaylee Vardeman	1629	172/226	F3034	428	10:51	662	3:54	935	55:54	1084	1:21	1095	42:58	1:54:56
944	Katya Nicholson	1645	84/120	F2529	715	12:22	1192	7:07	1138	1:01:10	765	0:55	615	33:33	1:55:05
945	Lisa Herbert	570	153/227	F3539	847	13:07	1114	6:17	917	55:28	1293	1:55	911	38:20	1:55:06
946	Rebecca Koford	368	154/227	F3539	1166	15:48	614	3:47	489	47:43	1230	1:41	1212	46:16	1:55:14
947	Megan Hultquist	313	173/226	F3034	765	12:37	1191	7:06	1132	1:01:01	411	0:36	648	34:01	1:55:20
948	Ali Wykis	915	174/226	F3034	704	12:18	827	4:33	902	55:07	1255	1:45	1049	41:41	1:55:22
949	Deanna Wlad	557	67/95	F5054	1278	17:31	1122	6:21	783	53:01	277	0:29	897	38:04	1:55:24
950	Traci Bradford	938	68/95	F5054	1156	15:41	1004	5:30	437	46:46	1389	2:47	1166	44:45	1:55:27

2019 GOLD NUGGET TRIATHLON
 May 19, 2019
 Bartlett High School - Anchorage, AK

Place	Name	Bib	Div/Tot	Div	Rank	Swim	Rank	T1	Rank	Bike	Rank	T2	Rank	Run	Time
951	Vanessa McCoy	1378	50/111	F1014	1199	16:10	442	3:16	1091	59:35	354	0:33	768	35:57	1:55:28
952	Pamela Pope	988	28/45	F6064	767	12:38	1201	7:14	974	56:43	392	0:35	922	38:27	1:55:34
953	Marcia Cassino	552	69/95	F5054	1207	16:16	1015	5:35	870	54:37	1117	1:25	878	37:44	1:55:35
954	Katherine Oâ€™Grad	1117	10/25	F6569	736	12:27	926	5:03	788	53:10	498	0:40	1145	44:18	1:55:36
955	Vera Hershey	1022	5/11	F7074	1396	21:17	935	5:05	1013	57:37	616	0:46	455	30:58	1:55:41
956	Sharon Holland	1074	52/83	F5559	1185	15:59	852	4:39	823	53:44	128	0:19	1025	41:03	1:55:42
957	Emily Cooper	1262	175/226	F3034	120	8:35	1143	6:32	1174	1:02:19	540	0:42	882	37:48	1:55:54
958	Autumn Smith	1231	176/226	F3034	910	13:35	1183	7:02	953	56:18	464	0:38	918	38:24	1:55:55
959	Jamie Woodall	1349	36/51	F2024	616	11:46	222	2:32	1171	1:02:12	206	0:24	945	39:05	1:55:57
960	Anita Koelsch	688	81/105	F1519	1230	16:43	1027	5:37	1134	1:01:07	171	0:22	544	32:22	1:56:09
961	Julia Sadowski	219	86/142	F4549	770	12:39	1237	7:41	1044	58:26	801	0:58	801	36:29	1:56:10
962	Jennifer Whisenhan	1106	70/95	F5054	902	13:29	690	4:00	657	50:36	1254	1:45	1215	46:23	1:56:10
963	Trudy Keller	53	6/11	F7074	966	13:54	814	4:29	944	56:12	367	0:33	1031	41:11	1:56:17
964	Kaley Espindola	328	155/227	F3539	385	10:34	883	4:49	1105	59:57	925	1:08	984	39:50	1:56:17
965	Shelby Bates	430	82/105	F1519	1175	15:55	789	4:23	1095	59:43	844	1:00	725	35:20	1:56:18
966	Amy Hatter	448	83/105	F1519	1252	17:02	1196	7:12	1045	58:27	978	1:13	552	32:26	1:56:18
967	Ashley Arehart	725	156/227	F3539	1027	14:24	1230	7:37	973	56:42	581	0:44	828	36:56	1:56:22
968	Cassie Ostrander	400	157/227	F3539	561	11:28	275	2:43	781	52:56	1247	1:44	1242	47:37	1:56:26
969	Laura Orenga De Ga	484	177/226	F3034	898	13:27	1117	6:18	886	54:48	841	1:00	1020	40:55	1:56:27
970	Abby Tiedemann	735	158/227	F3539	1041	14:29	968	5:16	728	51:53	551	0:43	1142	44:11	1:56:29
971	Caris C Pemberton	680	51/111	F1014	1130	15:22	1052	5:47	799	53:21	913	1:07	1021	40:57	1:56:31
972	Sage Dixon	511	84/105	F1519	1133	15:24	822	4:33	934	55:53	53	0:15	1010	40:32	1:56:34
973	Leah English	584	85/105	F1519	209	9:24	753	4:15	1102	59:53	607	0:45	1069	42:19	1:56:34
974	Sara Fortin	778	159/227	F3539	1160	15:45	1041	5:43	888	54:48	752	0:55	968	39:34	1:56:44
975	Jaclyn Tappen	1222	85/120	F2529	1383	20:57	962	5:14	1079	59:17	376	0:34	444	30:45	1:56:45
976	Arianna Espindola	987	52/111	F1014	1333	19:04	850	4:39	1233	1:04:43	207	0:24	252	27:58	1:56:46
977	Parveen Murray	1642	160/227	F3539	517	11:16	354	3:00	982	56:54	716	0:52	1167	44:46	1:56:46
978	Jessy Hilliard	75	161/227	F3539	760	12:35	726	4:09	912	55:19	1241	1:43	1102	43:07	1:56:51
979	Sierra Willis	524	53/111	F1014	921	13:40	1031	5:39	1081	59:22	131	0:20	888	37:54	1:56:54
980	Katie Thibault	1008	162/227	F3539	492	11:09	993	5:25	961	56:26	839	1:00	1096	42:59	1:56:57
981	Chris Wendler	804	129/200	F4044	1189	16:05	1055	5:48	1167	1:02:01	631	0:47	547	32:22	1:57:00
982	Stacy Tronnier	717	86/120	F2529	646	11:57	700	4:03	1192	1:02:51	441	0:37	869	37:35	1:57:00
983	Kelsey Reifel	692	54/111	F1014	564	11:28	1341	10:09	801	53:23	906	1:06	1023	40:58	1:57:02
984	Jennifer Moore	297	71/95	F5054	370	10:25	854	4:40	999	57:18					1:57:05
985	Tanya McGhee	275	178/226	F3034	1001	14:12	1155	6:41	980	56:52	489	0:40	931	38:42	1:57:05
986	Jillian Fellman	138	130/200	F4044	819	12:57	943	5:06	977	56:49	641	0:47	1042	41:33	1:57:10
987	Lindsey Silko	312	179/226	F3034	568	11:30	1078	5:59	1056	58:49	1125	1:26	963	39:29	1:57:11
988	Nicole Zonzel	937	180/226	F3034	958	13:52	1109	6:16	937	55:59	228	0:25	1016	40:52	1:57:22
989	Leisha Sweeney	668	181/226	F3034	920	13:40	322	2:53	993	57:10	500	0:40	1100	43:04	1:57:25
990	Ada McWhite	689	86/105	F1519	1221	16:30	1060	5:50	1033	58:07	939	1:09	755	35:50	1:57:25
991	Kate Powers	1299	182/226	F3034	851	13:09	1157	6:43	913	55:22	560	0:43	1047	41:38	1:57:33
992	Terri Dreeszen	577	131/200	F4044	1040	14:29	683	3:59	773	52:46	1374	2:26	1137	43:58	1:57:35
993	Kate Abbott	193	87/142	F4549	901	13:29	952	5:11	1112	1:00:17	445	0:37	899	38:07	1:57:39
994	Kyndall Powers	1140	163/227	F3539	455	10:58	1229	7:36					1081	42:38	1:57:42
995	Andria Payne	1072	164/227	F3539	1359	19:58	1221	7:31	752	52:11	867	1:03	847	37:11	1:57:52
996	BRANDEE KETCHUM	1529	165/227	F3539	1257	17:07	1091	6:04	863	54:25	1171	1:32	934	38:48	1:57:53
997	Tana Stone	1327	132/200	F4044	196	9:19	859	4:42	755	52:12	1137	1:28	1288	50:22	1:58:00
998	Maddie Dennis	1289	37/51	F2024	940	13:46	590	3:41	1006	57:27	734	0:53	1067	42:16	1:58:01
999	Nicole Gdula	1245	88/142	F4549	1082	14:56	589	3:41	978	56:51	740	0:54	1053	41:47	1:58:07
1000	Kerrie Spain	1083	166/227	F3539	1271	17:21	449	3:18	1169	1:02:05	421	0:36	692	34:49	1:58:07

2019 GOLD NUGGET TRIATHLON
 May 19, 2019
 Bartlett High School - Anchorage, AK

Place	Name	Bib	Div/Tot	Div	Rank	Swim	Rank	T1	Rank	Bike	Rank	T2	Rank	Run	Time
1001	Vanessa Hall	1334	183/226	F3034	1235	16:47	1153	6:40	720	51:40	713	0:52	1068	42:18	1:58:14
1002	Elena Habib	845	167/227	F3539	817	12:55	1225	7:34	966	56:35	830	1:00	998	40:12	1:58:15
1003	Cynthia Hatter	445	53/83	F5559	897	13:27	1253	7:58	1145	1:01:29	691	0:51	677	34:34	1:58:16
1004	Annemarie Weihrich	959	55/111	F1014	661	12:02	1089	6:04	1030	58:06	809	0:58	1033	41:11	1:58:19
1005	Kim Stohr	806	168/227	F3539	1159	15:45	1141	6:31	1022	57:50	804	0:58	853	37:18	1:58:19
1006	Dana Cordle	1305	184/226	F3034	964	13:53	950	5:10	753	52:11	1326	2:04	1183	45:14	1:58:30
1007	Melanie Armstrong	776	89/142	F4549	762	12:36	1161	6:48	786	53:04	1032	1:16	1169	44:51	1:58:33
1008	Sara Montgomery	1379	169/227	F3539	1298	18:02	1096	6:10	994	57:11	462	0:38	814	36:40	1:58:39
1009	Chelsea Gulling	831	185/226	F3034	453	10:57	998	5:26	789	53:11	957	1:11	1249	48:02	1:58:45
1010	Leah Morrison	809	90/142	F4549	1384	20:58	887	4:50	850	54:07	1146	1:29	862	37:27	1:58:50
1011	Brianna Lonser	370	56/111	F1014	309	10:05	1118	6:19	1200	1:03:09	77	0:17	949	39:09	1:58:57
1012	Heather White	641	186/226	F3034	1004	14:14	1247	7:50	945	56:12	20	0:13	1009	40:30	1:58:57
1013	Kendalyn Mckisick	214	87/120	F2529	1111	15:09	1079	6:00	1143	1:01:24	1263	1:48	683	34:41	1:58:59
1014	Brooke Buskirk	537	38/51	F2024	1095	15:03	1393	12:46	930	55:45	1020	1:15	667	34:19	1:59:05
1015	Julie Austerman	901	91/142	F4549	1231	16:44	1194	7:10	939	56:02	1074	1:20	891	37:55	1:59:09
1016	Lesli Ellis-wouter	784	72/95	F5054	1007	14:15	799	4:26	816	53:36	1188	1:34	1185	45:21	1:59:09
1017	Laurel Renkert	166	187/226	F3034	1097	15:04	994	5:25	1217	1:03:54	418	0:36	659	34:13	1:59:09
1018	Agnes Marszalik	463	88/120	F2529	1293	17:58	967	5:16	1072	59:13	1040	1:17	738	35:28	1:59:09
1019	Kathleen Barth	835	54/83	F5559	474	11:04	1270	8:19	1096	59:44	281	0:29	972	39:38	1:59:12
1020	Noel Pearson	1417	133/200	F4044	969	13:55	1050	5:46	1204	1:03:22	645	0:47	735	35:26	1:59:14
1021	LeAnn Throlson	218	134/200	F4044	690	12:11	791	4:23	1025	57:56	346	0:32	1151	44:21	1:59:22
1022	Jennifer Wehrmann	611	92/142	F4549	1131	15:24	853	4:39	1198	1:03:05	515	0:41	745	35:35	1:59:22
1023	Karen Wolski	332	73/95	F5054	956	13:52	1219	7:31	1017	57:44	352	0:33	978	39:48	1:59:25
1024	Amy Lucke	1270	93/142	F4549	945	13:48	889	4:52	927	55:43	1095	1:22	1128	43:48	1:59:30
1025	Jill Rogers	1147	55/83	F5559	866	13:14	990	5:23	824	53:45	831	1:00	1210	46:14	1:59:34
1026	Anica Roskam	694	188/226	F3034	1240	16:52	963	5:14	1068	59:01	773	0:56	865	37:33	1:59:34
1027	Ruth Lonser	344	94/142	F4549	424	10:48	906	4:57	798	53:19	1316	2:01	1267	48:34	1:59:37
1028	Melissa Mayer	337	95/142	F4549	1158	15:44	719	4:08	1086	59:31	1260	1:47	925	38:34	1:59:42
1029	Jessie Loewen	994	89/120	F2529	1338	19:12	1006	5:31	1050	58:33	1161	1:31	707	35:00	1:59:45
1030	Hailey Nelson	1051	90/120	F2529	570	11:30	529	3:31	874	54:42	1144	1:28	1269	48:43	1:59:52
1031	Sandy Stevens	439	11/25	F6569	1410	22:35	982	5:20	1071	59:10	671	0:49	532	32:02	1:59:54
1032	Wendy Sturdivant	528	135/200	F4044	1408	22:19	680	3:58	807	53:27	1003	1:14	940	39:00	1:59:56
1033	Mikki Smith	1285	96/142	F4549	1259	17:10	326	2:53	1224	1:04:10	559	0:43	710	35:02	1:59:56
1034	Ellie Thibault	1009	57/111	F1014	686	12:10	1212	7:24	956	56:22	949	1:10	1094	42:54	1:59:58
1035	Megan Pratt	366	189/226	F3034	1080	14:53	657	3:53	1320	1:11:31	1115	1:25	286	28:22	2:00:02
1036	Dana Aasland	995	97/142	F4549	982	14:02	737	4:11	791	53:13	998	1:14	1234	47:28	2:00:06
1037	Jamie Suttie	1040	190/226	F3034	1077	14:50	1057	5:48	834	53:57	644	0:47	1168	44:50	2:00:10
1038	Katherine Ossenkop	335	170/227	F3539	488	11:08	674	3:57	1189	1:02:48	227	0:25	1060	41:57	2:00:13
1039	Aleesha Towns-Bain	924	136/200	F4044	456	10:58	746	4:13	909	55:17	1200	1:36	1257	48:13	2:00:16
1040	Allison Hatter	449	91/120	F2529	950	13:49	1409	14:24	1047	58:30	948	1:10	549	32:26	2:00:16
1041	Liz Odell	1212	171/227	F3539	1434	26:58	470	3:21	829	53:51	139	0:20	764	35:55	2:00:24
1042	Elizabeth Qualls	245	191/226	F3034	595	11:39	826	4:33	1085	59:31	512	0:41	1138	44:06	2:00:27
1043	Sunny Zeiger	196	192/226	F3034	629	11:52	1310	9:12	1140	1:01:13	1170	1:32	829	36:56	2:00:44
1044	Denise Brakora	879	56/83	F5559	1318	18:28	792	4:24	712	51:34	1380	2:33	1126	43:47	2:00:44
1045	Natalie Lowman	260	29/45	F6064	698	12:13	945	5:07	906	55:13	519	0:41	1238	47:34	2:00:47
1046	Anna Evenstad	1080	92/120	F2529	1096	15:03	787	4:23	905	55:09	1194	1:35	1163	44:41	2:00:49
1047	Emily Taylor	1007	137/200	F4044	1033	14:26	818	4:30	1111	1:00:13	1279	1:53	980	39:49	2:00:50
1048	Valerie Quinn	1143	98/142	F4549	1193	16:07	518	3:29	804	53:25	1178	1:33	1216	46:23	2:00:55
1049	Jordan Hill	1271	58/111	F1014	234	9:37	1381	11:51	920	55:34	459	0:38	1113	43:19	2:00:58
1050	Hayley Harris	1580	93/120	F2529	416	10:45	742	4:12	1271	1:07:24	538	0:42	894	37:59	2:01:00

2019 GOLD NUGGET TRIATHLON
 May 19, 2019
 Bartlett High School - Anchorage, AK

Place	Name	Bib	Div/Tot	Div	Rank	Swim	Rank	T1	Rank	Bike	Rank	T2	Rank	Run	Time
1051	Christelle Cousine	960	59/111	F1014	878	13:18	1147	6:34	1166	1:02:00	928	1:08	903	38:09	2:01:07
1052	Dana Espindola	986	172/227	F3539	757	12:34	1386	11:57	1004	57:23	1442	7:44	509	31:43	2:01:20
1053	June Gardner	413	173/227	F3539	1091	15:00	453	3:18	1137	1:01:09	272	0:29	1040	41:26	2:01:20
1054	Carissa Hodson	842	99/142	F4549	1245	16:55	1018	5:35	780	52:54	1428	3:51	1064	42:07	2:01:21
1055	Samantha Edenfield	985	39/51	F2024	1113	15:10	1339	10:06	1151	1:01:42	250	0:27	647	34:01	2:01:24
1056	Helen Holmes	1192	3/6	F7579	989	14:05	907	4:57	885	54:48	772	0:56	1218	46:42	2:01:25
1057	Annie Kohler	247	193/226	F3034	1087	14:58	1035	5:41	1178	1:02:28	434	0:37	879	37:44	2:01:26
1058	Whitney Lewis	1198	138/200	F4044	202	9:22	1062	5:52	1076	59:15	439	0:37	1214	46:22	2:01:26
1059	Sara Braniff	1329	174/227	F3539	527	11:20	1151	6:38	1223	1:04:10	1401	3:01	802	36:30	2:01:36
1060	Deborah Warner	1279	57/83	F5559	254	9:41	1081	6:00	924	55:41	502	0:40	1280	49:36	2:01:37
1061	Sara Sharpe	244	175/227	F3539	1311	18:17	1262	8:08	1065	58:59	167	0:22	772	36:00	2:01:44
1062	Judy Krier	810	30/45	F6064	1224	16:37	864	4:43	916	55:24	271	0:29	1159	44:35	2:01:46
1063	Brandy Stepetin	513	176/227	F3539	619	11:47	1172	6:54	1259	1:06:33	718	0:52	754	35:47	2:01:51
1064	Kathleen Judy	664	58/83	F5559	1118	15:14	1185	7:04	784	53:02	621	0:46	1195	45:48	2:01:53
1065	Tara Barndt	648	139/200	F4044	1377	20:37	480	3:23	861	54:21	366	0:33	1104	43:08	2:02:00
1066	Erica Wilson	1601	194/226	F3034	900	13:28	639	3:51	1237	1:04:57	610	0:45	944	39:04	2:02:02
1067	Roseann Dameron	1361	195/226	F3034	1149	15:35	1300	8:54	1035	58:10	669	0:49	927	38:36	2:02:03
1068	MacKenzie Kauffman	802	40/51	F2024	848	13:09	751	4:14	1215	1:03:49	579	0:44	997	40:11	2:02:05
1069	Elizabeth Roberts	823	100/142	F4549	1251	16:59	929	5:04	1032	58:07	1129	1:27	1008	40:30	2:02:05
1070	Kjirsten Langland	1170	101/142	F4549	189	9:16					1085	1:21	758	35:52	2:02:08
1071	Angela Covington	775	177/227	F3539	1052	14:35	1200	7:14	1131	1:00:59	731	0:53	926	38:35	2:02:13
1072	Sandra Ruiz	189	102/142	F4549	489	11:09	999	5:27	1064	58:58	1365	2:19	1162	44:39	2:02:30
1073	Shannon Agne	632	94/120	F2529	1394	21:16	1293	8:47	1043	58:26	794	0:57	595	33:07	2:02:31
1074	Cathryn Bailey	695	140/200	F4044	1142	15:29	1108	6:16	893	54:51	467	0:38	1187	45:28	2:02:41
1075	Sandra Estenson	990	7/11	F7074	1310	18:16	958	5:13	867	54:33	767	0:56	1129	43:49	2:02:45
1076	Melissa Todd	1598	60/111	F1014	380	10:31	893	4:52	1128	1:00:52	733	0:53	1192	45:40	2:02:46
1077	Karaline Ragula	1617	196/226	F3034	1062	14:43	1314	9:22	1020	57:49	834	1:00	987	39:55	2:02:47
1078	Sam Tocchini	703	141/200	F4044	386	10:35	1288	8:41	1038	58:14	992	1:14	1141	44:10	2:02:52
1079	Norma Wally	409	74/95	F5054	1391	21:11	738	4:11	1042	58:21	684	0:50	915	38:23	2:02:54
1080	Anne Thompson	333	142/200	F4044	1153	15:39	1294	8:49	839	54:00	1098	1:22	1105	43:08	2:02:56
1081	Alison Tew	556	61/111	F1014	1125	15:18	642	3:51	992	57:06	444	0:37	1206	46:06	2:02:57
1082	Danielle Potton	1116	62/111	F1014	654	12:00	670	3:56	1187	1:02:46	183	0:23	1133	43:54	2:02:57
1083	Ellie Baty	443	41/51	F2024	364	10:24	796	4:25	1290	1:09:02	296	0:30	929	38:41	2:02:58
1084	Kristin Whitson	781	143/200	F4044	691	12:11	1024	5:36	1173	1:02:17	289	0:29	1075	42:29	2:03:01
1085	Megan Lundin	192	178/227	F3539	1402	21:47	1331	9:54	611	49:45	1281	1:53	983	39:49	2:03:06
1086	Linda Yarborough	408	12/25	F6569	1343	19:18	1080	6:00	813	53:31	678	0:50	1118	43:34	2:03:11
1087	Noelle Oakley	129	63/111	F1014	146	8:52	870	4:45	1242	1:04:59	1140	1:28	1107	43:10	2:03:13
1088	Brandy Phares	942	179/227	F3539	875	13:16	980	5:20	1125	1:00:49	403	0:35	1109	43:15	2:03:14
1089	Angela Johnstone	107	95/120	F2529	330	10:12	561	3:35	1213	1:03:49	150	0:21	1186	45:23	2:03:18
1090	Carolyn Gilliland	1596	87/105	F1519	1279	17:33	1254	8:02	1109	1:00:07	1064	1:19	799	36:28	2:03:26
1091	Gayle Martin	1374	31/45	F6064	1232	16:46	1292	8:46	1093	59:38	1330	2:04	788	36:16	2:03:28
1092	Danielle Blanchard	1159	180/227	F3539	465	11:02	747	4:13	872	54:40	1333	2:06	1303	51:40	2:03:39
1093	Christine Cosby	605	103/142	F4549	324	10:11	1318	9:29	739	52:00	1362	2:18	1282	49:43	2:03:39
1094	Haylee Howard	393	96/120	F2529	1202	16:12	1351	10:28	975	56:43	1119	1:25	939	38:55	2:03:42
1095	Ellie Cutting	1068	64/111	F1014	232	9:36	1003	5:29	1195	1:02:56	863	1:03	1165	44:43	2:03:46
1096	Lisa Hartford	395	144/200	F4044	1375	20:35	936	5:05	1074	59:13	1323	2:03	827	36:55	2:03:49
1097	Millie Spezialy	64	1/2	F8099	1316	18:26	820	4:31	1058	58:51	504	0:40	1039	41:25	2:03:52
1098	Mariecris Gowin	681	197/226	F3034	1115	15:11	1411	14:48	878	54:43	1320	2:03	849	37:11	2:03:54
1099	Amanda Stenman	918	181/227	F3539	665	12:04	1181	7:01	1121	1:00:43	956	1:11	1099	43:03	2:03:59
1100	Whitney Youngman	1582	198/226	F3034	995	14:09	1007	5:32	1230	1:04:37	1179	1:33	909	38:19	2:04:07

2019 GOLD NUGGET TRIATHLON
 May 19, 2019
 Bartlett High School - Anchorage, AK

Place	Name	Bib	Div/Tot	Div	Rank	Swim	Rank	T1	Rank	Bike	Rank	T2	Rank	Run	Time
1101	Meagan Nelson	1049	97/120	F2529	977	13:59	569	3:37	1113	1:00:20	1191	1:34	1164	44:43	2:04:10
1102	Diane Barnett	61	4/6	F7579	1127	15:21	932	5:04	895	54:52	285	0:29	1264	48:30	2:04:14
1103	Brenna Eubank	677	88/105	F1519	785	12:44	830	4:34	1029	58:05	1005	1:14	1243	47:42	2:04:18
1104	Lila White	1103	65/111	F1014	1351	19:41	1234	7:39	921	55:35	330	0:31	1019	40:55	2:04:20
1105	Cynthia Lotz	592	59/83	F5559	193	9:18	837	4:35	1147	1:01:34	584	0:44	1259	48:15	2:04:24
1106	Eleanor Mayo	590	199/226	F3034	1373	20:27	1380	11:45	570	49:04	1408	3:09	996	40:10	2:04:32
1107	Jamie Johnson	412	145/200	F4044	483	11:07	386	3:06	1168	1:02:02	246	0:27	1252	48:08	2:04:47
1108	Sacha Jones	251	182/227	F3539	1218	16:28	758	4:17	1118	1:00:39	593	0:44	1087	42:44	2:04:50
1109	Stephanie Kesler	1584	32/45	F6064	1139	15:28	1174	6:56	790	53:13	1412	3:15	1205	46:01	2:04:51
1110	Ashley Midlo	971	66/111	F1014	388	10:35	930	5:04	1148	1:01:37	407	0:36	1225	47:02	2:04:52
1111	Nichole Gifford	200	104/142	F4549	1120	15:15	965	5:14	616	49:49	1261	1:47	1313	52:50	2:04:54
1112	Stephanie Holmquist	469	200/226	F3034	917	13:38	1099	6:13	1156	1:01:49	608	0:45	1077	42:31	2:04:54
1113	Megan Olson	1508	105/142	F4549	1163	15:48	951	5:10	1212	1:03:48	1071	1:20	942	39:03	2:05:07
1114	Cheyenne Alabanzas	1268	201/226	F3034	609	11:45	618	3:48	1222	1:04:07	1041	1:17	1143	44:15	2:05:09
1115	Christine Marcinki	1011	183/227	F3539	747	12:31	1316	9:26	1090	59:34	479	0:39	1098	43:02	2:05:10
1116	Sydnee Barndt	649	67/111	F1014	1273	17:26	579	3:39	1294	1:09:34	438	0:37	640	33:57	2:05:11
1117	Angie Jensen	589	60/83	F5559	1188	16:02	407	3:10	1059	58:52	1298	1:56	1184	45:15	2:05:13
1118	Owen Mandanas	792	75/95	F5054	1206	16:16	1245	7:49	1066	59:00	1390	2:51	957	39:20	2:05:14
1119	Micaela Weihrich	961	89/105	F1519	546	11:24	1199	7:13	1185	1:02:44	898	1:05	1093	42:50	2:05:14
1120	Cherie Shirey	1550	146/200	F4044	972	13:56	1287	8:39	1172	1:02:12	727	0:53	971	39:36	2:05:14
1121	Hannah Stepetin	514	68/111	F1014	1046	14:33	1223	7:32	1261	1:06:45	523	0:41	752	35:47	2:05:16
1122	Chelsy Passmore	361	98/120	F2529	347	10:18	1238	7:42	1104	59:57	332	0:31	1223	46:59	2:05:25
1123	Jocelyn Hemenway	817	147/200	F4044	1357	19:49	908	4:57	1041	58:21	398	0:35	1054	41:47	2:05:26
1124	Lucy Olson	1507	69/111	F1014	1196	16:08	960	5:13	1218	1:03:56	964	1:11	941	39:02	2:05:29
1125	Holly Bell	1518	61/83	F5559	1222	16:32	1365	11:02	962	56:28	973	1:12	1007	40:28	2:05:40
1126	Lindsey Durrell	872	202/226	F3034	263	9:47	498	3:26	1069	59:06	471	0:39	1316	52:53	2:05:49
1127	Chelsie Williams	1506	99/120	F2529	1143	15:29	902	4:56	1278	1:08:20	974	1:12	763	35:55	2:05:51
1128	Jessica Crisp	314	184/227	F3539	1178	15:56	697	4:02	1130	1:00:58	469	0:39	1155	44:24	2:05:57
1129	Peggy Looney	127	33/45	F6064	524	11:20	724	4:09	1161	1:01:53	1318	2:03	1217	46:35	2:05:57
1130	Vanessa Jackson	1561	106/142	F4549	797	12:49	916	4:58	1238	1:04:57	1145	1:28	1055	41:48	2:05:58
1131	Sabrina Pletnikoff	1043	90/105	F1519	979	14:00	1416	15:24	633	50:04	1437	4:39	1058	41:54	2:06:00
1132	Kathryn Jaronitzky	294	203/226	F3034	800	12:50	731	4:10	1264	1:06:58	185	0:23	1048	41:41	2:06:01
1133	Ingrid Kooda	1632	100/120	F2529	1069	14:44	1202	7:15	1208	1:03:40	426	0:36	985	39:51	2:06:04
1134	Margaret McGarry	618	8/11	F7074	1234	16:47	1228	7:36	899	55:01	969	1:12	1189	45:32	2:06:05
1135	Donabelle Shepherd	919	107/142	F4549	1362	20:04	1175	6:57	970	56:40	1118	1:25	1036	41:23	2:06:28
1136	Allison Strickland	158	185/227	F3539	1060	14:42	1209	7:22	1089	59:33	475	0:39	1147	44:18	2:06:33
1137	Heather Calcaterra	646	148/200	F4044	1042	14:30	876	4:47	1283	1:08:37	373	0:33	902	38:08	2:06:35
1138	Jessica Brado	1019	91/105	F1519	1393	21:14	1251	7:56	1162	1:01:55	1199	1:35	650	34:03	2:06:42
1139	Robin Tyson	1189	149/200	F4044	1106	15:06	1170	6:52	1182	1:02:36	1276	1:52	1001	40:19	2:06:44
1140	Mary Ann Renkert	154	34/45	F6064	1411	22:42	989	5:23	1219	1:03:58	387	0:34	657	34:12	2:06:48
1141	Renae Bookman	1569	150/200	F4044	834	13:01	455	3:18	976	56:48	637	0:47	1320	52:59	2:06:51
1142	Hilary Morgan	210	35/45	F6064	953	13:50	801	4:26	929	55:43	244	0:27	1309	52:30	2:06:54
1143	Makayla Schultze	1081	70/111	F1014	1137	15:27	468	3:21	1269	1:07:18	102	0:18	1012	40:37	2:06:58
1144	Amanda Smodey	246	204/226	F3034	1010	14:16	1276	8:24	1165	1:01:59	901	1:05	1035	41:19	2:07:02
1145	Natasha Pineda	1249	151/200	F4044	914	13:37	1132	6:27	1232	1:04:42	1004	1:14	1027	41:07	2:07:04
1146	Riven LARSON	1292	71/111	F1014	522	11:19	609	3:46	1083	59:29	708	0:52	1304	51:47	2:07:11
1147	Rebecca Eichler	645	72/111	F1014	886	13:22	527	3:31	1246	1:05:32	592	0:44	1139	44:09	2:07:16
1148	Alicia Briley	734	205/226	F3034	1048	14:33	1136	6:29	1179	1:02:33	557	0:43	1097	43:00	2:07:16
1149	Margaret McDonagh	1414	108/142	F4549	1076	14:48	1188	7:05	1107	1:00:03	1273	1:51	1120	43:36	2:07:22
1150	Larissia Weckesser	220	186/227	F3539	1366	20:11	1315	9:25	967	56:37	1345	2:12	959	39:21	2:07:43

2019 GOLD NUGGET TRIATHLON
 May 19, 2019
 Bartlett High School - Anchorage, AK

Place	Name	Bib	Div/Tot	Div	Rank	Swim	Rank	T1	Rank	Bike	Rank	T2	Rank	Run	Time
1151	Tina Gallaway	1078	62/83	F5559	926	13:42	1104	6:14	1055	58:46	460	0:38	1266	48:33	2:07:51
1152	Jessica Rodriguez	863	152/200	F4044	922	13:40	1283	8:36	1153	1:01:47	658	0:48	1101	43:05	2:07:55
1153	Mary Lynn	595	63/83	F5559	1021	14:19	794	4:24	787	53:08	1364	2:19	1333	53:49	2:07:57
1154	Susan Bury	1512	5/6	F7579	1100	15:04	904	4:56	1201	1:03:11	971	1:12	1124	43:43	2:08:05
1155	Wendy Wiltfong	1368	76/95	F5054	991	14:06	1013	5:34	1136	1:01:08	1346	2:12	1178	45:07	2:08:06
1156	Ella Blakey	864	73/111	F1014	1063	14:43	1014	5:34	1228	1:04:36	470	0:39	1088	42:47	2:08:18
1157	Anika Beighle	601	92/105	F1519	270	9:49	1440	27:17	696	51:16	343	0:32	982	39:49	2:08:41
1158	Autumn Hoibakk	156	187/227	F3539	882	13:20	493	3:26	1191	1:02:50	521	0:41	1263	48:29	2:08:44
1159	Cathy Von Gemminge	1109	64/83	F5559	1296	18:01	807	4:28	1216	1:03:52	308	0:30	1061	41:58	2:08:47
1160	Madelynn Martinez	1390	42/51	F2024	1420	23:24	922	5:02	942	56:04	923	1:07	1108	43:12	2:08:47
1161	Lacey Centeno	1636	153/200	F4044	1220	16:30	740	4:12	1092	59:35	701	0:51	1244	47:44	2:08:51
1162	Kiley Cousins	464	43/51	F2024	1248	16:57	1208	7:20	1260	1:06:39	314	0:31	863	37:28	2:08:52
1163	Jan Prouty	1250	154/200	F4044	1266	17:17	1074	5:55	1070	59:06	619	0:46	1211	46:14	2:09:17
1164	Brandy Galcko	840	155/200	F4044	1246	16:56	1131	6:25	1108	1:00:06	1100	1:22	1158	44:33	2:09:21
1165	Julie Tisdale	234	77/95	F5054	392	10:37	1071	5:55	1279	1:08:25	1307	1:57	1078	42:33	2:09:25
1166	Carol Simmons	180	65/83	F5559	604	11:43	1049	5:46	1009	57:32	855	1:02	1326	53:24	2:09:25
1167	Sarah Dittman	582	74/111	F1014	159	9:00	1342	10:18	1330	1:12:39	1385	2:36	701	34:58	2:09:29
1168	Kimberlie Fister	288	78/95	F5054	1144	15:31	1056	5:48	1210	1:03:44	991	1:14	1110	43:17	2:09:31
1169	Theresia Ridges	249	156/200	F4044	1209	16:16	1249	7:55	884	54:46	565	0:43	1284	49:59	2:09:37
1170	Tiffany Flowers	705	188/227	F3539	1088	14:59	1195	7:11	1135	1:01:08	360	0:33	1202	45:59	2:09:48
1171	Toya Rivers	93	157/200	F4044	1449	41:26	1112	6:17	703	51:23	1087	1:21	361	29:30	2:09:55
1172	Kelila Terrones	1383	189/227	F3539	1368	20:13	1180	7:00	922	55:39	994	1:14	1200	45:52	2:09:56
1173	Brie Xavier	1360	101/120	F2529	394	10:38	884	4:49	1051	58:37	286	0:29	1355	55:27	2:09:58
1174	Charlyn Espejo-Mon	1413	158/200	F4044	1358	19:57	984	5:21	1236	1:04:54	1162	1:31	920	38:26	2:10:06
1175	Yvette Pace	1536	159/200	F4044	1361	20:04	1275	8:24	1146	1:01:31	1375	2:26	880	37:44	2:10:07
1176	Susan Halvor	454	109/142	F4549	1029	14:25	1167	6:51	1160	1:01:52	836	1:00	1209	46:12	2:10:18
1177	Amber Mcglasson	622	206/226	F3034	222	9:33	531	3:31	1084	59:30	904	1:06	1368	56:41	2:10:20
1178	Emma Calvert	1281	93/105	F1519	831	13:00	817	4:30	1258	1:06:33	547	0:42	1191	45:38	2:10:21
1179	Jennifer Midlo	970	110/142	F4549	89	8:17	1390	12:21	1115	1:00:26	1259	1:47	1236	47:32	2:10:21
1180	lydia haigh	387	207/226	F3034	804	12:51	1164	6:50	1297	1:09:49	1151	1:30	967	39:33	2:10:31
1181	Mary Edenfield	984	160/200	F4044	1412	22:49	1173	6:55	971	56:41	798	0:58	1111	43:19	2:10:39
1182	Clara McConnell	490	102/120	F2529	1094	15:03	1439	26:25	897	54:57	726	0:53	609	33:27	2:10:43
1183	Michelle McGlasson	621	79/95	F5054	674	12:06	972	5:18	998	57:17	1101	1:22	1345	54:44	2:10:45
1184	Kim Sayers-Fay	516	111/142	F4549	869	13:15	497	3:26	1114	1:00:23	785	0:57	1314	52:52	2:10:50
1185	Yvonne Oren	576	112/142	F4549	1089	14:59	748	4:13	1026	57:58	1349	2:12	1302	51:33	2:10:53
1186	Renee Hilliard	90	190/227	F3539	1399	21:31	834	4:34	1099	59:47	1250	1:44	1116	43:29	2:11:04
1187	Elyse Wilkson	222	75/111	F1014	422	10:47	1394	12:47	1028	57:59	1359	2:17	1228	47:16	2:11:05
1188	Michelle Valentine	819	113/142	F4549	1272	17:23	1210	7:22	1124	1:00:47	1069	1:20	1153	44:22	2:11:11
1189	Heather Edmison	631	191/227	F3539	1073	14:47	811	4:28	1244	1:05:16	818	0:59	1198	45:50	2:11:19
1190	Eden Elliott	307	161/200	F4044	1340	19:16	1303	8:58	881	54:44	688	0:50	1239	47:36	2:11:23
1191	Sheila Mcneil	740	36/45	F6064	1342	19:17	1246	7:50	1061	58:52	870	1:03	1160	44:35	2:11:35
1192	Beth Ball	805	114/142	F4549	1304	18:12	1290	8:45	1046	58:28	1424	3:40	1084	42:41	2:11:45
1193	Lara Karinen	224	162/200	F4044	915	13:37	1356	10:39	1015	57:42	1383	2:35	1230	47:17	2:11:47
1194	Nicolette Ziolkows	1648	103/120	F2529	1147	15:33	1355	10:35	1164	1:01:58	979	1:13	1092	42:49	2:12:06
1195	Kayla Reifel	690	94/105	F1519	754	12:33	1036	5:41	1194	1:02:55	996	1:14	1283	49:45	2:12:07
1196	Kellie Merrill	966	115/142	F4549	1132	15:24	914	4:58	1197	1:03:02	633	0:47	1250	48:02	2:12:11
1197	Candace White	1102	163/200	F4044	899	13:27	1354	10:34	1243	1:05:05	849	1:01	1065	42:08	2:12:13
1198	Eva Corvalan-Power	766	95/105	F1519	325	10:11	947	5:08	1284	1:08:40	981	1:13	1226	47:07	2:12:17
1199	Jessica Yurkew	548	208/226	F3034	1386	21:04	969	5:16	1177	1:02:28	1169	1:31	1062	42:04	2:12:21
1200	Maryjane Baxter	1284	76/111	F1014	1344	19:23	1295	8:49	1286	1:08:47	344	0:32	711	35:03	2:12:32

2019 GOLD NUGGET TRIATHLON
 May 19, 2019
 Bartlett High School - Anchorage, AK

Place	Name	Bib	Div/Tot	Div	Rank	Swim	Rank	T1	Rank	Bike	Rank	T2	Rank	Run	Time
1201	Robin Calvert	1280	164/200	F4044	1256	17:05	1321	9:33	1087	59:32	723	0:53	1190	45:32	2:12:33
1202	Katie Hollingswort	614	165/200	F4044	723	12:24	379	3:04	963	56:29	1238	1:43	1398	58:57	2:12:35
1203	Alexandra Van Hor	727	96/105	F1519	460	11:00	1135	6:28	972	56:42	1116	1:25	1378	57:19	2:12:52
1204	Jeanine Moorman	1186	116/142	F4549	678	12:08	856	4:42	1276	1:07:52	156	0:21	1247	47:55	2:12:55
1205	Sara McCormick	495	166/200	F4044	350	10:18	953	5:11	1227	1:04:14	396	0:35	1312	52:42	2:12:58
1206	Catherine Livingst	383	167/200	F4044	1112	15:09	956	5:12	1206	1:03:31	887	1:04	1256	48:12	2:13:06
1207	Collette Carpenter	730	97/105	F1519	313	10:06	871	4:45	1019	57:46	837	1:00	1403	59:35	2:13:10
1208	Kaitlyn Johnson	1020	77/111	F1014	1369	20:15	1252	7:57	1158	1:01:50	1210	1:37	1044	41:35	2:13:12
1209	Whitney Williams	188	209/226	F3034	1225	16:39	1379	11:37	1181	1:02:36	451	0:37	1052	41:47	2:13:15
1210	Stefanie Jentz	920	104/120	F2529	539	11:23	925	5:03	1270	1:07:22	1363	2:19	1227	47:14	2:13:20
1211	Sienna Reichard	746	98/105	F1519	790	12:46	946	5:08	1329	1:12:25	263	0:28	1083	42:41	2:13:26
1212	Patricia Geitz	63	9/11	F7074	960	13:52	688	3:59	1123	1:00:46	1009	1:15	1329	53:40	2:13:30
1213	Julie Karl	533	66/83	F5559	1335	19:11	1205	7:17	1226	1:04:12	1317	2:01	1017	40:52	2:13:32
1214	Erika Prieksat	336	210/226	F3034	1078	14:51	1311	9:15	986	56:58	1367	2:22	1287	50:08	2:13:33
1215	Tawni Eubank	676	117/142	F4549	1276	17:29	858	4:42	900	55:01	1113	1:25	1350	54:59	2:13:33
1216	Calliope Gieser	384	99/105	F1519	1174	15:54	954	5:11	1211	1:03:45	695	0:51	1255	48:12	2:13:51
1217	Shannon Crowley-Wa	330	192/227	F3539	1006	14:14	1277	8:25	1100	59:48	1438	4:44	1219	46:42	2:13:51
1218	Robin Dublin	397	67/83	F5559	721	12:23	985	5:21	979	56:51	406	0:35	1396	58:44	2:13:53
1219	LAUREEN HAMILTON	841	193/227	F3539	1433	26:48	1258	8:05	1199	1:03:05	416	0:36	748	35:39	2:14:11
1220	Rachel White	936	211/226	F3034	1028	14:24	1150	6:37	1097	59:46	1370	2:24	1295	51:04	2:14:15
1221	Angele Bell	1010	194/227	F3539	1305	18:13	1261	8:08	1231	1:04:38	340	0:32	1089	42:47	2:14:16
1222	Ashley Barrera	788	212/226	F3034	1275	17:27	1375	11:24	617	49:49	1309	1:58	1331	53:44	2:14:21
1223	Alyssa Dordan	405	44/51	F2024	1263	17:13	1116	6:18	1369	1:17:48	6	0:12	581	32:55	2:14:24
1224	Monica Ford	318	118/142	F4549	1092	15:00	1263	8:12	1267	1:07:16	1010	1:15	1091	42:49	2:14:29
1225	Amanda Black	1388	105/120	F2529	1241	16:52	1023	5:36	1274	1:07:50	440	0:37	1123	43:42	2:14:35
1226	Stacey Schubert	815	119/142	F4549	1325	18:43	803	4:27	1263	1:06:50	815	0:59	1127	43:47	2:14:44
1227	Dawn Hansen	1478	68/83	F5559	1152	15:38	1218	7:28	887	54:48	1421	3:38	1325	53:22	2:14:52
1228	Lexy Willis	488	213/226	F3034	1171	15:53	1442	29:52	907	55:15	364	0:33	610	33:28	2:14:58
1229	Elaine Hulse	388	37/45	F6064	836	13:02	1073	5:55	1275	1:07:51	184	0:23	1248	47:59	2:15:08
1230	Hewlett Faith	1242	168/200	F4044	148	8:53	823	4:33	1296	1:09:38	728	0:53	1299	51:15	2:15:10
1231	Rowynn Lunsford	797	78/111	F1014	1265	17:17	540	3:32	1239	1:04:57	936	1:09	1262	48:24	2:15:17
1232	Anna Bryant	1429	120/142	F4549	986	14:03	1250	7:55	1116	1:00:29	1150	1:29	1301	51:26	2:15:21
1233	JEAN ABEL	1424	13/25	F6569	1135	15:25	1123	6:23	1054	58:43	1190	1:34	1328	53:37	2:15:39
1234	Roey Armstrong	1048	79/111	F1014	1197	16:08	1094	6:08	1248	1:05:41	1172	1:32	1213	46:16	2:15:43
1235	Mary Sine	700	106/120	F2529	1337	19:12	1257	8:04	1247	1:05:37	937	1:09	1056	41:50	2:15:50
1236	Michelle Theriault	198	195/227	F3539	1216	16:24	1256	8:03	1305	1:10:08	533	0:42	1013	40:39	2:15:53
1237	Marianne Johnstone	860	121/142	F4549	1236	16:48	660	3:53	1203	1:03:15	755	0:55	1296	51:05	2:15:55
1238	Haylee Donovan	847	196/227	F3539	806	12:51	1038	5:42	1299	1:09:57	1404	3:05	1181	45:11	2:16:44
1239	Janelle Manske	637	169/200	F4044	435	10:53	1272	8:22	1307	1:10:16	1350	2:13	1175	45:03	2:16:44
1240	Susan Selzer	1247	38/45	F6064	1071	14:46	1353	10:31	1234	1:04:46	843	1:00	1196	45:48	2:16:49
1241	Holly Dittman	581	80/111	F1014	859	13:11	1396	12:51	1333	1:12:57	1358	2:17	749	35:39	2:16:53
1242	Sara Sturgeon	790	170/200	F4044	1287	17:44	1098	6:12	1186	1:02:45	1248	1:44	1265	48:31	2:16:54
1243	Mary Dittman	580	80/95	F5054	974	13:57	1399	12:54	1331	1:12:49	1372	2:25	703	34:58	2:17:02
1244	Ida Brothers	183	171/200	F4044	1346	19:26	1268	8:18	1144	1:01:24	143	0:20	1241	47:37	2:17:03
1245	Martha Service	880	39/45	F6064	913	13:36	1239	7:42	1036	58:10	384	0:34	1377	57:17	2:17:17
1246	Mindy Meyn	236	40/45	F6064	1190	16:05	1363	10:55	1157	1:01:50	629	0:47	1246	47:50	2:17:26
1247	Kelly Lambert	844	41/45	F6064	925	13:42	1334	9:58	1250	1:05:57	1331	2:04	1199	45:51	2:17:31
1248	Brianna Campbell	1254	107/120	F2529	551	11:25	1265	8:15	1343	1:14:09	984	1:13	1079	42:34	2:17:34
1249	Amy Campbell	624	197/227	F3539	584	11:37	1042	5:44	1363	1:17:02	461	0:38	1086	42:44	2:17:43
1250	Zazell Cummings	492	214/226	F3034	1288	17:44	1391	12:24	1225	1:04:12	1341	2:08	1046	41:38	2:18:03

2019 GOLD NUGGET TRIATHLON
 May 19, 2019
 Bartlett High School - Anchorage, AK

Place	Name	Bib	Div/Tot	Div	Rank	Swim	Rank	T1	Rank	Bike	Rank	T2	Rank	Run	Time
1251	Erin Knotek	600	81/95	F5054	1423	24:35	838	4:35	1241	1:04:59	282	0:29	1121	43:36	2:18:13
1252	Holly Rinehart	1101	82/95	F5054	1353	19:45	1159	6:46	1016	57:44	572	0:44	1324	53:17	2:18:13
1253	Riley Petty	861	100/105	F1519	136	8:47	1105	6:15	1252	1:06:07	412	0:36	1366	56:33	2:18:15
1254	April Ostrom	1185	108/120	F2529	1136	15:26	1187	7:05	1129	1:00:53	1319	2:03	1315	52:53	2:18:18
1255	Alyssa Calcaterra	647	81/111	F1014	1400	21:33	717	4:07	1332	1:12:57	511	0:41	953	39:12	2:18:28
1256	Marcy Holyfield	211	122/142	F4549	1264	17:14	1286	8:39	1266	1:07:11	1219	1:39	1130	43:52	2:18:32
1257	Jesse Covan	1453	215/226	F3034	990	14:05	1324	9:39	1288	1:08:47	1046	1:17	1170	44:57	2:18:43
1258	Stacy Carpenter	729	123/142	F4549	229	9:36	1360	10:46	1001	57:21	1070	1:20	1407	59:43	2:18:45
1259	Jolene McDowell	720	172/200	F4044	870	13:15	1193	7:07	1311	1:10:41	1271	1:50	1201	45:55	2:18:45
1260	Mary Hopkins	230	198/227	F3539	1169	15:51	1273	8:23	996	57:14	357	0:33	1371	56:48	2:18:46
1261	Kari Gdula	374	199/227	F3539	471	11:03	1289	8:42	1285	1:08:45	1244	1:44	1268	48:34	2:18:46
1262	Mary Waltz	925	42/45	F6064	1228	16:41	1182	7:01	1176	1:02:28	1338	2:06	1292	50:33	2:18:48
1263	Khira Chernikoff	348	82/111	F1014	361	10:20	1211	7:23	1342	1:14:04	1060	1:19	1194	45:44	2:18:49
1264	Brynn Lunsford	799	101/105	F1519	1443	29:14	971	5:16	1098	59:47	1329	2:04	1076	42:31	2:18:50
1265	Debra DeWitt	428	124/142	F4549	1108	15:08	1240	7:43	1306	1:10:10	914	1:07	1174	45:03	2:19:08
1266	Kristine Kincaid	407	69/83	F5559	1258	17:09	1377	11:31	1057	58:50	602	0:45	1294	51:04	2:19:17
1267	Avery Carroll	399	83/111	F1014	1291	17:53	1137	6:29	1184	1:02:41	3	0:11	1306	52:06	2:19:18
1268	Kelly Jemison	638	200/227	F3539	1295	18:00	1281	8:34	1352	1:15:24	580	0:44	821	36:46	2:19:25
1269	Shana Sharp	182	173/200	F4044	1195	16:08	771	4:20	1328	1:12:21	363	0:33	1207	46:07	2:19:26
1270	Farrak Weinert	310	174/200	F4044	1148	15:34	1154	6:41	1280	1:08:30	1138	1:28	1229	47:16	2:19:28
1271	Becky Caron	250	201/227	F3539	1297	18:01	1307	9:04	1309	1:10:32	618	0:46	1032	41:11	2:19:32
1272	Cheryl Paine	850	14/25	F6569	1249	16:58	1072	5:55	1053	58:42	1417	3:33	1343	54:35	2:19:40
1273	Sherrie Hinshaw	900	202/227	F3539	1283	17:35	1148	6:34	1265	1:07:05	924	1:08	1237	47:33	2:19:53
1274	Ava Beecroft	467	84/111	F1014	1431	26:07	1065	5:53	1291	1:09:20	808	0:58	887	37:52	2:20:09
1275	Jennifer Reich Haa	1041	175/200	F4044	1371	20:23	1344	10:21	1126	1:00:50	1246	1:44	1231	47:17	2:20:34
1276	Karen Seda	874	176/200	F4044	1084	14:57	1126	6:23	1175	1:02:21	638	0:47	1361	56:12	2:20:39
1277	Colleen Warner	254	15/25	F6569	1081	14:56	1163	6:49	1273	1:07:46	749	0:55	1289	50:23	2:20:47
1278	Kimberly Sledgiste	708	177/200	F4044	1427	25:01	763	4:17	1110	1:00:10	750	0:55	1291	50:30	2:20:50
1279	Theresa Weihrich	944	178/200	F4044	1122	15:16	1319	9:29	1298	1:09:57	848	1:01	1188	45:31	2:21:13
1280	Megan Hathcoat	1114	203/227	F3539	1389	21:07	1216	7:27	1245	1:05:31	1382	2:35	1161	44:36	2:21:15
1281	Stacie Packard	1505	179/200	F4044	1432	26:34	537	3:32	1180	1:02:35	1321	2:03	1220	46:42	2:21:24
1282	Sarah Gerken	159	125/142	F4549	294	9:57	1306	9:04	1202	1:03:12	1110	1:24	1384	57:51	2:21:27
1283	Ginette Raygor	728	6/6	F7579	1205	16:15	1285	8:38	1150	1:01:40	729	0:53	1336	54:06	2:21:29
1284	Dylenn Donovan	848	85/111	F1014	1284	17:38	1037	5:42	1325	1:12:06	774	0:56	1179	45:10	2:21:30
1285	Kate Beecroft	466	180/200	F4044	891	13:24	1400	12:57	1170	1:02:06	386	0:34	1317	52:55	2:21:53
1286	Shannon Dosko	779	126/142	F4549	1309	18:16	1403	13:24	1023	57:52	1440	5:44	1224	46:59	2:22:14
1287	Paula Fish	190	181/200	F4044	572	11:31	1260	8:07	1358	1:16:08	323	0:31	1203	46:00	2:22:15
1288	Marci Troxell	659	127/142	F4549	1219	16:29	1309	9:11	1255	1:06:14	732	0:53	1279	49:30	2:22:16
1289	Susan Oakley	98	83/95	F5054	634	11:54	1430	20:39	1229	1:04:36	1262	1:47	1114	43:27	2:22:22
1290	Sherrille Van Horn	726	84/95	F5054	1102	15:06	1110	6:16	926	55:43	1443	8:01	1379	57:26	2:22:29
1291	Aubrey Sabin	672	204/227	F3539	1085	14:57	1166	6:50	1340	1:13:47	1361	2:18	1180	45:11	2:23:02
1292	Renea Miller	206	85/95	F5054	1395	21:16	1269	8:18	1287	1:08:47	1019	1:15	1122	43:38	2:23:12
1293	Jennifer Gilhuly	1195	216/226	F3034	702	12:15	1330	9:53	1139	1:01:10	1202	1:36	1392	58:23	2:23:15
1294	Danielle Essary	1472	109/120	F2529	1074	14:48	1347	10:25	1183	1:02:40	927	1:08	1338	54:19	2:23:18
1295	Kathryn Epperheime	585	182/200	F4044	1083	14:57	1145	6:33	1308	1:10:17	1055	1:18	1290	50:27	2:23:30
1296	Samantha McCoy	866	86/111	F1014	1374	20:35	933	5:05	1368	1:17:46	422	0:36	970	39:35	2:23:35
1297	Ruth Land	1644	87/111	F1014	1317	18:27	631	3:49	1337	1:13:44	1311	1:58	1193	45:43	2:23:40
1298	Kaeli Peltola	1042	102/105	F1519	1414	22:56	1364	10:58	1122	1:00:43	1223	1:40	1235	47:29	2:23:44
1299	Michelle Wilson	939	110/120	F2529	1075	14:48	1366	11:06	1149	1:01:38	1373	2:25	1334	54:02	2:23:58
1300	Madelyn Beecroft	468	88/111	F1014	1008	14:16	1083	6:02	1372	1:19:04	606	0:45	1134	43:54	2:24:00

2019 GOLD NUGGET TRIATHLON
 May 19, 2019
 Bartlett High School - Anchorage, AK

Place	Name	Bib	Div/Tot	Div	Rank	Swim	Rank	T1	Rank	Bike	Rank	T2	Rank	Run	Time
1301	Jennifer Rynish	267	111/120	F2529	377	10:30	1103	6:14	1251	1:05:59	1302	1:57	1405	59:37	2:24:15
1302	Aspen Lennox	426	89/111	F1014	1267	17:19	1359	10:45	1301	1:09:59	1050	1:18	1176	45:03	2:24:21
1303	Penny Furnish	261	70/83	F5559	1173	15:54	912	4:58	1317	1:11:10	176	0:22	1307	52:08	2:24:30
1304	Lea Filippi	120	128/142	F4549	1360	19:59	981	5:20	1188	1:02:47	945	1:10	1353	55:19	2:24:32
1305	Mary Perez	787	217/226	F3034	791	12:46	1152	6:40	1277	1:08:14	1410	3:13	1332	53:45	2:24:36
1306	Tina Worley	1255	218/226	F3034	1332	19:03	1233	7:39	1334	1:13:22	1305	1:57	1085	42:42	2:24:41
1307	Claire Sabin	673	90/111	F1014	1183	15:58	1165	6:50	1346	1:14:48	1066	1:19	1197	45:49	2:24:42
1308	Michelle Geidl	1373	205/227	F3539	929	13:43	1328	9:47	1094	59:40	993	1:14	1409	1:00:24	2:24:45
1309	Melinda Rocheleau	761	183/200	F4044	1282	17:35	1231	7:37	1205	1:03:23	868	1:03	1352	55:13	2:24:50
1310	Ashlyn Krause	398	219/226	F3034	1321	18:36	1343	10:20	1221	1:04:02	545	0:42	1300	51:25	2:25:02
1311	Mandy Johnson	1015	220/226	F3034	1198	16:10	1435	24:07	1152	1:01:45	1222	1:40	1043	41:34	2:25:14
1312	Maya DeWitt	427	91/111	F1014	1372	20:25	1297	8:51	1304	1:10:05	970	1:12	1177	45:03	2:25:34
1313	Connie Best	846	71/83	F5559	1380	20:42	1217	7:28	1326	1:12:07	905	1:06	1171	44:58	2:26:19
1314	Natalie Weeks	1290	184/200	F4044	1378	20:39	1005	5:30	1292	1:09:27	563	0:43	1286	50:08	2:26:26
1315	Raighen Wendler	801	92/111	F1014	1300	18:06	1067	5:54	1389	1:22:51	465	0:38	947	39:08	2:26:35
1316	Melissa Burningham	940	206/227	F3539	1328	18:49	1329	9:48	1159	1:01:51	1342	2:09	1335	54:04	2:26:39
1317	Rhoda Baines	859	43/45	F6064	1430	26:06	1100	6:13	1220	1:04:00	1397	2:57	1240	47:37	2:26:52
1318	Mary Gardner-Chand	575	16/25	F6569	1200	16:10	1388	12:08	1190	1:02:50	990	1:14	1344	54:41	2:27:00
1319	Rose Vajdos	947	93/111	F1014	1059	14:42	964	5:14	1335	1:13:29	983	1:13	1310	52:31	2:27:08
1320	Karen Voris	1365	17/25	F6569	1331	18:59	1097	6:11	1262	1:06:49	486	0:40	1346	54:46	2:27:22
1321	Nayoung Kim	679	112/120	F2529	1442	28:47	1436	24:39	933	55:51	874	1:04	846	37:11	2:27:30
1322	Jody Allen	357	129/142	F4549	1140	15:29	1369	11:11	1268	1:07:16	721	0:53	1322	53:02	2:27:49
1323	Andrea Swingley	376	130/142	F4549	1435	27:14	1227	7:36	1257	1:06:28	1392	2:52	1131	43:53	2:28:01
1324	Laura Stoddard	209	131/142	F4549	1312	18:17	1244	7:48	1300	1:09:57	1351	2:13	1285	50:02	2:28:17
1325	Kerry Smitheram	660	18/25	F6569	1404	21:51	1332	9:55	1256	1:06:22	762	0:55	1276	49:19	2:28:20
1326	Abigail Vanwormer	1253	113/120	F2529	1413	22:52	1235	7:40	1344	1:14:11	940	1:09	1080	42:37	2:28:26
1327	Sarah Gilliland	1150	114/120	F2529	1050	14:34	1032	5:39	1376	1:19:49	609	0:45	1254	48:10	2:28:55
1328	Beverly Eliason	561	72/83	F5559	1390	21:10	1061	5:51	1289	1:08:56	1353	2:14	1293	50:53	2:29:03
1329	Heather Gough	474	132/142	F4549	1326	18:47	1337	10:03	1314	1:10:55	636	0:47	1270	48:53	2:29:23
1330	Colleen Weikel	623	73/83	F5559	1086	14:57	1129	6:24	1378	1:20:44	378	0:34	1232	47:17	2:29:55
1331	Lea Lee	1166	207/227	F3539	1364	20:07	934	5:05	1351	1:15:14	649	0:48	1271	48:55	2:30:06
1332	Lisebeth Hveding	1167	94/111	F1014	1319	18:32	1085	6:04	1295	1:09:38	1268	1:49	1337	54:15	2:30:16
1333	Ava White	1104	95/111	F1014	1444	30:31	1299	8:53	1281	1:08:33	341	0:32	1063	42:06	2:30:33
1334	Amelia Marshburn	598	96/111	F1014	1226	16:41	1043	5:44	1323	1:11:40	443	0:37	1367	56:34	2:31:14
1335	Hannah Chandler	574	115/120	F2529	139	8:49	1434	23:43	1154	1:01:47	1344	2:10	1347	54:48	2:31:15
1336	Sinamon Bovey	331	133/142	F4549	1134	15:24	976	5:19	1338	1:13:44	1429	3:58	1321	53:00	2:31:23
1337	Madison Barsalou	870	45/51	F2024	1250	16:58	1017	5:35	1315	1:11:03	707	0:52	1381	57:36	2:32:02
1338	Jennifer Hardy	149	185/200	F4044	1323	18:41	1184	7:03	1383	1:21:42	626	0:46	1148	44:18	2:32:29
1339	Reagan Hardy	146	97/111	F1014	1339	19:15	1189	7:06	1382	1:21:41	627	0:46	1149	44:21	2:33:07
1340	Katie Hampton	654	186/200	F4044	1045	14:32	1431	22:09	1253	1:06:12	952	1:11	1277	49:21	2:33:23
1341	Veronica Withingto	365	221/226	F3034	1349	19:31	1361	10:50	1345	1:14:37	348	0:32	1260	48:20	2:33:49
1342	Courtney Foye	1206	222/226	F3034	506	11:13	1149	6:36	1405	1:27:40	1287	1:54	1221	46:49	2:34:09
1343	Heather Marshburn	597	134/142	F4549	1356	19:47	1111	6:16	1282	1:08:36	1407	3:08	1365	56:33	2:34:19
1344	Jill Burke	436	86/95	F5054	1101	15:05	1336	10:02	1316	1:11:09	1124	1:26	1372	56:57	2:34:37
1345	Judy Pearson	164	19/25	F6569	1302	18:12	1358	10:44	1207	1:03:37	1414	3:18	1399	59:01	2:34:50
1346	Andrea Jones	602	208/227	F3539	1286	17:42	1405	13:30	1254	1:06:14	1301	1:57	1357	55:33	2:34:53
1347	Aisha Barnes	86	20/25	F6569	1281	17:34	992	5:24	1347	1:15:03	1304	1:57	1349	54:58	2:34:55
1348	Marcy Richards	1191	135/142	F4549	862	13:12	1280	8:31	1367	1:17:41	1108	1:24	1348	54:56	2:35:42
1349	Erika Baumann	241	116/120	F2529	1104	15:06	944	5:07	1310	1:10:38	1324	2:03	1425	1:02:57	2:35:49
1350	Shelley Biss	606	187/200	F4044	781	12:42	1040	5:42	1375	1:19:44	682	0:50	1373	57:02	2:35:59

2019 GOLD NUGGET TRIATHLON
 May 19, 2019
 Bartlett High School - Anchorage, AK

Place	Name	Bib	Div/Tot	Div	Rank	Swim	Rank	T1	Rank	Bike	Rank	T2	Rank	Run	Time
1351	Sarah Coulson	356	223/226	F3034	667	12:05	1333	9:56	1380	1:20:52	795	0:57	1308	52:14	2:36:02
1352	Kiley Glazier	186	224/226	F3034	959	13:52	1420	16:58	1240	1:04:58	1355	2:15	1386	58:02	2:36:04
1353	Carol Ann Willard	1328	74/83	F5559	1229	16:42	1284	8:37	1348	1:15:04	1371	2:25	1327	53:32	2:36:17
1354	Gabriella Bookman	306	209/227	F3539	1403	21:49	1362	10:53	1349	1:15:10	1278	1:52	1222	46:54	2:36:36
1355	Jennifer Hately	257	87/95	F5054	1037	14:28	809	4:28	1371	1:18:48	1384	2:36	1362	56:24	2:36:42
1356	Ashley Williams	696	46/51	F2024	1034	14:26	1088	6:04	1386	1:22:14	745	0:54	1323	53:06	2:36:42
1357	Sandy Durrell	873	44/45	F6064	1379	20:41	1066	5:54	1336	1:13:43	488	0:40	1360	55:47	2:36:42
1358	Rana Elghonimy	404	117/120	F2529	1329	18:52	1327	9:45	1353	1:15:33	1409	3:11	1281	49:37	2:36:55
1359	Holly Warners	455	75/83	F5559	975	13:58	1054	5:47	1379	1:20:47	676	0:50	1358	55:36	2:36:55
1360	Kendra Allen	358	47/51	F2024	1168	15:51	1427	19:54	1272	1:07:26	694	0:51	1318	52:57	2:36:56
1361	Linda Nebeker	270	76/83	F5559	1176	15:55	842	4:36	1395	1:25:39	1224	1:40	1274	49:11	2:36:59
1362	Anika Biss	609	98/111	F1014	249	9:41	1340	10:08	1374	1:19:43	698	0:51	1374	57:02	2:37:23
1363	Krista-Marie Lineg	957	210/227	F3539	1294	18:00	1401	13:02	1321	1:11:36	564	0:43	1341	54:30	2:37:48
1364	Jacqueline Gerrish	1647	211/227	F3539	1397	21:18	1305	9:01	1385	1:22:13	851	1:01	1154	44:23	2:37:54
1365	Jennifer Larson	162	188/200	F4044	1382	20:52	1222	7:32	1364	1:17:05	532	0:42	1305	51:58	2:38:07
1366	Yana Cater	620	212/227	F3539	359	10:20	1421	17:04	1377	1:20:17	987	1:13	1275	49:16	2:38:08
1367	Jennifer Barsalou	869	88/95	F5054	1381	20:46	1190	7:06	1293	1:09:31	419	0:36	1410	1:00:30	2:38:26
1368	Sienna Lautaret	1291	99/111	F1014	1289	17:48	707	4:05	1421	1:31:29	976	1:12	1172	44:58	2:39:31
1369	Kenley Hampton	653	100/111	F1014	1280	17:33	1438	26:03	1209	1:03:42	1422	3:39	1273	49:09	2:40:04
1370	Erin Sedor	116	89/95	F5054	1211	16:20	1402	13:02	1356	1:16:03	1322	2:03	1311	52:40	2:40:06
1371	Jennifer Lavea	739	213/227	F3539	1285	17:39	1335	9:59	1354	1:15:53	1328	2:04	1356	55:30	2:41:03
1372	Mystelle Butterfie	927	214/227	F3539	1429	25:24	1214	7:25	1312	1:10:47	1015	1:15	1363	56:26	2:41:15
1373	Krystle Penafior	489	215/227	F3539	1129	15:21	1444	37:56	1193	1:02:53	1419	3:34	1045	41:37	2:41:20
1374	Rosa Gossett	201	189/200	F4044	1419	23:16	1179	6:59	1318	1:11:19	1099	1:22	1395	58:35	2:41:30
1375	PJ Monroe	419	21/25	F6569	1223	16:34	1407	13:54	1339	1:13:45	692	0:51	1364	56:29	2:41:31
1376	Molly McCarthy	656	77/83	F5559	1128	15:21	1348	10:25	1361	1:16:37	1310	1:58	1387	58:04	2:42:23
1377	Jade Butterfield	865	103/105	F1519	1261	17:11	1323	9:37	1355	1:16:03	1028	1:16	1393	58:26	2:42:30
1378	Cornelia Van Wyck	627	101/111	F1014	1203	16:12	1414	15:16	1404	1:27:39	1232	1:41	1057	41:52	2:42:38
1379	Megan Taylor	665	216/227	F3539	816	12:55	1296	8:49	1341	1:13:48	1236	1:42	1431	1:05:44	2:42:57
1380	Idamarie Piccard	51	2/2	F8099	1047	14:33	1011	5:33	1370	1:18:27	1381	2:34	1422	1:02:10	2:43:15
1381	Tanya Lautaret	1286	136/142	F4549	342	10:16	1419	15:47	1419	1:31:25	989	1:14	1173	44:59	2:43:38
1382	Karen Lowry	593	190/200	F4044	1370	20:19	1264	8:14	1381	1:21:32	865	1:03	1319	52:57	2:44:04
1383	Sheavon Brunelle	391	137/142	F4549	1422	24:26	802	4:26	1390	1:24:00	1196	1:35	1298	51:14	2:45:40
1384	Holli Veloza	1248	225/226	F3034	1327	18:49	1274	8:23	1402	1:27:19	1405	3:05	1253	48:08	2:45:42
1385	Diane Palmer	301	191/200	F4044	1330	18:58	1124	6:23	1350	1:15:13	1088	1:21	1427	1:04:04	2:45:57
1386	Michele Ming	109	217/227	F3539	1417	23:16	1389	12:19	1327	1:12:18	827	0:59	1376	57:17	2:46:07
1387	Tracy Sinclair	444	78/83	F5559	1350	19:32	1392	12:38	1322	1:11:38	1306	1:57	1415	1:01:10	2:46:53
1388	Belinda Koskei	1151	218/227	F3539	1341	19:16	1322	9:36	1418	1:31:19	1285	1:54	1182	45:13	2:47:16
1389	Karen Gonne-Harrel	834	22/25	F6569	1407	22:02	1417	15:38	1319	1:11:29	1185	1:34	1370	56:43	2:47:24
1390	Cindi Parsons	371	45/45	F6064	1437	27:48	1350	10:26	1324	1:11:46	599	0:45	1375	57:09	2:47:51
1391	Kielah Odem	958	104/105	F1519	752	12:33	1441	29:02	1313	1:10:51	1121	1:25	1340	54:29	2:48:18
1392	Helena Spector	163	10/11	F7074	1415	23:13	1373	11:18	1365	1:17:16	1123	1:26	1354	55:23	2:48:34
1393	Regina Dietrich	826	90/95	F5054	1322	18:37	1387	12:05	1373	1:19:18	1290	1:54	1369	56:41	2:48:34
1394	Joan Haskell	856	79/83	F5559	1215	16:24	1168	6:51	1401	1:27:11	652	0:48	1400	59:13	2:50:25
1395	Tammy Sterrett	777	80/83	F5559	1146	15:33	1357	10:40	1303	1:10:02	1427	3:45	1436	1:11:15	2:51:14
1396	Kelsey McCarthy-Ke	655	48/51	F2024	1421	24:23	1346	10:23	1362	1:16:42	1291	1:54	1385	58:02	2:51:23
1397	Kaelyn Barry	758	102/111	F1014	809	12:53	1384	11:55	1399	1:26:50	911	1:06	1402	59:15	2:51:58
1398	Madison Chaitoff	573	103/111	F1014	1336	19:12	1398	12:53	1359	1:16:10	1432	4:15	1406	59:38	2:52:07
1399	Kimberly Chaitoff	572	138/142	F4549	1334	19:08	1395	12:49	1360	1:16:21	1431	4:10	1408	1:00:12	2:52:37
1400	Emma Clayton-Brune	392	104/111	F1014	924	13:41	1432	22:17	1391	1:24:38	747	0:54	1297	51:14	2:52:41

2019 GOLD NUGGET TRIATHLON
 May 19, 2019
 Bartlett High School - Anchorage, AK

Place	Name	Bib	Div/Tot	Div	Rank	Swim	Rank	T1	Rank	Bike	Rank	T2	Rank	Run	Time
1401	Alyssa Sweet	786	118/120	F2529	1212	16:21	1376	11:26	1302	1:10:02	1425	3:42	1437	1:11:18	2:52:46
1402	Rebecca Van Wyck	626	192/200	F4044	1044	14:30	1415	15:20	1403	1:27:37	1245	1:44	1351	55:11	2:54:20
1403	Jenny Sedor	559	139/142	F4549	1398	21:23	1259	8:06	1388	1:22:46	1031	1:16	1421	1:02:00	2:55:30
1404	Terise n'ha Caitri	520	81/83	F5559	1270	17:21	1236	7:41	1429	1:35:42	576	0:44	1339	54:21	2:55:47
1405	Jennifer Henry	732	193/200	F4044	1352	19:44	1279	8:31	1408	1:28:12	1141	1:28	1390	58:14	2:56:06
1406	Amberlee Arnold	629	219/227	F3539	1426	24:49	1312	9:19	1423	1:32:20	625	0:46	1272	48:58	2:56:11
1407	Patsy Perkins	280	23/25	F6569	1392	21:12	1302	8:57	1392	1:24:59	356	0:33	1413	1:00:45	2:56:24
1408	Brandi Estes	630	194/200	F4044	1409	22:20	1113	6:17	1425	1:33:30	647	0:48	1330	53:41	2:56:33
1409	Erin McLaughlin	1407	220/227	F3539	1022	14:20	1349	10:25	1396	1:26:06	1339	2:07	1426	1:03:59	2:56:55
1410	Sue Armstrong	1046	195/200	F4044	1244	16:54	1248	7:53	1424	1:33:13	1102	1:23	1382	57:37	2:56:58
1411	Bonnie Bailey	808	196/200	F4044	1401	21:38	1203	7:15	1397	1:26:32	1423	3:40	1388	58:12	2:57:15
1412	Deanna James	731	197/200	F4044	1324	18:43	1378	11:37	1407	1:27:50	1270	1:50	1389	58:14	2:58:11
1413	Carolyn Barry	757	140/142	F4549	1345	19:23	1385	11:56	1398	1:26:48	1148	1:29	1397	58:50	2:58:23
1414	Lisa Jaronitzky	295	91/95	F5054	1445	33:00	1397	12:53	1366	1:17:33	656	0:48	1342	54:34	2:58:45
1415	Vivi Armstrong	1047	105/111	F1014	1217	16:24	1412	14:51	1409	1:28:29	1415	3:22	1380	57:28	3:00:33
1416	Jenee Dolata	185	92/95	F5054	1376	20:36	1406	13:37	1415	1:30:23	1133	1:27	1359	55:44	3:01:46
1417	Johanna Barry	759	106/111	F1014	1418	23:16	1382	11:53	1400	1:26:51	889	1:05	1401	59:14	3:02:16
1418	Suzanne Taylor	207	82/83	F5559	1315	18:25	1404	13:26	1393	1:25:04	1434	4:22	1416	1:01:12	3:02:27
1419	AMY KOSTIVAL	794	141/142	F4549	1303	18:12	1186	7:04	1427	1:35:03	1430	3:58	1391	58:16	3:02:31
1420	Keri Parsons	223	221/227	F3539	1363	20:05	1022	5:36	1394	1:25:39	1048	1:18	1434	1:10:21	3:02:56
1421	Jayla Ruiz	743	107/111	F1014	1387	21:06	1326	9:41	1422	1:32:07	897	1:05	1411	1:00:38	3:04:36
1422	Brianna Lengele	233	49/51	F2024	1367	20:12	1030	5:39	1428	1:35:04	1094	1:22	1424	1:02:39	3:04:53
1423	Emily Fetter	457	108/111	F1014	1299	18:04	1371	11:14	1384	1:22:02	1368	2:23	1438	1:11:19	3:05:00
1424	Deborah Todd	798	109/111	F1014	883	13:20	1345	10:22	1417	1:30:36	884	1:04	1435	1:10:34	3:05:55
1425	Morgan Smith	702	50/51	F2024	1057	14:42	1224	7:33	1431	1:43:01	1376	2:27	1394	58:34	3:06:15
1426	Alexa Hart	701	119/120	F2529	1388	21:07	1291	8:46	1430	1:37:46	1377	2:28	1383	57:38	3:07:43
1427	Adele Fetter	456	198/200	F4044	842	13:04	1426	19:32	1387	1:22:21	1340	2:07	1439	1:11:20	3:08:22
1428	Jennifer Bell Ruiz	742	222/227	F3539	1348	19:28	1418	15:38	1420	1:31:27	1251	1:44	1412	1:00:39	3:08:55
1429	Kylie Norris	1363	120/120	F2529	713	12:21	1144	6:32	1433	1:46:23	985	1:13	1432	1:06:01	3:12:28
1430	Brooklyn Ruskamp	293	110/111	F1014	1441	28:45	1372	11:14	1411	1:28:58	1435	4:31	1414	1:00:52	3:14:19
1431	rachel ruskamp	292	223/227	F3539	1439	28:42	1370	11:11	1410	1:28:57	1436	4:32	1417	1:01:17	3:14:37
1432	Joanna Hernandez	762	226/226	F3034	1424	24:39	1428	20:26	1413	1:29:21	935	1:09	1420	1:01:48	3:17:20
1433	Rushella Pasho	603	199/200	F4044	1438	28:17	1413	14:56	1426	1:35:01	350	0:33	1423	1:02:24	3:21:09
1434	Rebecca Palsha	670	224/227	F3539	880	13:19	1408	14:01	1435	1:49:47	1343	2:09	1428	1:05:03	3:24:17
1435	Dianne Dela Rosa	682	225/227	F3539	1436	27:46	1437	25:16	1357	1:16:05	857	1:03	1442	1:14:58	3:25:04
1436	Ashley Dahlman	1431	105/105	F1519	413	10:44	1352	10:29	1436	1:54:01	1433	4:21	1430	1:05:42	3:25:14
1437	Vonice Larsen	215	83/83	F5559	1306	18:14	1313	9:20	1432	1:43:09	799	0:58	1443	1:15:00	3:26:38
1438	Avigail Hernandez	763	111/111	F1014	1448	36:24	1429	20:27	1412	1:29:16	1000	1:14	1419	1:01:47	3:29:06
1439	Elizabeth Dick	828	93/95	F5054	1447	36:21	1425	19:02	1406	1:27:48	1444	8:05	1404	59:36	3:30:50
1440	Chantel Butler	565	94/95	F5054	1440	28:43	1423	17:18	1416	1:30:31	1267	1:49	1440	1:13:24	3:31:43
1441	Wanda Wilson	1578	24/25	F6569	1365	20:10	1424	18:23	1434	1:48:48	1399	2:58	1418	1:01:43	3:32:00
1442	Robin Dahlman	1395	142/142	F4549	1355	19:46	1410	14:29	1437	1:55:01	1277	1:52	1429	1:05:41	3:36:47
1443	Kassandra Redfearn	564	51/51	F2024	1260	17:10	1443	35:04	1414	1:30:22	1284	1:54	1441	1:13:30	3:37:57
1444	Ashley Blatchford	540	226/227	F3539	1405	21:52	1368	11:10	1438	1:55:58	1211	1:37	1433	1:08:43	3:39:19
1445	Amber Garcia	534	200/200	F4044	1177	15:56	1433	22:44	1439	2:05:12	1439	5:26	1445	1:20:19	4:09:36
1446	Nancy Arrington	535	11/11	F7074	1425	24:48	1422	17:06	1441	2:09:29	1023	1:15	1444	1:20:15	4:12:51
1447	Gwendolyn Carlson	853	25/25	F6569	1446	36:08	1383	11:54	1440	2:08:58	1076	1:20	1446	1:24:55	4:23:13
	Dawn Burns	833	95/95	F5054	1385	21:02	1308	9:11							
	Elizabeth Beavers	342	227/227	F3539	833	13:00									