

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

-----  
OPEN TEAM RESULTS  
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1. 6:12:04 Turnagain Training (1:14:25)

=====

1	1:05:01	Mazzy Jackson
2	1:10:23	Heather Helzer
3	1:15:08	Nicki Holmen
4	1:17:47	Kalima Glascott
5	1:23:45	Hartley Miller

2. 6:22:59 Girls On Fire (1:16:36)

=====

1	1:12:25	Nicole Hjelm
2	1:14:58	Mandy Casurella
3	1:15:18	Jennifer Armentrout
4	1:17:50	ingrid reese
5	1:22:28	Emily Long

3. 6:28:40 Girdwood Girls Gone Tri (1:17:44)

=====

1	1:14:24	Katra Wedeking
2	1:16:42	Melanee Stiassny
3	1:17:44	Karen Loso
4	1:19:47	Ava Murphy
5	1:20:03	Julie Martyn

4. 6:41:54 Flamin' Ravens (1:20:23)

=====

1	1:12:48	Betsy Lund
2	1:13:21	Sara Brubaker
3	1:15:36	Heather Onders
4	1:21:27	Jodi Harskamp
5	1:38:42	Lilia Sullivan

5. 6:43:26 Orange is the new fast (1:20:42)

=====

1	1:12:49	Nancy Meade
2	1:18:37	Jackie Minge
3	1:18:38	Jennifer Schrage
4	1:21:00	Jill Griffin
5	1:32:22	Sarah Kleedeahn

6. 6:58:17 Beadedstream racing (1:23:40)

=====

1	1:16:35	Suzie Hosmanek
2	1:21:36	Ashley Mattson
3	1:23:09	Sara Kennedy
4	1:26:17	Natasha Graham
5	1:30:40	Emma Haddix

7. 7:15:58 Swim, Bike, Rum (1:27:12)

=====

1	1:20:59	Aviana Sorich
2	1:21:29	Mary Kay Sorich
3	1:24:54	Merrileigh Boring
4	1:26:03	Suzanne Armentrout
5	1:42:33	Ana Kroona

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8. 7:26:35 Team Wesley (1:29:19)

=====

1	1:14:12	Taryn Oleson
2	1:24:35	Lori Guyer
3	1:31:31	Amy Brumbaugh
4	1:32:40	Courtney Maillet
5	1:43:37	Maria Weiss

9. 7:28:22 Amazed by Grace (1:29:41)

=====

1	1:21:52	Aeia Davis
2	1:22:59	Gabby Vassar
3	1:33:33	Emily Jensen
4	1:34:03	Elene Cole
5	1:35:55	Katie Bozone

10. 7:31:29 Aurora Tri Stars (1:30:18)

=====

1	1:10:18	Brianne Keifer
2	1:26:03	Heather Dekalb
3	1:36:33	Mari Rueter
4	1:37:59	Echo McDonald
5	1:40:36	Beta Rae Thompson

11. 7:42:37 Xtratuf Ladies (1:32:32)

=====

1	1:22:37	Jaena Tranberg
2	1:28:28	Letty Hingtgen
3	1:31:22	Michelle Trowbridge
4	1:31:26	Erica Lambers
5	1:48:44	Madgell Moore

12. 7:43:54 Valley Girls Tri (1:32:47)

=====

1	1:20:11	Erin Aklestad
2	1:20:29	Hailee Rahm
3	1:32:36	Katie Myers
4	1:40:22	Staci Fieser
5	1:50:16	Kate Johnson

13. 7:47:35 SheWrex (1:33:31)

=====

1	1:23:37	Lauren Smayda
2	1:25:52	Weather Potdevin
3	1:26:29	Sarah Nash
4	1:40:29	Chanda File
5	1:51:08	Jenny Um

14. 7:48:48 I donut tri to maintain (1:33:46)

=====

1	1:26:32	Erica Livingston
2	1:26:56	Alexandra Caldelas
3	1:33:00	Kristen Lewis
4	1:39:30	Linnea Cafmeyer
5	1:42:50	Ruth O'Neal

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15. 7:54:11 Sara made me do it! (1:34:51)

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1	1:10:30	Sara Miller
2	1:31:51	Kathy Rumsey
3	1:43:12	Lara Wayt
4	1:44:11	Amy Utley
5	1:44:27	Natalie Foley

16. 8:05:46 Permafrosties (1:37:10)

=====

1	1:30:10	Madalyn Gaither
2	1:34:23	Tricia Perkins
3	1:38:23	Karen Divelbiss
4	1:40:02	Lauren Gaither
5	1:42:48	Jessica Molyneux

17. 8:07:06 No Scrubs (1:37:26)

=====

1	1:29:48	Jordan Iverson
2	1:32:46	Laura Polakowski
3	1:36:29	Alison Selvik
4	1:40:34	Hannah Iverson
5	1:47:29	Kelly Mahay

18. 8:09:04 Random Acts of Fitness (1:37:49)

=====

1	1:17:43	Sarah Conkey
2	1:20:14	Elizabeth Barnaby
3	1:23:56	Krista Cook
4	1:55:05	Katya Nicholson
5	2:12:06	Nicolette Ziolkowski

19. 8:09:53 Tri CrossFit Team Turnagain (1:37:59)

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1	1:29:11	Melanie Dickson
2	1:29:24	Logan Brink
3	1:40:17	Lindsay Wackowski
4	1:43:39	Stephanie Ferguson
5	1:47:22	Codi Armstrong

20. 8:13:52 Wet Hair Don't Care (1:38:47)

=====

1	1:18:42	Hannah Lies
2	1:27:05	Valerie Kern
3	1:44:26	Alicia Cridge
4	1:50:16	Serena Outhier
5	1:53:23	Stephanie Drescher

21. 8:22:43 Scenic Way Superwomen (1:40:33)

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1	1:29:27	Katy Krings
2	1:32:57	Rose Donlon
3	1:39:57	CECILIA FRANKO
4	1:41:37	Abbey Brau
5	1:58:45	Chelsea Gulling

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22. 8:23:34 Run Like The Winded (1:40:43)

=====

1	1:31:13	Laura Green
2	1:37:52	Jessica Ossenkop
3	1:39:50	Monique Rapuzzi
4	1:45:27	Karen Lewis
5	1:49:12	Katura Willingham

23. 8:24:44 Chasing Rae (1:40:57)

=====

1	1:20:04	Kaylee Heck
2	1:43:17	Whitney Andersen
3	1:43:40	Heather Courrier
4	1:44:49	Chloe larson
5	1:52:54	Wendy Heck

24. 8:35:29 USPHS (1:43:06)

=====

1	1:30:15	Anne Harper
2	1:40:51	Brittany Keener
3	1:45:38	Robyn Goff
4	1:48:23	Ashley Schaber
5	1:50:22	Judy Thompson

25. 8:37:53 Tread Pedal Stagger (1:43:35)

=====

1	1:28:00	Kara Johnson
2	1:34:30	Kerry Reifel
3	1:41:50	April Johnson
4	1:56:31	Caris C Pemberton
5	1:57:02	Kelsey Reifel

26. 8:50:45 Powerpuff Girls + 1 (1:46:09)

=====

1	1:35:38	Kiera Puls
2	1:38:39	Madeline Troxell
3	1:42:54	Katherine Puls
4	1:56:09	Anita Koelsch
5	1:57:25	Ada McWhite

27. 8:56:18 Fit Vida Motion (1:47:16)

=====

1	1:32:17	Paola Kennah
2	1:35:11	Lesley Chase
3	1:38:20	Fabiola Garassino
4	1:55:55	Autumn Smith
5	2:14:35	Amanda Black

28. 8:57:23 Body by Nachos (1:47:29)

=====

1	1:23:18	Tessa Johrendt
2	1:26:13	Christina Morgan
3	1:40:17	Dayle Kodama
4	1:40:19	Alicia Vernon
5	2:47:16	Belinda Koskei

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29. 9:12:26 83,480 TRIumphant Feet (1:50:30)

=====

1	1:45:47	Chelsea McGarry
2	1:46:21	Brandi Mangione
3	1:46:52	Lori Wagoner
4	1:47:21	Lori Jones
5	2:06:05	Margaret McGarry

30. 9:41:16 Tri Chicas (1:56:16)

=====

1	1:35:12	Josi Zugg
2	1:52:18	LARA VANHOOZER
3	2:02:00	Tara Barndt
4	2:05:11	Sydnee Barndt
5	2:06:35	Heather Calcaterra

31. 9:48:34 Aurora Lynx (1:57:43)

=====

1	1:35:59	Molly Larmie
2	1:37:49	Katarzyna Michon
3	2:04:20	Lila White
4	2:12:13	Candace White
5	2:18:13	Holly Rinehart

32. 9:50:29 Rage City Roller Girls (1:58:06)

=====

1	1:37:26	Ilene Clemens
2	1:37:32	Malaika Tesson
3	1:59:22	LeAnn Throlson
4	2:16:44	Janelle Manske
5	2:19:25	Kelly Jemison

33. 9:52:09 Lake Hood Elementary (1:58:26)

=====

1	1:52:38	Gail Rust
2	1:53:29	Susannah Harper
3	1:57:35	Terri Dreeszen
4	2:03:14	Brandy Phares
5	2:05:13	Angie Jensen

34. 9:54:21 Team Sweet and the Tarts (1:58:53)

=====

1	1:25:36	Caroline Blair
2	1:50:39	Serena Sweet
3	1:59:09	Lesli Ellis-wouters
4	2:14:21	Ashley Barrera
5	2:24:36	Mary Perez

35. 10:06:30 Awesome (2:01:18)

=====

1	1:46:56	Heather Whittecar
2	1:52:50	RaeAnne Hebnes
3	2:00:10	Jamie Suttie
4	2:06:00	Sabrina Pletnikoff
5	2:20:34	Jennifer Reich Haas

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36. 10:09:48 Mountain Mamas (2:01:58)

=====

1	1:23:03	Heather Poe
2	1:32:14	Kimberly Osburn
3	2:03:39	Christine Cosby
4	2:34:53	Andrea Jones
5	2:35:59	Shelley Biss

37. 10:11:09 Tri Hard (2:02:14)

=====

1	1:28:15	Virginia Kane
2	1:41:36	Brittany Pearson
3	2:05:49	Lindsey Durrell
4	2:20:39	Karen Seda
5	2:34:50	Judy Pearson

38. 10:22:34 Buns on the Run (2:04:31)

=====

1	1:31:42	Kerry Clark
2	1:48:16	Donna Annone
3	1:53:27	Sandra Lowther
4	2:29:03	Beverly Eliason
5	2:40:06	Erin Sedor

39. 10:34:01 Let Every Woman Know (2:06:49)

=====

1	1:18:52	Debbie Boots
2	1:21:59	Michelle Richards
3	1:43:04	Teresa Sellers
4	1:46:53	Melissa Hardesty
5	4:23:13	Gwendolyn Carlson

RESULTS BY: Skinny Raven Events and Timing