

2019 GOLD NUGGET TRIATHLON
19-May-19
MOST IMPROVED

Results by Skinny Raven Events and Timing

PLACE	BIB	NAME	TOWN	STATE	DIV	Prev Time	TIME	% Change
1	531	Holly Fisk	Anchorage	AK	F3539	2:32:52	1:26:39	-43.32%
2	1525	Corie Stanley	Anchorage	AK	F4044	2:24:24	1:28:55	-38.42%
3	221	Elaina Hveding	Anchorage	AK	F4044	2:43:19	1:48:56	-33.30%
4	874	Karen Seda	Anchorage	AK	F4044	3:13:26	2:20:39	-27.29%
5	338	Karen Lewis	Anchorage	AK	F3539	2:23:50	1:45:27	-26.69%
6	1003	Amanda Thomas	Anchorage	AK	F1519	2:12:49	1:40:21	-24.44%
7	1147	Jill Rogers	Anchorage	AK	F5559	2:35:56	1:59:34	-23.32%
8	379	Wendy Demers	Fairbanks	AK	F5054	1:59:01	1:33:33	-21.40%
9	1002	Dena Thomas	Anchorage	AK	F4044	2:14:35	1:45:50	-21.36%
10	770	Logan Brink	Anchorage	AK	F2024	1:52:38	1:29:24	-20.63%
11	1105	Stephanie Whisenhant	Fairbanks	AK	F2529	1:48:07	1:26:27	-20.04%
12	923	MJ Motta	Chugiak	AK	F3034	2:08:56	1:43:13	-19.95%
13	332	Karen Wolski	Anchorage	AK	F5054	2:29:02	1:59:25	-19.87%
14	1473	Chelsea Rhodes	Wasilla	AK	F3034	1:59:50	1:37:31	-18.62%
15	781	Kristin Whitson	Anchorage	AK	F4044	2:28:55	2:03:01	-17.39%
16	305	Jennifer Sheasley	Anchorage	AK	F2024	1:35:11	1:18:40	-17.35%
17	1167	Lisebeth Hveding	Anchorage	AK	F1014	3:01:41	2:30:16	-17.29%
18	1201	Harper Willman	Anchorage	AK	F1014	2:14:51	1:52:24	-16.65%
19	625	Mya Campbell	Wasilla	AK	F1014	2:09:04	1:47:41	-16.57%
20	946	Caitlin Turberville	Anchorage	AK	F2024	2:08:20	1:47:14	-16.44%
21	624	Amy Campbell	Wasilla	AK	F3539	2:41:10	2:17:43	-14.55%
22	657	Dara Stull	Anchorage	AK	F1014	1:44:42	1:29:59	-14.06%
23	1273	Ava Murphy	Bird Creek	AK	F1014	1:32:39	1:19:47	-13.89%
24	1502	Olivia Sims	Anchorage	AK	F3539	2:11:28	1:53:38	-13.56%
25	909	Avery Hafele	Fairbanks	AK	F1014	1:42:45	1:29:32	-12.86%
26	1336	Brooke Wood	Anchorage	AK	F3539	1:49:04	1:35:25	-12.52%
27	1457	Letitia Brisson	Chugiak	AK	F4549	1:49:09	1:35:56	-12.11%
28	1107	Bonnie Wanat	Eagle River	AK	F6064	1:46:01	1:33:13	-12.07%
29	1522	Ashlee Bowman	Palmer	AK	F2529	2:03:47	1:49:47	-11.31%
30	774	Melanie Dickson	Anchorage	AK	F3539	1:40:20	1:29:11	-11.11%
31	1053	Sarah MASTROYANIS	Anchorage	AK	F3034	1:34:33	1:24:23	-10.75%
32	1272	Dawn Murphy	Bird Creek	AK	F4044	1:32:59	1:23:03	-10.68%
33	1447	Tapia Stover	Anchorage	AK	F3539	1:52:31	1:40:36	-10.59%
34	1329	Sara Braniff	Anchorage	AK	F3539	2:15:38	2:01:36	-10.35%
35	560	Donna Annone	Anchorage	AK	F5054	2:00:45	1:48:16	-10.34%

36	1480	Jennifer Flanagan	Eagle River	AK	F4549	1:29:06	1:19:55	-10.31%
37	1237	Carrie Stanfield	Anchorage	AK	F3539	2:01:44	1:49:12	-10.30%
38	1110	Ava Von Gemmingen	Anchorage	AK	F1014	1:54:39	1:42:59	-10.18%
39	913	Kathryn Hoke	Anchorage	AK	F2024	2:04:19	1:52:05	-9.84%
40	1591	Claire Matherne	Anchorage	AK	F1519	1:46:22	1:36:20	-9.43%
41	314	Jessica Crisp	Chugiak	AK	F3539	2:18:56	2:05:57	-9.35%
42	1294	Jo Ballagh	Anchorage	AK	F3034	1:52:13	1:41:53	-9.21%
43	975	Melanee Stiassny	Girdwood	AK	F4044	1:24:28	1:16:42	-9.19%
44	937	Nicole Zonzel	Anchorage	AK	F3034	2:08:56	1:57:22	-8.97%
45	1168	Rebekah Land	Anchorage	AK	F3539	1:52:33	1:42:42	-8.75%
46	1365	Karen Voris	Eagle River	AK	F6569	2:41:26	2:27:22	-8.71%
47	1630	Catherine Graham	Anchorage	AK	F3034	1:34:25	1:26:13	-8.68%
48	854	Teresa Sellers	Eagle River	AK	F5054	1:52:48	1:43:04	-8.63%
49	772	Fran Brink	Anchorage	AK	F5054	1:59:58	1:49:37	-8.63%
50	200	Nichole Gifford	Anchorage	AK	F4549	2:16:32	2:04:54	-8.52%
51	1455	Meredith Duhrsen	Anchorage	AK	F1014	1:37:23	1:29:13	-8.39%
52	117	Christina Morgan	Eagle River	AK	F3034	1:33:53	1:26:13	-8.17%
53	804	Chris Wendler	Eagle River	AK	F4044	2:07:24	1:57:00	-8.16%
54	1505	Stacie Packard	Eagle River	AK	F4044	2:33:46	2:21:24	-8.04%
55	411	Chanda File	Anchorage	AK	F2529	1:49:11	1:40:29	-7.97%
56	1208	Ginny Jackson	Wasilla	AK	F3539	2:03:21	1:53:39	-7.86%
57	148	Donna Pierce	Anchorage	AK	F2529	1:31:26	1:24:22	-7.73%
58	1636	Lacey Centeno	Wasilla	AK	F4044	2:19:32	2:08:51	-7.66%
59	1194	Carla Erickson	Anchorage	AK	F4549	1:47:26	1:39:13	-7.65%
60	1065	Grace Conway	Anchorage	AK	F1014	1:46:43	1:38:50	-7.39%
61	1166	Lea Lee	Phoenix	AZ	F3539	2:42:00	2:30:06	-7.35%
62	1320	Lilia Sullivan	Anchorage	AK	F4549	1:46:29	1:38:42	-7.31%
63	871	Cassandra Barsalou	Eagle River	AK	F2529	2:02:55	1:53:59	-7.27%
64	811	Jaylee Brendel	Anchorage	AK	F3034	1:44:47	1:37:22	-7.08%
65	1379	Sara Montgomery	Valdez	AK	F3539	2:07:40	1:58:39	-7.06%
66	519	Dana Atkins	Anchorage	AK	F2529	1:38:36	1:31:48	-6.90%
67	1402	Letty Hingtgen	Anchorage	AK	F3034	1:35:00	1:28:28	-6.88%
68	841	LAUREEN HAMILTON	Eagle River	AK	F3539	2:24:01	2:14:11	-6.83%
69	1394	Ali Pryne	Anchorage	AK	F2529	1:31:27	1:25:14	-6.80%
70	400	Cassie Ostrander	Anchorage	AK	F3539	2:04:38	1:56:26	-6.58%
71	100	Tammy Morton	Anchorage	AK	F5054	1:55:00	1:47:36	-6.43%
72	634	Ashley Mattson	Anchorage	AK	F3539	1:27:10	1:21:36	-6.39%
73	963	Kaleen Haines	Anchorage	AK	F3539	1:38:44	1:32:26	-6.38%
74	1569	Renae Bookman	Anchorage	AK	F4044	2:15:28	2:06:51	-6.36%
75	1426	Susan Bradley	Vancouver	WA	F7579	1:52:04	1:45:02	-6.28%
76	45	Jana Seaman	Anchorage	AK	F3539	1:15:58	1:11:13	-6.25%
77	552	Marcia Cassino	North Pole	AK	F5054	2:03:03	1:55:35	-6.07%
78	1082	Charla Lee	Wasilla	AK	F5559	1:55:17	1:48:21	-6.01%

79	1109	Cathy Von Gemmingen	Anchorage	AK	F5559	2:16:58	2:08:47	-5.97%
80	1371	Carolyn Easton	Anchorage	AK	F3539	1:55:02	1:48:16	-5.88%
81	395	Lisa Hartford	Anchorage	AK	F4044	2:11:31	2:03:49	-5.85%
82	895	Theresa Feighery	Anchorage	AK	F3034	1:51:18	1:45:01	-5.65%
83	859	Rhoda Baines	Anchorage	AK	F6064	2:35:34	2:26:52	-5.59%
84	1220	Megan Maloy	Anchorage	AK	F3034	1:59:12	1:52:44	-5.43%
85	1078	Tina Gallaway	Ketchikan	AK	F5559	2:15:00	2:07:51	-5.30%
86	1314	Amy Alderfer	Anchorage	AK	F4044	1:45:06	1:39:47	-5.06%
87	1245	Nicole Gdula	Wasilla	AK	F4549	2:04:18	1:58:07	-4.97%
88	756	Rhonda Lackey	Wasilla	AK	F4044	1:58:46	1:53:24	-4.52%
89	1010	Angele Bell	Eagle River	AK	F3539	2:20:36	2:14:16	-4.50%
90	600	Erin Knotek	Moose Pass	AK	F5054	2:24:41	2:18:13	-4.47%
91	72	Alicia Vernon	Chugiak	AK	F4549	1:44:50	1:40:19	-4.31%
92	1226	Suzanne Armentrout	Chugiak	AK	F4549	1:29:53	1:26:03	-4.26%
93	1111	Katarzyna Michon	Anchorage	AK	F3539	1:42:10	1:37:49	-4.26%
94	810	Judy Krier	Chugiak	AK	F6064	2:06:59	2:01:46	-4.11%
95	568	Sandra Lowther	Anchorage	AK	F5559	1:58:07	1:53:27	-3.95%
96	1315	Mikayla Savikko	Anchorage	AK	F3539	1:18:18	1:15:20	-3.79%
97	242	Merrileigh Boring	Anchorage	AK	F4549	1:27:43	1:24:54	-3.21%
98	744	Jennifer Ungerecht	Anchorage	AK	F3539	1:49:29	1:46:06	-3.09%
99	1260	Lilian Ho	Anchorage	AK	F3539	1:27:59	1:25:27	-2.88%
100	434	Nadia Anders	Kenai	AK	F4549	1:40:57	1:38:04	-2.86%
101	578	Susannah Harper	Anchorage	AK	F5054	1:56:47	1:53:29	-2.83%
102	30	Brianne Keifer	Anchorage	AK	F3034	1:12:13	1:10:18	-2.65%
103	1304	Molly Mingo	Anchorage	AK	F4044	1:37:44	1:35:11	-2.61%
104	40	Alyse Loran	Anchorage	AK	F3034	1:14:46	1:12:53	-2.52%
105	127	Peggy Looney	Anchorage	AK	F6064	2:09:09	2:05:57	-2.48%
106	1462	Anne-Marie Droege	Anchorage	AK	F2024	1:42:22	1:39:56	-2.38%
107	1383	Kelila Terrones	Anchorage	AK	F3539	2:12:59	2:09:56	-2.29%
108	1024	Brittany Keener	Eagle River	AK	F3539	1:43:13	1:40:51	-2.29%
109	1583	Benay Carrillo	Anchorage	AK	F3034	1:43:55	1:41:33	-2.28%
110	1235	Anna Sia	Los Angeles	CA	F4044	1:35:26	1:33:20	-2.20%
111	1017	Kate JOhnson	Palmer	AK	F3539	1:52:42	1:50:16	-2.16%
112	350	Mari Rueter	Anchorage	AK	F3034	1:38:23	1:36:33	-1.86%
113	351	Lea Rueter	Anchorage	AK	F3034	1:44:09	1:42:18	-1.78%
114	1050	Joan Nelson	Wasilla	AK	F5559	1:44:14	1:42:27	-1.71%
115	1405	Jaena Tranberg	Anchorage	AK	F3034	1:24:00	1:22:37	-1.65%
116	643	Cindy Freistone	Anchorage	AK	F5559	1:24:17	1:22:58	-1.56%
117	1634	Erin Marbarger	Anchorage	AK	F3034	1:17:17	1:16:07	-1.51%
118	486	Linnea Cafmeyer	Eagle River	AK	F3034	1:41:00	1:39:30	-1.49%
119	285	Alexis Kaferstein	Seward	AK	F4044	1:54:32	1:52:59	-1.35%
120	997	RaeAnne Hebnes	Anchorage	AK	F3539	1:54:13	1:52:50	-1.21%
121	373	Katherine Colquhoun	Fairbanks	AK	F3034	1:32:53	1:32:05	-0.86%

122	1566	Celia Rozen	Anchorage	AK	F6064	1:38:41	1:37:52	-0.83%
123	216	Holly Herring	CHUGIAK	AK	F3539	1:33:10	1:32:25	-0.81%
124	1049	Meagan Nelson	Wasilla	AK	F2529	2:05:02	2:04:10	-0.69%
125	998	Lisa An	Anchorage	AK	F4044	1:47:53	1:47:15	-0.59%
126	1299	Kate Powers	Anchorage	AK	F3034	1:58:10	1:57:33	-0.52%
127	1458	Andrea Chang	Anchorage	AK	F4549	1:45:06	1:44:38	-0.44%
128	1113	Amy Hart	Anchorage	AK	F3539	1:33:00	1:32:38	-0.39%
129	1337	Shauna Crawford	Eagle River	AK	F2529	1:41:39	1:41:15	-0.39%
130	719	Gina Miller	Brighton	CO	F4549	1:35:20	1:35:07	-0.23%
131	936	Rachel White	Anchorage	AK	F3034	2:14:21	2:14:15	-0.07%
132	1538	Jennifer Deason	Anchorage	AK	F4044	1:30:07	1:30:09	0.04%
133	1423	Ann-Chee Cheng	Anchorage	AK	F3034	1:50:49	1:50:56	0.11%
134	491	Ruth O'Neal	Anchorage	AK	F2529	1:42:34	1:42:50	0.26%
135	215	Vonice Larsen	Anchorage	AK	F5559	3:26:01	3:26:38	0.30%
136	104	Sanjana Greenhill	Anchorage	AK	F3034	1:48:41	1:49:06	0.38%
137	96	Lubava Wessels	Anchorage	AK	F1519	1:37:26	1:38:00	0.58%
138	107	Angela Johnstone	Fairbanks	AK	F2529	2:02:31	2:03:18	0.64%
139	1229	Leslie Hoffman	Wasilla	AK	F4044	1:20:20	1:20:51	0.64%
140	623	Colleen Weikel	Wasilla	AK	F5559	2:28:56	2:29:55	0.66%
141	1073	Calla Willett	Jber	AK	F4549	1:49:58	1:50:50	0.79%
142	150	Naomi Gallien	Anchorage	AK	F3034	1:26:21	1:27:11	0.97%
143	475	Ashley Hicks	Chugiak	AK	F1519	1:24:36	1:25:31	1.08%
144	1055	Carol Stratton	Anchorage	AK	F4044	1:22:34	1:23:36	1.25%
145	577	Terri Dreeszen	Anchorage	AK	F4044	1:56:00	1:57:35	1.36%
146	915	Ali Wykis	Anchorage	AK	F3034	1:53:38	1:55:22	1.53%
147	1326	Jennifer Gates	Anchorage	AK	F3539	1:34:23	1:35:50	1.54%
148	1362	Hiromi Chambers	Anchorage	AK	F4044	1:25:56	1:27:25	1.73%
149	1573	Danae Davis	Anchorage	AK	F5559	1:38:57	1:40:40	1.73%
150	88	Janet Morrone	Anchorage	AK	F4044	1:20:25	1:22:07	2.11%
151	932	Anna Green	Girdwood	AK	F1014	1:33:24	1:35:33	2.30%
152	442	Gina LaBar	Fairbanks	AK	F3034	1:33:06	1:35:20	2.40%
153	79	Amy Smith	Anchorage	AK	F5054	1:24:05	1:26:11	2.50%
154	1244	Maria Weiss	Anchorage	AK	F2024	1:41:03	1:43:37	2.54%
155	1592	Camas Oxford	Anchorage	AK	F1519	1:42:04	1:44:54	2.78%
156	174	Laura Hartz	Anchorage	AK	F3539	1:41:55	1:44:46	2.80%
157	1488	Emily Bendelewski-Henr	Anchorage	AK	F3034	1:34:42	1:37:46	3.24%
158	33	Cadence Stull	Anchorage	AK	F1519	1:13:30	1:16:01	3.42%
159	431	Michelle Vlah	Healy	AK	F5054	1:36:26	1:39:54	3.59%
160	595	Mary Lynn	Anchorage	AK	F5559	2:03:10	2:07:57	3.88%
161	1368	Wendy Wiltfong	Eagle River	AK	F5054	2:03:00	2:08:06	4.15%
162	1230	Fabiola Garassino	Anchorage	AK	F3034	1:34:13	1:38:20	4.37%
163	589	Angie Jensen	Anchorage	AK	F5559	1:59:46	2:05:13	4.55%
164	1414	Margaret McDonagh	Anchorage	AK	F4549	2:01:32	2:07:22	4.80%

165	441	Reyna Moore	Chugiak	AK	F1519	1:33:59	1:38:45	5.07%
166	365	Veronica Withington	Anchorage	AK	F3034	2:25:38	2:33:49	5.62%
167	576	Yvonne Oren	KenaiKenai	AK	F4549	2:03:31	2:10:53	5.96%
168	90	Renee Hilliard	Anchorage	AK	F3539	2:02:52	2:11:04	6.67%
169	872	Lindsey Durrell	Anchorage	AK	F3034	1:57:41	2:05:49	6.91%
170	261	Penny Furnish	Kenai	AK	F5559	2:15:04	2:24:30	6.98%
171	1363	Kylie Norris	Anchorage	AK	F2529	2:59:33	3:12:28	7.19%
172	1349	Jamie Woodall	Anchorage	AK	F2024	1:48:05	1:55:57	7.28%
173	430	Shelby Bates	Anchorage	AK	F1519	1:48:06	1:56:18	7.59%
174	594	Sarah Lowry	Anchorage	AK	F1519	1:39:27	1:47:04	7.66%
175	444	Tracy Sinclair	Anchorage	AK	F5559	2:34:59	2:46:53	7.68%
176	356	Sarah Coulson	Anchorage	AK	F3034	2:24:47	2:36:02	7.77%
177	702	Morgan Smith	Anchorage	AK	F2024	2:51:44	3:06:15	8.45%
178	801	Raighen Wendler	Eagle River	AK	F1014	2:15:06	2:26:35	8.50%
179	1601	Erica Wilson	Wasilla	AK	F3034	1:52:12	2:02:02	8.76%
180	601	Anika Beighle	Anchorage	AK	F1519	1:57:19	2:08:41	9.69%
181	429	Jennifer Smith	Anchorage	AK	F3539	1:34:49	1:44:21	10.05%
182	223	Keri Parsons	Anchorage	AK	F3539	2:45:25	3:02:56	10.59%
183	274	Samantha Loud	Delta Junction	AL	F3034	1:41:37	1:52:44	10.94%
184	869	Jennifer Barsalou	Eagle River	AK	F5054	2:21:44	2:38:26	11.78%
185	1360	Brie Xavier	Anchorage	AK	F2529	1:53:46	2:09:58	14.24%
186	588	Bronwyn Haynes	Anchorage	AK	F5054	1:25:04	1:40:26	18.06%
187	295	Lisa Jaronitzky	Anchorage	AK	F5054	2:30:02	2:58:45	19.14%
188	701	Alexa Hart	Anchorage	AK	F2529	2:37:20	3:07:43	19.31%