

2021 GOLD NUGGET TRIATHLON
May 16, 2021
Chugiak High School - Chugiak, AK

Place	Name	Bib	Div/Tot	Div	Rank	Swim	Rank	T1	Rank	Bike	Rank	T2	Rank	Run	Time
1	Stephanie Arnold	1	1/19	F2529	19	4:44	2	0:31	1	24:11	3	1:05	1	20:15	50:45
2	Amber Stull	4	1/43	F4044	8	4:21	1	0:30	4	25:19	18	1:18	2	21:26	52:52
3	Kristina Eaton	2	1/55	F3539	23	4:51	19	0:59	3	25:08	21	1:19	3	21:32	53:48
4	Kinsey Loan	8	2/19	F2529	13	4:30	15	0:55	5	25:34	44	1:29	15	22:39	55:05
5	Teresa Ulrich	3	2/43	F4044	25	4:53	7	0:48	2	24:41	80	1:44	20	23:10	55:15
6	Sara Miller	10	1/41	F4549	6	4:18	17	0:58	13	27:24	30	1:24	5	21:47	55:49
7	Rebecca McKee	47	2/41	F4549	28	4:56	23	1:06	7	26:05	70	1:42	7	22:12	56:00
8	Bri Lowen	7	2/55	F3539	18	4:44	4	0:43	12	27:24	33	1:25	8	22:14	56:28
9	Katie Green	5	3/55	F3539	20	4:44	5	0:43	14	27:24	38	1:27	9	22:18	56:35
10	Ivy Eski	11	1/25	F1519	34	5:02	27	1:09	9	26:44	42	1:28	16	22:49	57:10
11	Kristina Storlie	37	4/55	F3539	66	5:40	46	1:37	6	25:54	87	1:45	19	22:59	57:53
12	Jody Barton	30	3/43	F4044	5	4:18	13	0:54	10	26:44	84	1:45	29	24:28	58:07
13	Alyse Loran	16	1/42	F3034	81	5:56	10	0:51	18	27:37	34	1:26	10	22:23	58:11
14	Victoria Summers	9	4/43	F4044	40	5:11	35	1:24	19	27:40	47	1:31	14	22:37	58:20
15	Kaila Hawley	21	5/55	F3539	68	5:41	67	1:50	16	27:28	7	1:10	18	22:53	59:00
16	Sarah Freistone	15	3/19	F2529	74	5:49	34	1:18	30	29:25	1	0:56	4	21:45	59:11
17	Kristin Riall	49	6/55	F3539	17	4:43	25	1:07	26	29:18	43	1:29	17	22:53	59:28
18	Ashley Lehman	13	7/55	F3539	32	4:59	12	0:52	36	30:02	98	1:50	6	22:05	59:45
19	Ryann Dorris	29	2/25	F1519	1	3:52	31	1:13	35	29:47	53	1:34	22	23:35	59:59
20	Casey Mapes	188	2/42	F3034	54	5:27	68	1:51	20	27:45	63	1:40	23	23:43	1:00:24
21	Valerie Goulet	12	3/42	F3034	49	5:20	11	0:51	33	29:38	13	1:17	24	23:44	1:00:47
22	Morgan Aldridge	26	8/55	F3539	86	6:01	22	1:03	8	26:32	48	1:31	61	26:18	1:01:23
23	Holly Martinson	34	9/55	F3539	69	5:41	26	1:08	15	27:24	49	1:32	43	25:39	1:01:23
24	Lauren Spinelli	46	5/43	F4044	43	5:14	79	1:58	39	30:26	78	1:43	12	22:31	1:01:51
25	Nicki Holmen	22	6/43	F4044	72	5:46	20	1:02	17	27:34	37	1:27	62	26:19	1:02:07
26	Holly Boston	133	10/55	F3539	77	5:53	6	0:47	21	28:09	56	1:36	53	26:06	1:02:29
27	Liane Nagata	24	1/31	F5054	30	4:58	8	0:49	31	29:26	66	1:40	65	26:39	1:03:31
28	Heather Onders	23	7/43	F4044	129	6:38	24	1:07	27	29:18	71	1:42	33	24:51	1:03:34
29	Melanee Stiassny	27	3/41	F4549	92	6:07	42	1:35	45	31:01	101	1:51	21	23:17	1:03:49
30	Kristine Percival	18	8/43	F4044	126	6:34	9	0:50	56	31:54	138	2:06	13	22:36	1:03:59
31	Katra Wedeking	20	4/41	F4549	29	4:57	16	0:56	23	28:25	41	1:28	98	28:35	1:04:19
32	Katie Seybert	35	1/15	F2024	37	5:09	18	0:59	38	30:20	103	1:51	54	26:07	1:04:24
33	Tamra Kornfield	31	11/55	F3539	62	5:37	21	1:02	29	29:24	69	1:41	71	26:55	1:04:38
34	Madelin Lowen	69	1/26	F1014	48	5:19	37	1:26	58	32:11	31	1:25	28	24:19	1:04:38
35	Madison Rosser	19	4/42	F3034	50	5:20	14	0:55	64	32:57	74	1:43	26	24:02	1:04:54
36	Jodi Harskamp	120	5/41	F4549	75	5:51	45	1:36	40	30:29	106	1:52	36	25:13	1:04:59
37	Jennifer Henderson	32	6/41	F4549	63	5:38	33	1:17	28	29:20	136	2:05	67	26:41	1:04:59
38	Mia Stiassny	68	2/26	F1014	61	5:37	38	1:29	51	31:38	15	1:17	35	25:05	1:05:05
39	Nancy Spence	63	7/41	F4549	203	7:34	43	1:35	25	29:17	65	1:40	58	26:12	1:06:15
40	Lauren Dorris	36	3/25	F1519	2	4:09	88	2:02	85	34:23	5	1:07	32	24:44	1:06:23
41	Sheryl Loan	33	1/17	F6064	305	10:01	55	1:45	11	26:58	184	2:23	37	25:28	1:06:33
42	Hailee Rahm	244	9/43	F4044	103	6:18	184	3:16	55	31:47	29	1:23	27	24:09	1:06:51
43	Debbie Boots	93	1/24	F5559	85	6:00	81	1:59	43	30:58	90	1:46	60	26:13	1:06:54
44	Sarah Buhr	129	12/55	F3539	76	5:52	59	1:47	50	31:28	99	1:50	51	26:05	1:07:00
45	Kaylee Heck	349	2/15	F2024	141	6:48	173	3:06	41	30:33	159	2:14	31	24:39	1:07:18
46	Cadence Stull	25	4/25	F1519	16	4:41	3	0:42	47	31:06	27	1:23	120	29:31	1:07:22
47	Rose Garner	173	2/31	F5054	111	6:24	57	1:47	24	28:26	124	1:58	114	29:18	1:07:51
48	Angie Harris	94	2/24	F5559	83	5:58	54	1:44	48	31:20	118	1:57	75	27:11	1:08:08
49	Keena Bennett	114	3/26	F1014	14	4:37	58	1:47	91	34:44	45	1:30	41	25:38	1:08:15
50	Jennifer Schmidt	342	10/43	F4044	279	9:00	167	3:05	22	28:11	198	2:29	42	25:38	1:08:21

RESULTS BY: Skinny Raven Events and Timing

2021 GOLD NUGGET TRIATHLON
May 16, 2021
Chugiak High School - Chugiak, AK

Place	Name	Bib	Div/Tot	Div	Rank	Swim	Rank	T1	Rank	Bike	Rank	T2	Rank	Run	Time
51	Joey Eski	55	3/31	F5054	96	6:11	64	1:49	34	29:44	104	1:51	108	28:53	1:08:25
52	Tanya Kirk	147	4/31	F5054	120	6:31	28	1:09	37	30:10	95	1:49	106	28:51	1:08:28
53	Elizabeth Matthews	308	4/19	F2529	175	7:19	41	1:34	116	35:49	32	1:25	11	22:30	1:08:35
54	Katherine Puls	128	5/25	F1519	7	4:21	93	2:07	127	36:32	4	1:07	30	24:33	1:08:38
55	Mary Krynsinski	150	2/17	F6064	78	5:54	99	2:10	54	31:45	100	1:50	74	27:06	1:08:43
56	Dianne Prince	151	3/24	F5559	94	6:09	109	2:18	32	29:33	167	2:17	107	28:51	1:09:08
57	Elizabeth Drewes-T	44	13/55	F3539	56	5:31	135	2:39	49	31:24	259	3:03	70	26:49	1:09:23
58	Melanie Jonsson	139	8/41	F4549	67	5:40	117	2:23	89	34:33	17	1:17	39	25:35	1:09:27
59	Kaitlin Mattos	54	5/42	F3034	46	5:17	71	1:53	42	30:52	108	1:53	124	29:53	1:09:46
60	Lori Guyer	242	5/31	F5054	206	7:36	96	2:09	57	32:09	120	1:57	48	25:57	1:09:47
61	Ashley Hicks	67	3/15	F2024	124	6:33	30	1:12	62	32:44	16	1:17	86	28:04	1:09:49
62	Alisha Sarginger	198	14/55	F3539	98	6:14	139	2:43	65	32:58	125	1:58	49	26:02	1:09:52
63	Hannah Haakinson	269	6/42	F3034	118	6:31	39	1:33	70	33:27	179	2:22	57	26:10	1:10:00
64	Maggie Donnelly	169	4/24	F5559	104	6:18	128	2:33	44	31:01	94	1:47	91	28:27	1:10:04
65	Alexis Furin	189	11/43	F4044	116	6:29	83	2:00	60	32:28	121	1:58	77	27:18	1:10:11
66	Erika Bennett	113	6/31	F5054	140	6:47	51	1:42	46	31:05	156	2:13	90	28:25	1:10:11
67	Ashley French	183	15/55	F3539	71	5:44	75	1:54	69	33:24	134	2:03	78	27:23	1:10:26
68	Kirsten Gamradt	48	16/55	F3539	158	7:01	179	3:11	74	33:40	9	1:12	38	25:33	1:10:35
69	Amy Engeberg	330	17/55	F3539	236	8:10	52	1:43	61	32:35	85	1:45	64	26:37	1:10:49
70	Emma Haddix	45	12/43	F4044	127	6:34	70	1:52	52	31:42	81	1:44	119	29:29	1:11:19
71	Melanie Briggs	268	13/43	F4044	298	9:36	60	1:48	53	31:44	210	2:34	44	25:39	1:11:19
72	Dara Stull	38	4/26	F1014	22	4:50	77	1:57	88	34:28	117	1:56	99	28:35	1:11:45
73	Amy Bushatz	134	18/55	F3539	90	6:05	123	2:28	99	35:09	153	2:12	55	26:08	1:12:00
74	Julie Merrill	92	5/24	F5559	55	5:29	63	1:49	87	34:27	105	1:51	93	28:31	1:12:05
75	Jill Franchino	344	7/42	F3034	112	6:27	142	2:46	152	37:46	11	1:14	25	23:59	1:12:10
76	Linnea Gray	232	6/25	F1519	101	6:18	164	3:03	100	35:12	129	1:59	47	25:52	1:12:21
77	Erin Howe	43	5/19	F2529	52	5:23	168	3:05	128	36:35	19	1:19	59	26:12	1:12:32
78	Christina Morgan	171	19/55	F3539	134	6:40	131	2:34	112	35:37	28	1:23	63	26:28	1:12:41
79	Madeline Ramuglia	117	8/42	F3034	47	5:17	40	1:33	118	35:53	89	1:46	95	28:33	1:13:00
80	Whitney Andersen	348	9/42	F3034	156	7:00	209	3:36	75	33:47	96	1:49	73	27:03	1:13:13
81	Sarah Morehouse	41	14/43	F4044	189	7:25	97	2:10	105	35:26	82	1:44	69	26:49	1:13:31
82	Renee Stephens	125	6/19	F2529	15	4:41	212	3:40	153	37:48	20	1:19	52	26:06	1:13:31
83	Sara Cleaver	145	10/42	F3034	26	4:55	87	2:02	176	38:34	25	1:22	66	26:41	1:13:32
84	Roberta Graham	167	15/43	F4044	45	5:16	174	3:06	80	34:00	191	2:26	110	28:55	1:13:42
85	Cindy Freistone	176	6/24	F5559	242	8:15	205	3:32	98	35:08	40	1:28	40	25:37	1:13:58
86	Ruth Kroona	238	7/31	F5054	202	7:34	196	3:26	68	33:09	164	2:16	87	28:07	1:14:29
87	Peggy Gonzalez	250	9/41	F4549	107	6:21	185	3:18	102	35:15	113	1:54	83	27:57	1:14:43
88	Kris Miller	181	8/31	F5054	248	8:21	152	2:55	71	33:27	185	2:23	81	27:42	1:14:47
89	Teresa Doerr	271	20/55	F3539	179	7:20	47	1:37	78	33:59	93	1:47	132	30:18	1:14:58
90	Mary Mitchell	164	11/42	F3034	33	5:02	101	2:13	168	38:19	24	1:20	89	28:22	1:15:14
91	Joey Caterinichio	64	9/31	F5054	88	6:03	100	2:11	124	36:09	50	1:33	125	29:54	1:15:49
92	Riley Bennett-Vock	255	21/55	F3539	272	8:48	53	1:43	82	34:10	92	1:47	118	29:23	1:15:49
93	Elizabeth Bingham	52	7/25	F1519	11	4:29	86	2:02	121	36:04	10	1:14	160	32:12	1:15:59
94	Jinny Cooper	59	10/31	F5054	180	7:20	29	1:10	79	33:59	116	1:56	155	31:46	1:16:09
95	Suzanne Armentrout	132	11/31	F5054	59	5:34	116	2:22	66	33:01	171	2:19	174	32:57	1:16:10
96	Traci Wood	101	22/55	F3539	200	7:33	144	2:48	161	38:11	102	1:51	46	25:51	1:16:11
97	Aimee Chauvot	399	23/55	F3539	287	9:10	44	1:35	147	37:35	2	1:05	72	26:56	1:16:20
98	Mae Stinnett	311	24/55	F3539	198	7:32	133	2:35	81	34:03	189	2:26	122	29:48	1:16:22
99	Vera Pluharova	360	4/15	F2024	147	6:53	90	2:05	150	37:43	26	1:22	96	28:33	1:16:34
100	Lilian Ho	127	25/55	F3539	70	5:42	126	2:31	135	36:53	77	1:43	129	30:07	1:16:53

RESULTS BY: Skinny Raven Events and Timing

2021 GOLD NUGGET TRIATHLON
May 16, 2021
Chugiak High School - Chugiak, AK

Place	Name	Bib	Div/Tot	Div	Rank	Swim	Rank	T1	Rank	Bike	Rank	T2	Rank	Run	Time
101	Breana Weller	193	12/42	F3034	161	7:04	162	3:01	123	36:09	127	1:58	100	28:43	1:16:54
102	Susie Dietz	91	12/31	F5054	51	5:23	56	1:47	186	39:12	107	1:52	104	28:50	1:17:02
103	Gloria Reyes	240	1/8	F6569	182	7:21	149	2:53	111	35:35	206	2:31	102	28:45	1:17:04
104	Kathy Rumsey	288	26/55	F3539	199	7:32	115	2:22	90	34:38	141	2:07	136	30:27	1:17:04
105	Abigail Bigelow	229	5/15	F2024	137	6:43	113	2:22	101	35:15	147	2:09	142	30:45	1:17:12
106	Heather White	175	13/42	F3034	190	7:25	272	4:25	143	37:21	22	1:20	68	26:43	1:17:12
107	Michelle Hensel	277	13/31	F5054	221	7:55	148	2:52	107	35:30	196	2:28	101	28:45	1:17:28
108	Amy Hart	82	27/55	F3539	64	5:38	85	2:02	113	35:41	139	2:06	159	32:04	1:17:30
109	Diana Carter	207	10/41	F4549	82	5:58	274	4:27	103	35:20	261	3:04	105	28:51	1:17:37
110	Malia Reeg	276	8/25	F1519	38	5:09	231	3:50	166	38:17	97	1:50	97	28:35	1:17:38
111	Mollee Raney	108	2/8	F6569	73	5:48	50	1:39	117	35:50	68	1:41	167	32:41	1:17:38
112	Mary Cox	70	3/17	F6064	132	6:39	125	2:30	59	32:25	244	2:51	186	33:25	1:17:48
113	Emily Ross	266	9/25	F1519	224	7:57	219	3:45	162	38:13	131	2:00	56	26:08	1:18:01
114	Larissa Parker	168	6/15	F2024	58	5:32	91	2:05	175	38:31	36	1:26	141	30:42	1:18:14
115	Sidney Epperheimer	340	10/25	F1519	115	6:29	124	2:29	202	40:48	14	1:17	79	27:29	1:18:29
116	Debra Kinn	58	3/8	F6569	184	7:22	49	1:39	76	33:48	150	2:11	188	33:38	1:18:35
117	Bonnie Moeller	200	14/42	F3034	39	5:10	259	4:13	125	36:13	217	2:37	140	30:31	1:18:43
118	Summer Cutting	267	11/41	F4549	188	7:24	122	2:28	77	33:52	227	2:43	171	32:47	1:19:12
119	DeAnn Denter	320	14/31	F5054	270	8:46	108	2:18	145	37:33	161	2:15	92	28:30	1:19:20
120	Madelaine Bingham	53	7/15	F2024	21	4:48	61	1:48	129	36:41	57	1:37	205	34:36	1:19:27
121	Tricia Perkins	96	4/17	F6064	204	7:34	119	2:25	96	35:05	236	2:48	156	31:53	1:19:43
122	Michelle Taylor	304	7/19	F2529	216	7:54	94	2:07	131	36:43	72	1:42	149	31:22	1:19:46
123	Carolyn Easton	335	28/55	F3539	136	6:42	147	2:49	126	36:27	51	1:33	162	32:17	1:19:46
124	HEIDI EMBLEY	305	16/43	F4044	230	8:00	138	2:41	110	35:34	163	2:15	151	31:23	1:19:52
125	Ellie Cutting	51	11/25	F1519	3	4:15	48	1:38	171	38:23	114	1:55	192	33:49	1:19:58
126	Crystal Kappelman	196	17/43	F4044	259	8:34	325	6:32	84	34:20	207	2:33	85	28:03	1:20:01
127	Cindy Cooper	83	5/17	F6064	143	6:49	92	2:05	86	34:24	180	2:22	208	34:47	1:20:26
128	Diane Blas	206	4/8	F6569	102	6:18	251	4:08	106	35:26	300	3:40	143	31:02	1:20:33
129	Maureen Van Wagner	72	12/41	F4549	110	6:23	268	4:20	63	32:45	321	4:22	172	32:47	1:20:35
130	Rachel Scott	334	15/42	F3034	235	8:04	120	2:25	155	37:51	144	2:08	131	30:10	1:20:37
131	Anneliese Barbay	233	8/19	F2529	130	6:38	239	3:54	140	37:10	306	3:51	112	29:09	1:20:40
132	Carrie Stanfield	290	18/43	F4044	222	7:55	228	3:49	93	34:56	250	2:58	144	31:03	1:20:40
133	Karen Sallee	293	19/43	F4044	114	6:29	217	3:42	132	36:47	200	2:30	153	31:24	1:20:49
134	Mari Rueter	144	16/42	F3034	194	7:28	73	1:53	191	39:51	59	1:38	134	30:19	1:21:07
135	Sonja Mackey	185	13/41	F4549	160	7:02	163	3:03	92	34:55	188	2:26	193	33:55	1:21:19
136	Elizabeth Mar THOM	57	29/55	F3539	151	6:56	65	1:49	67	33:05	269	3:08	228	36:29	1:21:25
137	Kimberly Osburn	208	20/43	F4044	214	7:51	232	3:50	142	37:17	126	1:58	139	30:31	1:21:25
138	Staci Fieser	170	21/43	F4044	255	8:30	227	3:49	139	37:06	146	2:09	126	29:56	1:21:28
139	Michelle Cason	316	30/55	F3539	301	9:54	221	3:46	114	35:47	263	3:05	113	29:10	1:21:39
140	Lauren Gaither	148	8/15	F2024	97	6:12	143	2:47	141	37:13	298	3:34	157	31:58	1:21:43
141	Phillipia Holness	297	7/24	F5559	169	7:10	145	2:48	137	37:02	178	2:22	163	32:22	1:21:43
142	Esther Hayes	247	22/43	F4044	271	8:46	279	4:32	109	35:32	229	2:45	133	30:19	1:21:52
143	Tui Stanbury	121	5/26	F1014	9	4:26	98	2:10	160	38:09	54	1:34	222	35:55	1:22:12
144	Anna Kardashyan	220	6/26	F1014	220	7:55	106	2:17	236	43:20	6	1:10	80	27:37	1:22:17
145	Courtney Abel	254	31/55	F3539	121	6:32	266	4:18	119	35:54	110	1:53	189	33:43	1:22:18
146	Liz Turner	295	32/55	F3539	264	8:42	195	3:25	181	38:58	83	1:44	123	29:49	1:22:36
147	Cheril Wilcox	407	33/55	F3539	328	11:31	186	3:18	146	37:34	175	2:21	82	27:54	1:22:37
148	JESSICA JOHNSON	131	34/55	F3539	65	5:39	158	2:56	242	43:37	58	1:37	103	28:50	1:22:38
149	Karen Divelbiss	98	8/24	F5559	232	8:01	95	2:07	149	37:42	242	2:50	158	32:04	1:22:42
150	Jamey Reed	256	35/55	F3539	226	7:59	280	4:34	104	35:26	182	2:22	164	32:25	1:22:43

RESULTS BY: Skinny Raven Events and Timing

2021 GOLD NUGGET TRIATHLON
May 16, 2021
Chugiak High School - Chugiak, AK

Place	Name	Bib	Div/Tot	Div	Rank	Swim	Rank	T1	Rank	Bike	Rank	T2	Rank	Run	Time
151	Lubava Wessels	73	9/15	F2024	183	7:21	161	3:01	164	38:15	79	1:43	165	32:35	1:22:54
152	Jamie Lytton	253	17/42	F3034	290	9:20	275	4:30	159	38:06	286	3:20	84	28:00	1:23:14
153	Clarissa Williams	194	10/15	F2024	135	6:42	298	5:19	194	40:16	115	1:56	111	29:08	1:23:18
154	Amy Brumbaugh	246	14/41	F4549	210	7:44	246	4:03	165	38:15	285	3:19	128	30:01	1:23:20
155	Hannah Goldman	149	12/25	F1519	27	4:56	230	3:49	193	40:15	60	1:38	173	32:49	1:23:25
156	Julie Austerman	390	15/41	F4549	299	9:40	234	3:51	72	33:37	252	3:00	184	33:21	1:23:26
157	Anna Knopes	262	36/55	F3539	265	8:43	233	3:51	185	39:10	197	2:29	115	29:18	1:23:28
158	Staci Friesen	350	37/55	F3539	219	7:55	224	3:48	217	41:47	112	1:54	88	28:12	1:23:33
159	Bailey Epperheimer	339	13/25	F1519	122	6:32	155	2:55	272	47:04	88	1:46	45	25:48	1:24:03
160	Echo McDonald	228	9/24	F5559	208	7:37	258	4:12	83	34:12	247	2:54	220	35:43	1:24:37
161	Amelia Kari	50	7/26	F1014	42	5:14	78	1:58	223	42:19	12	1:15	194	33:56	1:24:40
162	Kayla Guerrero	204	18/42	F3034	57	5:32	134	2:37	157	37:53	278	3:14	217	35:29	1:24:43
163	Karen Brady	227	23/43	F4044	276	8:53	281	4:34	190	39:50	155	2:13	116	29:21	1:24:49
164	Mandy Johnson	224	38/55	F3539	245	8:17	254	4:12	183	39:02	151	2:11	148	31:15	1:24:54
165	Ryan Martin	314	9/19	F2529	252	8:27	159	2:59	174	38:30	64	1:40	187	33:37	1:25:10
166	Jennifer Gates	161	24/43	F4044	123	6:32	310	5:46	198	40:37	304	3:48	109	28:54	1:25:34
167	Katarzyna Michon	306	25/43	F4044	195	7:30	127	2:31	169	38:19	262	3:04	198	34:16	1:25:39
168	Courtney Teeple	77	39/55	F3539	91	6:06	110	2:19	212	41:16	111	1:53	195	34:07	1:25:40
169	Madisen Johnson	223	14/25	F1519	138	6:45	207	3:34	244	43:46	61	1:39	127	29:59	1:25:41
170	Annaleisa Kress	201	11/15	F2024	209	7:42	282	4:36	213	41:26	219	2:39	117	29:22	1:25:42
171	Karen Loeffler	71	6/17	F6064	217	7:54	157	2:55	184	39:02	211	2:34	185	33:21	1:25:45
172	Grace Dietz Pawlak	89	15/25	F1519	36	5:04	129	2:34	211	41:15	352	11:56	34	24:59	1:25:46
173	Elene Cole	191	10/24	F5559	119	6:31	322	6:19	130	36:41	272	3:11	181	33:09	1:25:49
174	Madison Dietz Pawl	88	16/25	F1519	10	4:26	72	1:53	245	43:59	73	1:42	199	34:16	1:26:16
175	Rachel Hopkins	100	16/41	F4549	228	7:59	189	3:21	156	37:51	256	3:02	196	34:07	1:26:19
176	Randi Kindgren	398	19/42	F3034	306	10:01	74	1:53	122	36:08	122	1:58	227	36:23	1:26:22
177	Kari Dupree	172	11/24	F5559	170	7:12	308	5:40	73	33:37	302	3:46	224	36:11	1:26:24
178	Shauna Crawford	294	10/19	F2529	213	7:47	317	6:02	167	38:18	76	1:43	168	32:41	1:26:29
179	Debbie Paine	219	40/55	F3539	109	6:23	220	3:46	97	35:08	238	2:49	249	38:54	1:26:57
180	Diane Firmani	264	5/8	F6569	113	6:29	213	3:40	136	36:57	317	4:19	219	35:42	1:27:04
181	Amy Hatter	371	12/15	F2024	297	9:35	247	4:04	268	45:58	39	1:28	50	26:02	1:27:05
182	Beatrix Brogan	318	8/26	F1014	261	8:38	181	3:12	239	43:25	162	2:15	121	29:36	1:27:05
183	Jennine Redick	140	15/31	F5054	108	6:22	180	3:12	248	44:13	240	2:50	138	30:30	1:27:05
184	Annie Markle	202	20/42	F3034	237	8:11	206	3:32	177	38:36	283	3:18	191	33:49	1:27:24
185	Tracy Ross	265	16/31	F5054	211	7:45	229	3:49	204	40:59	158	2:14	166	32:40	1:27:25
186	Lena Lawhead	192	17/41	F4549	186	7:24	218	3:45	173	38:29	133	2:00	221	35:53	1:27:28
187	Joan Nelson	158	12/24	F5559	269	8:45	198	3:27	108	35:31	287	3:22	231	36:40	1:27:42
188	Rena Kornstad	190	18/41	F4549	139	6:45	288	4:55	229	42:38	208	2:34	146	31:09	1:27:59
189	Kassidy Barclay	99	17/25	F1519	93	6:08	112	2:20	216	41:47	220	2:39	215	35:18	1:28:08
190	Sanjana Greenhill	66	41/55	F3539	308	10:07	66	1:50	120	35:56	190	2:26	243	37:54	1:28:10
191	Nicole Cleary	376	19/41	F4549	309	10:11	146	2:49	192	40:11	130	2:00	178	33:04	1:28:12
192	Sheila Swanson	195	13/24	F5559	173	7:16	225	3:49	144	37:30	265	3:05	236	36:53	1:28:30
193	Elizabeth Gresham	85	9/26	F1014	4	4:17	111	2:20	196	40:29	142	2:07	260	39:24	1:28:35
194	Clara Robinson	364	10/26	F1014	212	7:46	104	2:15	237	43:22	149	2:11	177	33:03	1:28:35
195	Allison Hatter	369	11/19	F2529	241	8:14	342	9:01	226	42:25	75	1:43	76	27:13	1:28:35
196	Kathy Seybert	123	14/24	F5559	234	8:02	151	2:54	94	35:02	214	2:36	264	40:04	1:28:36
197	Sarah Wehrmann	87	18/25	F1519	41	5:14	84	2:00	260	45:15	8	1:12	209	34:58	1:28:37
198	Michelle Moore	284	42/55	F3539	142	6:48	241	3:58	179	38:51	193	2:27	232	36:42	1:28:44
199	Katie Bisson	363	20/41	F4549	243	8:16	102	2:13	238	43:23	152	2:11	176	33:03	1:29:04
200	Toni Swearingen	374	7/17	F6064	336	12:25	271	4:25	151	37:45	165	2:17	161	32:16	1:29:06

RESULTS BY: Skinny Raven Events and Timing

2021 GOLD NUGGET TRIATHLON
May 16, 2021
Chugiak High School - Chugiak, AK

Place	Name	Bib	Div/Tot	Div	Rank	Swim	Rank	T1	Rank	Bike	Rank	T2	Rank	Run	Time
201	Ashly Beckes	156	21/42	F3034	233	8:01	140	2:44	203	40:57	275	3:12	207	34:47	1:29:38
202	Sarah Shoffstall-C	212	26/43	F4044	149	6:54	242	3:59	218	42:00	173	2:21	204	34:34	1:29:47
203	Iris Rothbarth	42	11/26	F1014	24	4:52	169	3:05	234	43:05	67	1:41	240	37:07	1:29:48
204	Sandra Lee	135	8/17	F6064	117	6:30	210	3:38	227	42:32	295	3:30	190	33:44	1:29:51
205	Catie Baldridge	163	43/55	F3539	35	5:04	118	2:25	225	42:22	231	2:46	242	37:16	1:29:51
206	Valerie Quinn	312	21/41	F4549	302	9:57	62	1:48	197	40:34	268	3:07	203	34:34	1:29:58
207	Eleanor Mayo	298	44/55	F3539	263	8:42	260	4:16	115	35:48	290	3:26	245	38:04	1:30:14
208	Bonnie Wanat	146	9/17	F6064	185	7:22	105	2:15	95	35:04	258	3:03	292	42:34	1:30:16
209	Nadia Anders	105	22/41	F4549	260	8:38	199	3:27	251	44:20	215	2:36	152	31:23	1:30:22
210	Tamara Freistone	178	12/19	F2529	231	8:01	265	4:18	210	41:12	52	1:34	218	35:38	1:30:40
211	Eliza Anders	106	12/26	F1014	166	7:08	82	2:00	276	47:36	209	2:34	154	31:29	1:30:46
212	Ruth Lonser	381	23/41	F4549	125	6:34	130	2:34	172	38:29	291	3:27	262	39:46	1:30:48
213	Serena Outhier	402	24/41	F4549	286	9:10	107	2:17	235	43:15	119	1:57	201	34:23	1:31:00
214	Kristine Bollinger	84	45/55	F3539	100	6:18	166	3:05	158	38:00	145	2:09	285	41:34	1:31:03
215	Serena Sweet	179	46/55	F3539	150	6:56	262	4:16	138	37:06	299	3:38	257	39:18	1:31:11
216	Evelyn Whitson	365	13/26	F1014	144	6:50	132	2:34	208	41:09	91	1:46	252	39:05	1:31:23
217	Mariah Sallee	292	19/25	F1519	176	7:19	194	3:25	148	37:37	243	2:50	272	40:34	1:31:43
218	Katherine Colquhou	153	22/42	F3034	162	7:04	121	2:28	307	52:00	86	1:45	94	28:31	1:31:46
219	Jamie Johnson	218	27/43	F4044	79	5:54	80	1:58	240	43:31	23	1:20	255	39:13	1:31:53
220	Heather Courier	347	17/31	F5054	157	7:00	315	5:56	188	39:39	176	2:21	241	37:09	1:32:04
221	Lori Kaltenbach	126	25/41	F4549	131	6:39	137	2:41	215	41:35	228	2:45	246	38:30	1:32:08
222	Gretchen Wuttke	110	14/26	F1014	267	8:44	287	4:47	134	36:50	274	3:11	248	38:51	1:32:22
223	Christina Lam	351	28/43	F4044	339	12:44	302	5:32	154	37:50	307	3:51	175	32:57	1:32:52
224	Lacey Demers	97	15/26	F1014	95	6:09	296	5:15	230	42:40	343	5:57	179	33:04	1:33:03
225	Katherine O'Grady	258	6/8	F6569	251	8:26	200	3:27	180	38:57	132	2:00	266	40:20	1:33:08
226	Susannah Harper	199	18/31	F5054	165	7:06	269	4:21	231	42:40	249	2:57	225	36:11	1:33:13
227	Fiona Peichel	257	19/31	F5054	327	11:31	332	6:51	178	38:39	342	5:51	137	30:28	1:33:17
228	Nikelle Sherman	152	23/42	F3034	106	6:20	291	5:07	163	38:13	168	2:18	284	41:26	1:33:22
229	Jaylee Brendel	373	47/55	F3539	321	11:09	236	3:52	252	44:27	245	2:52	147	31:13	1:33:31
230	Jane Sullivan	259	10/17	F6064	178	7:19	305	5:36	221	42:13	289	3:24	212	35:10	1:33:40
231	Jessie Brown	283	13/19	F2529	283	9:06	248	4:05	170	38:21	340	5:43	229	36:37	1:33:51
232	Rylee Barnett	61	16/26	F1014	154	6:57	314	5:53	232	42:52	315	4:10	197	34:16	1:34:06
233	Brandi Mangione	282	14/19	F2529	60	5:34	264	4:17	247	44:07	303	3:47	230	36:38	1:34:20
234	Kathryn Duder	39	26/41	F4549	80	5:55	255	4:12	199	40:38	174	2:21	282	41:25	1:34:29
235	Francisca Barnett	60	29/43	F4044	128	6:35	330	6:45	209	41:11	341	5:51	200	34:19	1:34:39
236	Katie Hollingswort	184	30/43	F4044	163	7:05	188	3:21	253	44:37	337	5:26	202	34:24	1:34:51
237	Maggi Arend	197	7/8	F6569	164	7:05	263	4:17	133	36:48	325	4:25	293	42:39	1:35:13
238	Cynthia Hatter	370	11/17	F6064	207	7:37	331	6:45	277	47:41	239	2:49	145	31:08	1:35:58
239	Jill Simek	230	27/41	F4549	215	7:52	89	2:04	187	39:32	109	1:53	301	44:52	1:36:10
240	Wendy Demers	95	20/31	F5054	227	7:59	273	4:26	254	44:44	308	3:52	214	35:14	1:36:13
241	Christina Ireton	217	48/55	F3539	284	9:08	249	4:06	200	40:43	288	3:22	258	39:20	1:36:37
242	Annika Langland	301	20/25	F1519	89	6:03	312	5:48	285	48:53	234	2:47	180	33:08	1:36:38
243	Jade Simek	231	13/15	F2024	159	7:02	69	1:51	205	41:03	55	1:35	303	45:11	1:36:40
244	Heather Githens	65	31/43	F4044	295	9:28	114	2:22	219	42:10	62	1:39	277	41:15	1:36:53
245	Ashley Baker	143	49/55	F3539	313	10:31	32	1:17	312	53:00	177	2:22	135	30:21	1:37:28
246	Megan Bryant	216	24/42	F3034	181	7:21	301	5:29	262	45:18	329	4:40	206	34:46	1:37:31
247	Lesli Ellis-wouter	286	15/24	F5559	244	8:16	235	3:51	206	41:07	273	3:11	281	41:19	1:37:42
248	Leah Parks	303	28/41	F4549	320	11:09	243	4:01	207	41:09	186	2:25	250	38:59	1:37:42
249	Vera Hershey	393	1/1	F7074	343	13:04	203	3:28	266	45:43	316	4:17	150	31:23	1:37:52
250	Amanda Dunlap	78	32/43	F4044	288	9:15	150	2:53	274	47:18	226	2:43	223	36:00	1:38:08

RESULTS BY: Skinny Raven Events and Timing

2021 GOLD NUGGET TRIATHLON
May 16, 2021
Chugiak High School - Chugiak, AK

Place	Name	Bib	Div/Tot	Div	Rank	Swim	Rank	T1	Rank	Bike	Rank	T2	Rank	Run	Time
251	Alyssa Sweet	241	25/42	F3034	193	7:27	321	6:19	189	39:44	331	4:58	263	39:55	1:38:22
252	Candice Sardina	211	26/42	F3034	280	9:00	257	4:12	271	46:29	201	2:30	226	36:22	1:38:32
253	Karen Sundberg	333	16/24	F5559	312	10:22	103	2:15	224	42:20	270	3:09	273	40:36	1:38:39
254	Wendy Heck	345	21/31	F5054	218	7:54	329	6:39	182	38:59	281	3:16	289	42:01	1:38:47
255	Kelly Bigelow	313	17/24	F5559	319	11:02	289	4:57	233	42:52	271	3:09	235	36:49	1:38:48
256	Ashley Lang	378	33/43	F4044	155	6:58	311	5:46	297	50:11	292	3:28	183	33:11	1:39:31
257	Ava Rothbarth	138	21/25	F1519	12	4:29	172	3:06	301	50:44	35	1:26	265	40:05	1:39:48
258	Bonnie Bailey	226	34/43	F4044	315	10:37	306	5:37	214	41:33	241	2:50	259	39:24	1:39:59
259	Sandra Lowther	332	18/24	F5559	254	8:28	215	3:41	256	45:02	310	4:01	251	39:01	1:40:11
260	Robyn Novak	353	50/55	F3539	192	7:27	183	3:16	289	49:06	140	2:07	247	38:33	1:40:27
261	Grace Lang	379	17/26	F1014	174	7:17	324	6:27	296	50:07	297	3:32	182	33:11	1:40:31
262	Leann Stubblefield	109	22/31	F5054	240	8:14	187	3:19	273	47:12	330	4:51	238	36:59	1:40:32
263	Jacquelyn Welge	157	51/55	F3539	87	6:02	237	3:52	328	58:40	123	1:58	130	30:08	1:40:37
264	Tammy Morton	76	23/31	F5054	191	7:26	226	3:49	195	40:16	293	3:29	309	45:42	1:40:39
265	Kara Hopkins	279	27/42	F3034	278	8:59	176	3:07	292	49:20	203	2:31	233	36:46	1:40:40
266	Jennifer Wehrmann	86	29/41	F4549	282	9:04	208	3:34	302	51:10	195	2:27	213	35:12	1:41:26
267	Krista Staff	249	30/41	F4549	225	7:58	216	3:41	279	48:09	254	3:00	253	39:08	1:41:54
268	Ashley Hester	205	35/43	F4044	331	11:52	267	4:18	258	45:06	319	4:20	234	36:47	1:42:22
269	Katerina Wessels	74	19/24	F5559	291	9:22	193	3:24	222	42:18	221	2:39	298	44:43	1:42:23
270	Jenn Sheffrey	186	36/43	F4044	274	8:51	286	4:39	243	43:42	277	3:13	290	42:04	1:42:27
271	Debby Marks	141	12/17	F6064	84	5:59	177	3:10	267	45:47	199	2:30	316	46:15	1:43:39
272	Sarah Rosen	273	15/19	F2529	167	7:10	304	5:34	319	55:59	157	2:13	169	32:45	1:43:39
273	Laura Rosen	272	20/24	F5559	187	7:24	313	5:50	320	56:01	154	2:12	170	32:45	1:44:10
274	Millie Spezialy	75	1/3	F8099	324	11:14	292	5:08	250	44:20	232	2:46	276	40:55	1:44:20
275	Hewlett Faith	252	37/43	F4044	53	5:26	323	6:25	299	50:13	279	3:15	254	39:08	1:44:25
276	Jan Darch	214	24/31	F5054	318	10:51	309	5:45	269	46:08	267	3:06	256	39:14	1:45:03
277	Abby Tiedemann	187	52/55	F3539	253	8:27	318	6:06	255	44:45	181	2:22	295	43:31	1:45:09
278	Denise Duff	309	21/24	F5559	349	17:06	191	3:23	201	40:46	294	3:30	271	40:27	1:45:11
279	Courtney Foye	203	28/42	F3034	311	10:19	202	3:27	281	48:40	264	3:05	261	39:42	1:45:12
280	Anika Biss	322	18/26	F1014	31	4:58	245	4:02	314	53:24	148	2:10	288	41:54	1:46:26
281	Donna Annone	315	22/24	F5559	257	8:31	223	3:47	257	45:02	202	2:30	319	46:55	1:46:43
282	Benay Carrillo	130	29/42	F3034	289	9:17	170	3:05	298	50:12	192	2:27	286	41:45	1:46:44
283	Shelley Biss	321	31/41	F4549	205	7:34	175	3:07	308	52:20	170	2:19	287	41:46	1:47:04
284	Jennifer Lancaster	359	32/41	F4549	342	12:55	141	2:44	278	47:56	183	2:23	283	41:26	1:47:22
285	Rebecca Kegley	260	25/31	F5054	171	7:14	319	6:09	303	51:10	212	2:35	268	40:22	1:47:29
286	Jolene McDowell	234	33/41	F4549	168	7:10	277	4:30	294	49:47	160	2:15	300	44:45	1:48:25
287	Cassandra Barsalou	323	16/19	F2529	196	7:31	240	3:58	241	43:32	224	2:42	334	50:59	1:48:40
288	Tressa Shapp	403	26/31	F5054	249	8:22	160	2:59	288	49:02	260	3:03	308	45:37	1:49:02
289	Aspen Lennox	358	22/25	F1519	293	9:24	348	10:37	264	45:23	301	3:44	267	40:21	1:49:28
290	Bonny Barr	160	13/17	F6064	223	7:57	307	5:38	282	48:45	280	3:16	299	44:44	1:50:17
291	Maya DeWitt	356	23/25	F1519	285	9:09	351	11:49	263	45:22	305	3:49	269	40:24	1:50:31
292	Lacey Centeno	366	38/43	F4044	292	9:23	214	3:41	286	48:56	194	2:27	318	46:44	1:51:08
293	Tikkan Langland	302	19/26	F1014	238	8:11	244	4:02	332	59:30	204	2:31	237	36:58	1:51:11
294	Mei Yueh Lim	404	30/42	F3034	341	12:46	327	6:34	280	48:34	137	2:06	280	41:16	1:51:15
295	Ashley Bukowski	307	31/42	F3034	294	9:24	299	5:28	293	49:40	327	4:29	291	42:28	1:51:28
296	Emilee Sawyer	155	53/55	F3539	105	6:19	294	5:10	336	1:00:49	324	4:24	210	35:00	1:51:41
297	Maddie Dennis	346	14/15	F2024	247	8:20	320	6:15	287	49:00	213	2:35	312	45:58	1:52:07
298	Anna Bryant	325	34/41	F4549	307	10:02	283	4:37	284	48:51	225	2:43	311	45:58	1:52:08
299	Ava Sawyer	154	20/26	F1014	146	6:52	295	5:14	335	1:00:46	323	4:23	211	35:00	1:52:13
300	Adrienne Keck	385	32/42	F3034	310	10:12	253	4:11	306	51:59	336	5:17	274	40:37	1:52:14

RESULTS BY: Skinny Raven Events and Timing

2021 GOLD NUGGET TRIATHLON
May 16, 2021
Chugiak High School - Chugiak, AK

Place	Name	Bib	Div/Tot	Div	Rank	Swim	Rank	T1	Rank	Bike	Rank	T2	Rank	Run	Time
301	Kjirsten Langland	300	35/41	F4549	44	5:15	340	8:05	331	59:22	205	2:31	239	37:04	1:52:15
302	Hailey Nelson	235	33/42	F3034	172	7:14	190	3:22	313	53:13	169	2:18	317	46:30	1:52:35
303	Kristin Whitson	394	36/41	F4549	229	8:00	178	3:11	290	49:11	322	4:23	326	48:19	1:53:02
304	Addie McEwen	329	14/17	F6064	317	10:45	297	5:15	283	48:50	313	4:06	296	44:20	1:53:14
305	Angela Johnstone	81	17/19	F2529	99	6:17	154	2:55	270	46:21	237	2:49	341	54:55	1:53:15
306	Danielle Bunselmei	182	34/42	F3034	148	6:53	347	10:26	261	45:16	230	2:46	323	48:02	1:53:20
307	Luann Piccard	80	15/17	F6064	177	7:19	201	3:27	265	45:24	223	2:42	340	54:54	1:53:45
308	Ellen Whitson	392	21/26	F1014	239	8:13	165	3:04	304	51:27	255	3:02	324	48:02	1:53:45
309	Gabbie Lee	210	22/26	F1014	197	7:31	250	4:08	259	45:12	128	1:59	342	55:20	1:54:08
310	Kelly Taylor-Lee	209	39/43	F4044	133	6:40	261	4:16	275	47:25	166	2:17	338	54:02	1:54:38
311	June Gardner	336	40/43	F4044	273	8:50	136	2:41	333	59:33	46	1:30	294	42:43	1:55:16
312	Sara Braniff	239	54/55	F3539	145	6:50	238	3:53	337	1:01:11	266	3:06	270	40:27	1:55:25
313	Mary Hensel	278	2/3	F8099	330	11:51	333	7:08	246	44:06	318	4:20	327	48:46	1:56:09
314	Carey Carpenter	107	37/41	F4549	325	11:30	76	1:56	329	58:46	253	3:00	278	41:15	1:56:25
315	Julie Tisdale	280	27/31	F5054	153	6:57	326	6:33	317	54:38	282	3:18	307	45:25	1:56:48
316	Anya Carpenter	104	23/26	F1014	333	11:59	36	1:24	330	59:06	276	3:12	279	41:16	1:56:55
317	Sacha Jones	287	41/43	F4044	246	8:18	285	4:39	318	55:47	246	2:53	306	45:22	1:56:56
318	Rebecca Tucker	377	38/41	F4549	329	11:38	182	3:13	315	53:42	335	5:16	302	45:01	1:58:47
319	Kirsten Brogan	319	28/31	F5054	332	11:53	344	9:37	338	1:01:25	284	3:19	216	35:27	2:01:39
320	Judy Krier	372	8/8	F6569	346	13:55	270	4:23	316	54:31	143	2:08	322	47:02	2:01:57
321	Jennifer Barsalou	324	29/31	F5054	335	12:09	252	4:10	291	49:18	187	2:26	339	54:03	2:02:04
322	Meagan Nelson	159	18/19	F2529	266	8:44	222	3:47	339	1:01:46	312	4:05	297	44:21	2:02:42
323	Lexy Staheli Willi	355	35/42	F3034	303	9:58	341	8:40	305	51:34	346	7:13	305	45:18	2:02:42
324	Krystle Penaflor	354	55/55	F3539	281	9:03	346	9:59	300	50:28	347	8:21	304	45:18	2:03:07
325	Sarah Gilliland	387	19/19	F2529	268	8:45	204	3:30	334	1:00:00	135	2:05	328	48:58	2:03:16
326	Haley Wilkinson	245	36/42	F3034	296	9:32	334	7:10	323	56:28	328	4:32	310	45:44	2:03:23
327	Diane Barnett	62	1/2	F7579	275	8:51	211	3:39	249	44:18	235	2:48	351	1:03:50	2:03:24
328	Holly Mitchell	122	30/31	F5054	314	10:31	197	3:26	327	58:39	248	2:56	330	50:13	2:05:43
329	Diane Mohwinkel	56	2/2	F7579	256	8:30	192	3:24	228	42:32	332	5:01	352	1:06:59	2:06:24
330	Carol Stanek-Marke	270	16/17	F6064	347	16:05	284	4:38	309	52:32	172	2:20	335	51:01	2:06:34
331	Karen Wolski	289	23/24	F5559	262	8:40	335	7:20	295	49:53	233	2:47	348	58:32	2:07:11
332	Kaeli Peltola	119	15/15	F2024	340	12:45	303	5:33	310	52:50	338	5:40	332	50:50	2:07:36
333	Jennifer Reich Haa	118	39/41	F4549	344	13:17	300	5:28	311	52:53	339	5:41	331	50:50	2:08:07
334	Addison Nobles	406	24/25	F1519	350	17:45	256	4:12	342	1:05:54	218	2:38	244	37:59	2:08:25
335	Alice Braucht	243	40/41	F4549	300	9:52	293	5:10	346	1:12:13	296	3:31	275	40:39	2:11:23
336	Debra DeWitt	362	31/31	F5054	326	11:30	338	7:58	340	1:03:40	222	2:42	321	47:02	2:12:51
337	Victoria Taylor	386	37/42	F3034	348	16:27	171	3:06	326	57:27	345	6:29	329	50:08	2:13:35
338	Leah Dewitt	357	24/26	F1014	337	12:31	339	8:03	341	1:03:42	216	2:36	320	47:02	2:13:52
339	Karen Lewis	275	42/43	F4044	345	13:48	345	9:39	220	42:11	351	10:33	349	58:33	2:14:42
340	Idamarie Piccard	79	3/3	F8099	323	11:10	290	5:02	324	56:50	344	6:24	343	55:44	2:15:08
341	Alexandrea Van Hor	222	25/25	F1519	201	7:34	350	11:41	322	56:23	334	5:14	347	56:09	2:16:59
342	Carol Ann Willard	326	17/17	F6064	304	9:59	316	5:59	325	56:53	320	4:21	350	1:00:19	2:17:29
343	Sherrille Van Horn	221	24/24	F5559	250	8:26	349	11:35	321	56:08	333	5:14	346	56:09	2:17:29
344	Brianna Campbell	174	38/42	F3034	152	6:57	328	6:38	343	1:08:57	348	9:06	313	46:10	2:17:45
345	Megan Poulisse	368	39/42	F3034	334	12:01	278	4:32	344	1:10:08	326	4:27	336	51:09	2:22:14
346	Tina Worley	165	40/42	F3034	277	8:56	343	9:09	348	1:14:04	309	3:59	315	46:11	2:22:17
347	Rachel Arvelo	380	41/42	F3034	338	12:35	276	4:30	345	1:10:25	314	4:06	337	51:11	2:22:45
348	Abigail Vanwormer	162	42/42	F3034	258	8:33	352	12:00	347	1:14:00	311	4:05	314	46:11	2:24:46
349	Rae Anderson	115	25/26	F1014	322	11:09	337	7:46	349	1:15:06	257	3:02	325	48:06	2:25:07
350	Nina Anderson	116	41/41	F4549	316	10:44	336	7:41	350	1:15:11	251	2:59	333	50:53	2:27:25

RESULTS BY: Skinny Raven Events and Timing

2021 GOLD NUGGET TRIATHLON
 May 16, 2021
 Chugiak High School - Chugiak, AK

Place	Name	Bib	Div/Tot	Div	Rank	Swim	Rank	T1	Rank	Bike	Rank	T2	Rank	Run	Time
351	Rebecca Palsha-Hop	111	43/43	F4044	351	21:53	153	2:55	352	1:27:43	349	10:16	345	55:56	2:58:41
352	Alice Hopkins	112	26/26	F1014	352	22:24	156	2:55	351	1:27:39	350	10:19	344	55:51	2:59:07

RESULTS BY: Skinny Raven Events and Timing