

2023 GOLD NUGGET TRIATHLON
 May 21, 2023
 Bartlett High School, Anchorage AK

Place	Bib	Name	Div/Tot	Div	Rank	Swim	Rank	T1	Rank	Bike	Rank	T2
1	5	Kinsey Laine	1/200	F3539	2	0:05:05.80	1	1:09	8	34:30	360	0:38
2	1	Kinsey Loan	1/187	F3034	47	0:06:11.88	6	1:26	1	32:13	408	0:41
3	3	Amber Stull	1/131	F4549	39	0:06:04.39	3	1:18	7	34:26	335	0:36
4	6	Katie Green	1/169	F4044	100	0:06:47.84	9	1:28	5	34:14	2	0:11
5	49	Kristina Storlie	2/169	F4044	179	0:07:26.18	35	1:51	2	33:03	482	0:46
6	12	Claire Trujillo	1/101	F2529	95	0:06:42.73	66	2:06	27	37:54	46	0:15
7	7	Teresa Ulrich	3/169	F4044	30	0:05:49.87	15	1:35	6	34:18	469	0:46
8	8	Karina Packer	2/187	F3034	34	0:05:57.46	19	1:37	37	38:29	580	0:55
9	15	Morgan Aldridge	4/169	F4044	256	0:07:55.21	12	1:31	3	33:20	591	0:56
10	10	Jody Barton	2/131	F4549	45	0:06:09.00	2	1:17	11	35:29	317	0:35
11	9	Sara Miller	3/131	F4549	40	0:06:06.62	11	1:29	18	36:51	649	1:03
12	18	Jen Schmidt	4/131	F4549	130	0:07:02.56	102	2:20	4	33:48	459	0:45
13	13	Bri Lowen	5/169	F4044	98	0:06:44.85	8	1:27	17	36:46	601	0:57
14	194	Deborah Brower	1/83	F1519	20	0:05:42.91	60	2:02	35	38:25	572	0:54
15	24	Alyse Loran	2/200	F3539	310	0:08:12.50	16	1:35	13	36:28	613	0:58
16	11	Victoria Summers	6/169	F4044	131	0:07:02.70	71	2:08	15	36:38	443	0:44
17	30	Mandy Casurella	5/131	F4549	188	0:07:29.44	7	1:27	46	39:20	84	0:18
18	21	Pam Schamber	1/77	F5054	77	0:06:30.27	206	2:48	14	36:37	8	0:12
19	17	Holly Martinson	3/200	F3539	250	0:07:52.12	38	1:52	10	35:01	420	0:42
20	19	Rosie Conway	2/83	F1519	121	0:06:58.93	131	2:28	53	39:57	12	0:12
21	216	Brianne Keifer	4/200	F3539	154	0:07:14.54	65	2:05	12	36:11	43	0:15
22	14	Kristin Riall	5/200	F3539	88	0:06:41.24	61	2:02	28	38:00	754	1:14
23	193	Kaelan Dickinson	6/200	F3539	1	0:04:47.41	28	1:48	195	44:33	521	0:50
24	22	Sarah Freistone	2/101	F2529	446	0:08:49.48	70	2:08	40	39:09	4	0:12
25	46	Juliette Benson	1/37	F2024	6	0:05:13.32	81	2:14	92	41:35	273	0:32
26	203	Carolyn Kirchner	7/169	F4044	48	0:06:12.49	112	2:24	44	39:14	365	0:38
27	462	Alejandra Legate	2/37	F2024	43	0:06:07.36	96	2:19	30	38:09	691	1:07
28	217	Katie Krehlik	3/187	F3034	103	0:06:50.45	95	2:19	131	43:04	3	0:11
29	205	Deana Watson	2/77	F5054	128	0:07:01.20	10	1:28	25	37:41	540	0:52
30	45	McKinley Wallace	4/187	F3034	19	0:05:42.05	22	1:43	42	39:12	496	0:48
31	157	Jenelle Brinkman	6/131	F4549	108	0:06:53.32	4	1:24	41	39:12	546	0:52
32	23	Kimberly Spence-Je	5/187	F3034	78	0:06:30.28	5	1:25	51	39:51	276	0:33
33	48	Anna Rix	6/187	F3034	122	0:06:59.11	46	1:54	22	37:19	878	1:32
34	35	Mia Stiassny	3/83	F1519	129	0:07:01.76	36	1:51	121	42:45	5	0:12
35	214	Ruth Cvancara	3/37	F2024	44	0:06:07.88	270	3:05	119	42:43	38	0:14
36	31	Jennifer Henderson	7/131	F4549	231	0:07:45.45	54	1:59	21	37:13	707	1:10
37	27	Kristine Percival	8/169	F4044	270	0:07:59.49	26	1:46	57	40:09	227	0:29
38	378	Alison Arians	3/77	F5054	139	0:07:07.13	139	2:30	59	40:14	367	0:38
39	33	Katera Seybert	3/101	F2529	105	0:06:51.31	18	1:36	19	37:10	625	1:00
40	62	Sarah Conkey	7/187	F3034	21	0:05:42.93	20	1:40	65	40:22	387	0:40
41	20	Betsy Lund	8/131	F4549	24	0:05:45.01	55	1:59	81	41:09	450	0:44
42	51	Eileen McKean	7/200	F3539	26	0:05:46.00	59	2:02	68	40:31	428	0:43
43	213	Stacey Buckelew	9/131	F4549	241	0:07:49.05	92	2:18	62	40:19	531	0:51
44	112	Olivia Pfeifer	8/187	F3034	5	0:05:09.66	104	2:21	70	40:38	781	1:18
45	38	Sarah Bagron	8/200	F3539	237	0:07:47.37	27	1:46	38	38:34	685	1:06
46	761	Amanda Carr	9/200	F3539	68	0:06:24.34	132	2:29	78	40:50	82	0:18
47	36	Katherine Kelly	10/200	F3539	81	0:06:34.20	31	1:49	88	41:23	535	0:51
48	44	Holly Boston	11/200	F3539	224	0:07:43.15	24	1:44	20	37:13	508	0:49
49	92	Nancy Meade	1/39	F6064	111	0:06:54.56	48	1:58	50	39:49	42	0:15
50	42	Destiny Ingram	9/169	F4044	80	0:06:34.09	178	2:42	87	41:21	562	0:53

RESULTS BY: Skinny Raven Events and Timing

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Place	Bib	Name	Div/Tot	Div	Rank	Swim	Rank	T1	Rank	Bike	Rank	T2
51	137	Tui Stanbury	1/88	F1014	7	0:05:17.83	80	2:14	130	43:04	20	0:13
52	192	Nora McBride	4/83	F1519	27	0:05:47.50	162	2:38	163	43:44	1	0:10
53	26	Melanee Stiassny	10/131	F4549	348	0:08:22.88	85	2:15	48	39:46	665	1:04
54	34	Liane Nagata	4/77	F5054	195	0:07:31.35	23	1:43	32	38:13	455	0:45
55	64	Erika Bennett	5/77	F5054	472	0:09:00.19	41	1:52	26	37:46	523	0:50
56	237	Valerie Goulet	9/187	F3034	171	0:07:22.76	13	1:32	77	40:47	823	1:24
57	648	Kaila Hawley	12/200	F3539	341	0:08:21.53	156	2:37	39	38:54	250	0:31
58	923	Rebecca Carroll	10/169	F4044	309	0:08:12.34	153	2:36	45	39:18	774	1:17
59	50	Madelin Lowen	5/83	F1519	160	0:07:16.66	25	1:45	125	42:52	635	1:01
60	759	Heather Krellner	11/131	F4549	127	0:07:00.85	242	2:58	29	38:02	951	1:42
61	47	Megan Neale	4/101	F2529	572	0:09:28.20	120	2:26	69	40:32	789	1:19
62	58	Jaena Tranberg	13/200	F3539	422	0:08:45.67	37	1:51	63	40:20	403	0:41
63	162	Ashley French	14/200	F3539	244	0:07:49.31	75	2:11	58	40:12	405	0:41
64	813	Ashley Van Hemert	11/169	F4044	305	0:08:11.74	40	1:52	155	43:37	57	0:16
65	322	Clare Shea	12/169	F4044	124	0:06:59.29	130	2:28	99	41:48	680	1:05
66	25	Nicki Holmen	13/169	F4044	253	0:07:54.30	21	1:42	16	36:45	386	0:40
67	486	Maggie Keffalos	6/83	F1519	385	0:08:34.74	146	2:33	106	42:02	24	0:14
68	204	Sara Cleaver	10/187	F3034	72	0:06:27.51	97	2:20	156	43:38	271	0:32
69	914	Irene Bembenek	5/101	F2529	99	0:06:46.90	195	2:47	120	42:44	87	0:18
70	261	Kelsey Johannes	4/37	F2024	152	0:07:12.95	303	3:12	135	43:13	743	1:14
71	41	Shannon Perrins	6/101	F2529	137	0:07:05.64	64	2:04	192	44:30	29	0:14
72	1435	Ellie Pennell	7/101	F2529	271	0:08:01.74	118	2:25	102	41:56	244	0:30
73	195	Bridget McBride	14/169	F4044	18	0:05:41.08	154	2:36	112	42:24	423	0:43
74	32	Ivy Eski	5/37	F2024	185	0:07:28.27	84	2:15	64	40:21	527	0:51
75	39	Jennifer Armentrou	12/131	F4549	206	0:07:34.71	51	1:59	60	40:16	813	1:22
76	28	Heather Onders	13/131	F4549	403	0:08:41.83	73	2:09	71	40:39	576	0:54
77	1347	Holly Barclay	14/131	F4549	672	0:10:01.30	308	3:13	23	37:24	229	0:29
78	1227	Carma Reed	1/55	F5559	541	0:09:20.44	148	2:34	90	41:32	322	0:36
79	768	Jill Aho	6/77	F5054	202	0:07:32.54	168	2:39	47	39:29	970	1:46
80	196	Heidi Busack	11/187	F3034	8	0:05:20.01	253	3:01	66	40:22	66	0:17
81	1253	Jordan Muffoletto	8/101	F2529	329	0:08:18.09	164	2:39	86	41:17	814	1:23
82	1232	Lauren Smayda	15/169	F4044	200	0:07:32.38	93	2:18	54	40:00	599	0:57
83	69	Dianne Prince	2/55	F5559	296	0:08:08.95	79	2:13	43	39:12	261	0:31
84	29	Emily Erickson	7/83	F1519	192	0:07:31.14	766	4:57	101	41:53	37	0:14
85	43	Sarah Nicholas	9/101	F2529	52	0:06:17.39	43	1:53	182	44:17	553	0:53
86	744	Signe Kemp	12/187	F3034	112	0:06:54.71	98	2:20	122	42:47	187	0:26
87	733	Rachel Burchill	10/101	F2529	579	0:09:31.14	200	2:47	208	45:01	91	0:18
88	54	Cadence Stull	8/83	F1519	50	0:06:15.68	17	1:36	82	41:11	397	0:41
89	191	Molly McBride	9/83	F1519	14	0:05:34.69	309	3:13	181	44:13	6	0:12
90	60	Ingrid Reese	15/131	F4549	218	0:07:40.49	47	1:56	98	41:45	543	0:52
91	117	Ashley Mattson	15/200	F3539	676	0:10:03.27	159	2:37	33	38:19	614	0:58
92	215	Rachelle Kanady	13/187	F3034	285	0:08:04.95	100	2:20	73	40:42	26	0:14
93	463	Caitlin Gohr	6/37	F2024	173	0:07:23.81	207	2:48	183	44:17	32	0:14
94	751	Elizabeth Embick	16/200	F3539	123	0:06:59.17	322	3:16	109	42:21	630	1:00
95	554	Sophia Cvancara	7/37	F2024	59	0:06:21.72	109	2:23	198	44:36	147	0:23
96	762	Diana Rogers	14/187	F3034	227	0:07:43.75	62	2:03	144	43:25	612	0:58
97	106	Nancy Spence	7/77	F5054	630	0:09:46.88	105	2:21	34	38:20	565	0:53
98	59	Shelly James	2/39	F6064	523	0:09:13.21	427	3:40	24	37:30	908	1:35
99	769	Charisa Doherty	17/200	F3539	83	0:06:36.41	114	2:25	129	43:02	906	1:34
100	148	Mireya de la Pena	3/55	F5559	181	0:07:26.68	50	1:58	117	42:39	996	1:52

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Place	Bib	Name	Div/Tot	Div	Rank	Swim	Rank	T1	Rank	Bike	Rank	T2
101	37	Katra Wedeking	16/131	F4549	182	0:07:27.85	57	2:01	36	38:27	254	0:31
102	464	Leah Legate	4/55	F5559	233	0:07:45.56	44	1:53	91	41:32	980	1:48
103	1473	Jennifer Schrage	8/77	F5054	387	0:08:36.66	167	2:39	74	40:44	974	1:47
104	803	Kjersten Morell	15/187	F3034	338	0:08:20.28	495	3:55	85	41:16	900	1:34
105	654	Charity Duley	16/169	F4044	504	0:09:07.02	177	2:40	187	44:20	10	0:12
106	652	Amy Koehn	17/131	F4549	465	0:08:57.48	29	1:48	100	41:48	415	0:42
107	913	Elizabeth Barnaby	18/131	F4549	388	0:08:36.83	288	3:09	96	41:43	648	1:02
108	1209	Rachel Huisman	17/169	F4044	135	0:07:04.78	255	3:01	194	44:32	947	1:41
109	851	Heather Poe	18/169	F4044	542	0:09:20.73	113	2:25	149	43:31	53	0:16
110	1205	Linnea Gray	10/83	F1519	272	0:08:02.01	365	3:26	141	43:19	831	1:26
111	295	Dorothy Shearn	5/55	F5559	51	0:06:17.10	435	3:41	138	43:16	968	1:45
112	395	Samantha Longacre	16/187	F3034	336	0:08:19.40	238	2:57	262	46:23	1064	2:16
113	61	Mikayla Savikko	18/200	F3539	455	0:08:52.74	151	2:35	49	39:48	539	0:52
114	746	Donna Pierce-Wrigh	17/187	F3034	64	0:06:22.93	103	2:21	61	40:19	512	0:49
115	915	Morgan Bender	18/187	F3034	73	0:06:27.56	155	2:37	218	45:17	692	1:08
116	53	Debbie Boots	3/39	F6064	390	0:08:37.15	188	2:44	93	41:35	379	0:39
117	1206	Jennifer Harris	19/131	F4549	314	0:08:13.83	152	2:36	75	40:45	826	1:24
118	55	Rose Garner	6/55	F5559	413	0:08:43.19	121	2:26	31	38:10	732	1:12
119	405	Hiromi Chambers	20/131	F4549	445	0:08:49.43	251	3:00	227	45:32	119	0:20
120	122	Madison Binkley	19/187	F3034	222	0:07:41.72	197	2:47	161	43:42	510	0:49
121	52	Sheryl Loan	4/39	F6064	1132	0:14:32.40	293	3:11	9	34:56	1000	1:53
122	290	Ruby Willman	2/88	F1014	49	0:06:12.67	33	1:50	205	44:55	427	0:43
123	387	Hannah Haakinson	20/187	F3034	306	0:08:11.95	187	2:44	162	43:43	64	0:17
124	396	Megan O'Mullane	19/169	F4044	339	0:08:20.29	52	1:59	188	44:21	413	0:42
125	784	Shannon Faber	21/131	F4549	115	0:06:55.01	237	2:57	118	42:40	1037	2:04
126	641	Hanna Deraedt	11/101	F2529	97	0:06:44.32	53	1:59	153	43:33	912	1:35
127	777	Lora Randby	21/187	F3034	483	0:09:03.13	285	3:09	108	42:15	128	0:21
128	65	Jodi McLaughlin	22/131	F4549	146	0:07:11.11	14	1:34	84	41:15	478	0:46
129	1124	Melanie Briggs	23/131	F4549	834	0:11:06.77	82	2:14	52	39:56	858	1:30
130	273	Alana Lim	11/83	F1519	337	0:08:19.73	372	3:28	166	43:47	161	0:24
131	925	April Cooley	20/169	F4044	219	0:07:41.40	212	2:50	150	43:32	866	1:31
132	545	Gretchen Dana	8/37	F2024	269	0:07:59.47	189	2:45	139	43:16	724	1:12
133	1365	Shoshannah Kinsler	19/200	F3539	668	0:10:00.38	352	3:23	111	42:24	1076	2:22
134	400	Hannah Vogt	12/101	F2529	67	0:06:24.17	632	4:24	229	45:38	34	0:14
135	771	Cara Hesselbach	20/200	F3539	236	0:07:46.92	211	2:50	185	44:18	764	1:16
136	1261	Vera Pluharova	13/101	F2529	238	0:07:47.42	56	2:00	282	46:46	28	0:14
137	1089	Krista Schnell	22/187	F3034	531	0:09:18.07	320	3:15	271	46:32	141	0:23
138	244	Kristen Wood	24/131	F4549	66	0:06:23.23	240	2:58	134	43:13	720	1:11
139	1311	Annie McCormick	23/187	F3034	255	0:07:54.98	411	3:37	126	42:54	799	1:20
140	1408	Juliana Ocampo	14/101	F2529	560	0:09:24.87	106	2:21	173	44:00	98	0:19
141	917	Lauren Cole	15/101	F2529	418	0:08:44.96	224	2:53	222	45:24	837	1:27
142	234	Heidi Glotfelty Co	7/55	F5559	620	0:09:44.52	122	2:27	132	43:04	68	0:17
143	238	Tanya Kirk	8/55	F5559	478	0:09:02.08	39	1:52	76	40:46	430	0:43
144	164	Sara Sjostrom	25/131	F4549	449	0:08:50.11	77	2:12	72	40:41	722	1:12
145	135	Joey Eski	9/77	F5054	235	0:07:46.11	129	2:28	67	40:29	898	1:34
146	67	Megan McLaughlin	12/83	F1519	11	0:05:30.47	74	2:09	296	46:59	33	0:14
147	576	Naomi Gallien	21/200	F3539	197	0:07:31.90	145	2:33	176	44:05	21	0:13
148	302	Erin Eisses	24/187	F3034	120	0:06:58.49	90	2:17	110	42:24	144	0:23
149	296	Colleen Crum	22/200	F3539	53	0:06:17.75	232	2:56	209	45:02	205	0:27
150	782	Megon Coon	23/200	F3539	101	0:06:48.37	702	4:40	239	45:48	121	0:21

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Place	Bib	Name	Div/Tot	Div	Rank	Swim	Rank	T1	Rank	Bike	Rank	T2
151	1191	Emily Myhre	25/187	F3034	752	0:10:32.68	488	3:54	145	43:26	306	0:35
152	865	Erica Blake	26/187	F3034	575	0:09:29.19	570	4:11	95	41:42	1115	2:38
153	283	Mary Wood	27/187	F3034	15	0:05:35.73	231	2:56	322	47:35	777	1:17
154	1313	Bree Witteveen	26/131	F4549	343	0:08:21.74	138	2:30	113	42:25	544	0:52
155	231	Lies Packer	1/25	F6569	318	0:08:14.60	191	2:45	159	43:40	97	0:19
156	409	Pam Tittle	5/39	F6064	826	0:11:02.64	83	2:15	56	40:01	953	1:42
157	118	Jacqueline Mitchel	24/200	F3539	84	0:06:37.09	67	2:06	327	47:39	605	0:57
158	794	Holly Payne	28/187	F3034	234	0:07:46.06	269	3:05	272	46:33	110	0:20
159	200	Maria Carson	9/37	F2024	25	0:05:45.16	169	2:39	344	48:06	102	0:19
160	245	Greta Reese	13/83	F1519	454	0:08:51.68	78	2:12	248	46:05	58	0:16
161	951	Kaylee Wilcox	10/37	F2024	584	0:09:31.45	256	3:02	89	41:26	1091	2:28
162	289	Harper Willman	14/83	F1519	42	0:06:07.32	119	2:25	80	41:03	677	1:05
163	787	Tara Craytor	25/200	F3539	35	0:05:58.33	455	3:46	407	49:20	330	0:36
164	750	Allison Devine	16/101	F2529	62	0:06:22.58	137	2:30	213	45:08	51	0:16
165	427	Shannon Dieffender	17/101	F2529	602	0:09:37.58	108	2:23	207	44:57	39	0:14
166	186	Miya Kam-magruder	3/88	F1014	242	0:07:49.05	217	2:52	189	44:24	716	1:11
167	466	Mary Kay Sorich	27/131	F4549	328	0:08:18.07	222	2:53	151	43:32	256	0:31
168	603	Bronwyn Haynes	9/55	F5559	933	0:11:54.47	63	2:03	55	40:00	782	1:18
169	478	Aeia Davis	15/83	F1519	252	0:07:54.29	413	3:37	210	45:04	113	0:20
170	287	Ava Trembath	16/83	F1519	29	0:05:49.63	373	3:28	408	49:21	156	0:24
171	123	Peggy Gonzalez	28/131	F4549	399	0:08:40.43	328	3:18	168	43:50	348	0:37
172	660	Michelle Richards	10/55	F5559	828	0:11:03.76	305	3:12	193	44:32	14	0:13
173	1223	Gretta Pickett	11/37	F2024	214	0:07:39.55	163	2:39	251	46:06	940	1:39
174	210	Madison Dietz Pawl	17/83	F1519	9	0:05:23.15	366	3:26	184	44:18	77	0:17
175	812	Melissa Knight	26/200	F3539	332	0:08:18.42	214	2:51	175	44:04	736	1:13
176	262	Mary Johannes	6/39	F6064	571	0:09:28.09	395	3:34	165	43:47	167	0:24
177	912	Meadow Bailly	4/88	F1014	419	0:08:45.21	30	1:49	228	45:33	148	0:23
178	317	Erica Livingston	27/200	F3539	198	0:07:31.97	291	3:10	178	44:09	417	0:42
179	121	Jennifer Weber	29/131	F4549	175	0:07:24.71	135	2:30	116	42:36	786	1:18
180	973	Keri Conrad	21/169	F4044	755	0:10:33.65	183	2:43	79	41:02	955	1:43
181	304	Hannah Kornely	29/187	F3034	119	0:06:57.89	225	2:53	313	47:22	31	0:14
182	380	Courtney Spann	30/187	F3034	240	0:07:49.03	287	3:09	290	46:53	170	0:25
183	1207	Erica Heagy	30/131	F4549	404	0:08:41.88	87	2:16	214	45:14	915	1:36
184	649	Taylor Holsinger	31/187	F3034	278	0:08:03.29	248	3:00	190	44:26	90	0:18
185	983	Catherine Maynes	32/187	F3034	319	0:08:14.60	571	4:12	235	45:44	337	0:37
186	1308	Sierra Smith	33/187	F3034	359	0:08:26.60	468	3:49	257	46:15	69	0:17
187	257	Cindy Freistone	7/39	F6064	736	0:10:26.86	537	4:04	202	44:43	25	0:14
188	798	Ava Huey	5/88	F1014	287	0:08:05.51	34	1:50	307	47:12	664	1:04
189	1116	Amanda Miotke	22/169	F4044	431	0:08:46.59	140	2:30	152	43:32	624	0:59
190	1158	Sarah Ellison	28/200	F3539	649	0:09:52.78	125	2:27	127	42:57	398	0:41
191	1224	Ashley Plooy	18/101	F2529	474	0:09:00.99	292	3:10	177	44:06	604	0:57
192	241	Emily Poray	23/169	F4044	166	0:07:18.43	126	2:28	238	45:45	480	0:46
193	920	Taylor Burgh	34/187	F3034	603	0:09:37.71	393	3:34	133	43:10	674	1:05
194	293	Kelley Jansen	29/200	F3539	85	0:06:37.72	49	1:58	289	46:52	566	0:53
195	209	Susie Dietz	11/55	F5559	164	0:07:17.66	282	3:08	217	45:16	620	0:59
196	734	Lilian Ho	30/200	F3539	213	0:07:39.38	175	2:40	186	44:19	126	0:21
197	57	Holly Fisk	31/200	F3539	259	0:07:55.73	58	2:01	140	43:18	759	1:15
198	152	Alexa Blakey	18/83	F1519	211	0:07:38.96	486	3:52	179	44:09	795	1:19
199	788	Lauren Divine Berr	32/200	F3539	156	0:07:15.34	136	2:30	250	46:06	406	0:41
200	601	Lori Guyer	10/77	F5054	855	0:11:16.93	99	2:20	211	45:05	80	0:18

RESULTS BY: Skinny Raven Events and Timing

2023 GOLD NUGGET TRIATHLON
 May 21, 2023
 Bartlett High School, Anchorage AK

Place	Bib	Name	Div/Tot	Div	Rank	Swim	Rank	T1	Rank	Bike	Rank	T2
201	844	Megan Currier	19/101	F2529	800	0:10:53.28	272	3:05	196	44:35	872	1:31
202	318	Emily Long	24/169	F4044	282	0:08:04.33	174	2:40	328	47:44	559	0:53
203	1225	Hailee Rahm	25/169	F4044	325	0:08:17.21	265	3:04	231	45:40	122	0:21
204	651	Kate Hammer	33/200	F3539	367	0:08:29.01	650	4:27	200	44:41	696	1:08
205	938	Jill Franchino	35/187	F3034	352	0:08:24.55	252	3:01	316	47:28	83	0:18
206	918	Robin Cunningham	34/200	F3539	411	0:08:42.97	281	3:08	277	46:42	675	1:05
207	89	Beth Calabro	31/131	F4549	89	0:06:41.26	86	2:15	137	43:16	597	0:56
208	399	Julie Martyn	26/169	F4044	632	0:09:47.26	91	2:18	264	46:24	452	0:44
209	590	Emily Jensen	20/101	F2529	215	0:07:39.58	470	3:49	233	45:40	45	0:15
210	1147	Katarzyna Michon	27/169	F4044	643	0:09:50.79	544	4:05	123	42:49	726	1:12
211	299	Hannah Toberman	21/101	F2529	76	0:06:29.76	735	4:48	343	48:04	660	1:04
212	377	Joanne Thomas	12/55	F5559	193	0:07:31.28	329	3:18	293	46:55	672	1:05
213	416	Tara Warren	32/131	F4549	493	0:09:04.59	461	3:47	279	46:43	60	0:16
214	1415	Meredith Johnson	36/187	F3034	351	0:08:23.96	299	3:12	390	49:06	134	0:22
215	584	Abigail Howe	19/83	F1519	585	0:09:31.58	796	5:09	158	43:40	149	0:23
216	1107	Sara Hadden	33/131	F4549	358	0:08:26.51	202	2:47	147	43:26	439	0:43
217	187	Janel Kam-Magruder	34/131	F4549	420	0:08:45.33	522	4:00	253	46:10	797	1:20
218	1011	Katie Lauwers	22/101	F2529	519	0:09:11.65	306	3:13	115	42:33	978	1:47
219	269	Devon Kerscher	23/101	F2529	456	0:08:53.60	69	2:08	206	44:57	395	0:40
220	976	Tori Hickel	24/101	F2529	511	0:09:08.24	825	5:18	298	47:01	260	0:31
221	171	Elizabeth Bingham	20/83	F1519	13	0:05:32.03	116	2:25	339	47:57	7	0:12
222	239	Katie Naylor	35/131	F4549	498	0:09:05.85	327	3:18	104	41:59	883	1:32
223	481	Brandy Baker	28/169	F4044	489	0:09:03.99	384	3:32	280	46:45	41	0:15
224	1440	Brooke Smith	37/187	F3034	468	0:08:58.50	286	3:09	312	47:22	571	0:54
225	1112	Ruth Kroona	13/55	F5559	859	0:11:17.42	343	3:22	124	42:50	809	1:22
226	970	Beatrix Brogan	21/83	F1519	604	0:09:38.18	676	4:34	402	49:16	117	0:20
227	1140	Mariah Brashar	35/200	F3539	375	0:08:31.03	854	5:30	389	49:03	388	0:40
228	732	Amy Bushatz	36/200	F3539	536	0:09:18.82	338	3:20	259	46:18	867	1:31
229	207	Ashlyn Paynter	6/88	F1014	33	0:05:51.92	528	4:02	634	53:55	101	0:19
230	1201	Teri Griesinger	11/77	F5054	183	0:07:27.86	843	5:24	107	42:07	1189	4:02
231	376	Pamela Jurancich	37/200	F3539	204	0:07:33.30	134	2:29	94	41:38	854	1:29
232	390	Ellyn Brown	1/12	F7074	371	0:08:30.23	489	3:54	249	46:05	932	1:38
233	323	Marta Strumillo	38/187	F3034	532	0:09:18.18	535	4:04	299	47:02	23	0:13
234	757	Sondra Winters	36/131	F4549	93	0:06:42.18	484	3:52	418	49:35	252	0:31
235	655	Jiale Turner	12/37	F2024	196	0:07:31.77	128	2:28	167	43:48	432	0:43
236	103	Kai Binkley Sims	29/169	F4044	537	0:09:18.86	88	2:16	281	46:45	563	0:53
237	944	Jackie Ryan	25/101	F2529	145	0:07:10.97	271	3:05	519	51:41	484	0:46
238	372	Katelynn Scully	39/187	F3034	104	0:06:51.26	257	3:02	347	48:08	483	0:46
239	141	Logan Brink	26/101	F2529	569	0:09:27.02	258	3:02	323	47:37	284	0:33
240	403	Katharina Zellmann	30/169	F4044	719	0:10:21.18	215	2:51	332	47:50	159	0:24
241	1320	Megan Rowland	38/200	F3539	616	0:09:42.70	453	3:46	197	44:36	917	1:37
242	93	Fran Brink	14/55	F5559	759	0:10:35.14	184	2:44	97	41:44	758	1:15
243	1127	Diana Carter	12/77	F5054	292	0:08:08.13	449	3:45	252	46:09	1034	2:03
244	63	Keena Bennett	22/83	F1519	37	0:05:59.93	110	2:23	439	49:57	179	0:25
245	107	Julia Thomas	13/37	F2024	448	0:08:49.99	260	3:03	340	47:59	40	0:14
246	120	Kelly Ramey	13/77	F5054	432	0:08:46.73	284	3:09	143	43:22	824	1:24
247	645	Lyla Ingram	23/83	F1519	366	0:08:28.29	440	3:43	191	44:27	632	1:00
248	1226	Madeline Ramuglia	39/200	F3539	158	0:07:16.29	124	2:27	352	48:12	766	1:16
249	397	Amanda Hawes	37/131	F4549	567	0:09:26.74	89	2:16	273	46:33	690	1:07
250	381	Alena Prosser	31/169	F4044	313	0:08:13.82	190	2:45	180	44:12	822	1:24

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2023 GOLD NUGGET TRIATHLON
 May 21, 2023
 Bartlett High School, Anchorage AK

Place	Bib	Name	Div/Tot	Div	Rank	Swim	Rank	T1	Rank	Bike	Rank	T2
251	728	Maryjane Baxter	24/83	F1519	787	0:10:47.35	426	3:39	285	46:47	376	0:39
252	565	Svia Rothstein	14/77	F5054	153	0:07:13.85	436	3:41	164	43:44	787	1:19
253	185	Anna-Marie Benson	15/77	F5054	400	0:08:40.97	334	3:19	269	46:32	575	0:54
254	966	Heidi Ostby	40/200	F3539	389	0:08:36.91	545	4:05	169	43:51	892	1:33
255	351	Dakota Maisey	27/101	F2529	681	0:10:06.39	499	3:56	216	45:16	289	0:33
256	370	Merrileigh Boring	16/77	F5054	258	0:07:55.49	475	3:50	292	46:55	56	0:16
257	316	Susie Lemons	41/200	F3539	333	0:08:18.59	295	3:11	220	45:20	174	0:25
258	839	Mollee Raney	2/25	F6569	217	0:07:40.43	115	2:25	242	45:52	164	0:24
259	1441	Heidi Swanston	32/169	F4044	613	0:09:41.11	233	2:56	270	46:32	750	1:14
260	282	Carley Wallace	40/187	F3034	172	0:07:23.66	127	2:28	381	48:45	769	1:17
261	1233	Sharayah Talarovic	42/200	F3539	297	0:08:08.95	186	2:44	268	46:31	718	1:11
262	822	Melissa Bunselmeie	43/200	F3539	607	0:09:39.00	530	4:03	260	46:22	195	0:27
263	97	Suzanne Armentrout	17/77	F5054	264	0:07:57.24	221	2:53	170	43:53	835	1:27
264	1056	Brodie Kimmel	44/200	F3539	533	0:09:18.32	196	2:47	446	50:03	633	1:00
265	815	Amy Rayess	45/200	F3539	298	0:08:09.21	216	2:52	334	47:54	188	0:26
266	1189	Erica Lambers	33/169	F4044	373	0:08:30.29	935	6:12	148	43:30	1124	2:45
267	305	Mary Krynsinski	3/25	F6569	405	0:08:41.96	357	3:24	230	45:38	702	1:09
268	1417	Laura Jungreis	41/187	F3034	374	0:08:30.40	670	4:32	398	49:13	93	0:19
269	741	Anna Brooks	7/88	F1014	12	0:05:31.85	389	3:33	435	49:54	550	0:52
270	1106	Kara Gustafson	46/200	F3539	201	0:07:32.46	560	4:09	380	48:44	771	1:17
271	1309	Michelle Taylor	42/187	F3034	659	0:09:57.81	192	2:45	353	48:13	209	0:28
272	328	Erin Marbarger	47/200	F3539	260	0:07:56.03	422	3:39	223	45:25	979	1:47
273	573	Ann Floyd	15/55	F5559	265	0:07:57.94	194	2:46	171	43:54	192	0:26
274	789	Alexa Hanley	43/187	F3034	161	0:07:16.76	797	5:09	441	49:58	425	0:43
275	1376	Brianna Ramsey	44/187	F3034	624	0:09:45.49	302	3:12	375	48:40	133	0:21
276	1420	Cynthia Lilleston	28/101	F2529	349	0:08:23.73	464	3:48	460	50:19	1087	2:26
277	592	Emilie Price	29/101	F2529	397	0:08:39.74	526	4:01	283	46:46	251	0:31
278	1305	Mari Rueter	48/200	F3539	513	0:09:09.06	142	2:31	385	48:53	558	0:53
279	149	Vanessa Bergstedt	49/200	F3539	441	0:08:48.56	144	2:32	432	49:52	879	1:32
280	166	Gianna McCune	34/169	F4044	281	0:08:04.15	294	3:11	172	43:56	1047	2:08
281	1268	Freya Janssen	35/169	F4044	562	0:09:24.92	546	4:05	266	46:26	239	0:30
282	1126	Heidi Carlson	45/187	F3034	578	0:09:31.02	556	4:08	300	47:04	297	0:34
283	928	Rose Donlon	46/187	F3034	398	0:08:40.17	443	3:43	215	45:15	957	1:44
284	1247	Aimee Chauvot	50/200	F3539	286	0:08:05.47	324	3:17	370	48:37	800	1:20
285	1401	Felicia Zambrano	36/169	F4044	354	0:08:25.92	740	4:50	295	46:58	538	0:52
286	94	Sanjana Greenhill	51/200	F3539	911	0:11:41.20	158	2:37	105	42:01	606	0:57
287	781	Beth Werge	47/187	F3034	176	0:07:25.48	672	4:33	336	47:55	583	0:55
288	814	Letty Tiernan	52/200	F3539	361	0:08:26.78	428	3:40	335	47:54	288	0:33
289	1230	Jaclyn Scanlan	48/187	F3034	133	0:07:03.97	370	3:28	448	50:04	746	1:14
290	1115	Valerie Martinez	37/169	F4044	651	0:09:53.56	406	3:37	331	47:49	1070	2:19
291	108	Elizabeth Mar Thom	53/200	F3539	544	0:09:21.20	193	2:46	114	42:32	669	1:04
292	225	Gabbie Lee	8/88	F1014	210	0:07:38.35	133	2:29	221	45:20	111	0:20
293	270	Sara Warrick	49/187	F3034	304	0:08:11.42	123	2:27	83	41:13	846	1:28
294	1414	Loren Gurkowski	50/187	F3034	587	0:09:31.83	476	3:50	438	49:56	584	0:55
295	314	Mary Vollendorf	18/77	F5054	503	0:09:06.97	209	2:49	265	46:24	944	1:40
296	1193	Emily Romero	30/101	F2529	674	0:10:02.65	459	3:47	364	48:30	555	0:53
297	206	Beth Paynter	38/131	F4549	74	0:06:27.98	485	3:52	646	54:11	36	0:14
298	924	Tahlia Carroll	25/83	F1519	377	0:08:31.37	312	3:14	414	49:29	853	1:29
299	667	Kris Miller	16/55	F5559	873	0:11:24.44	336	3:20	219	45:20	792	1:19
300	796	Rachel Cella	39/131	F4549	262	0:07:56.63	229	2:55	203	44:43	899	1:34

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Place	Bib	Name	Div/Tot	Div	Rank	Swim	Rank	T1	Rank	Bike	Rank	T2
301	1385	Mallory Allgeier	51/187	F3034	424	0:08:45.71	387	3:32	345	48:08	528	0:51
302	795	Lucy Olson	9/88	F1014	382	0:08:34.36	264	3:03	506	51:21	855	1:29
303	643	Courtney Abel	54/200	F3539	396	0:08:39.16	236	2:57	311	47:19	78	0:17
304	267	Hannah Stepetin	26/83	F1519	357	0:08:26.24	280	3:07	567	52:32	282	0:33
305	753	Elizabeth Marks	55/200	F3539	58	0:06:21.64	300	3:12	255	46:14	984	1:49
306	1103	Christina Morgan	56/200	F3539	574	0:09:28.67	239	2:58	433	49:53	108	0:20
307	594	Dawn Anderson	40/131	F4549	1089	0:13:45.06	368	3:27	391	49:07	582	0:55
308	40	Lauren Grippio	52/187	F3034	56	0:06:19.13	111	2:23	449	50:05	516	0:50
309	1396	Danielle Tessen	57/200	F3539	637	0:09:48.80	262	3:03	442	50:00	193	0:26
310	1111	Lauren Hundrup	58/200	F3539	434	0:08:47.40	532	4:03	236	45:44	760	1:16
311	1108	Emma Haddix	38/169	F4044	416	0:08:44.29	268	3:05	201	44:42	801	1:20
312	739	Renee Stephens	53/187	F3034	350	0:08:23.85	244	2:58	409	49:21	836	1:27
313	1303	Erika Rhodes	39/169	F4044	327	0:08:17.81	478	3:51	469	50:29	183	0:26
314	461	Kaia Reeg	27/83	F1519	4	0:05:09.11	472	3:49	472	50:34	50	0:16
315	640	Jessica Degnan	31/101	F2529	46	0:06:11.37	283	3:08	349	48:11	673	1:05
316	1203	Jenna Frederic	54/187	F3034	484	0:09:03.15	377	3:29	326	47:38	1046	2:08
317	553	Rachael Rood	10/88	F1014	439	0:08:48.23	356	3:24	379	48:43	302	0:34
318	382	Claire Steiner	14/37	F2024	316	0:08:13.94	210	2:49	367	48:33	345	0:37
319	1381	Dana Strager	59/200	F3539	549	0:09:22.31	552	4:07	454	50:13	116	0:20
320	346	Andrea Castelblanc	41/131	F4549	487	0:09:03.55	380	3:31	286	46:50	956	1:43
321	1399	Nicole Allen	60/200	F3539	492	0:09:04.40	850	5:28	237	45:44	939	1:39
322	66	Molly Mclaughlin	15/37	F2024	75	0:06:29.01	68	2:07	376	48:43	105	0:20
323	85	Mary Cox	4/25	F6569	566	0:09:26.46	541	4:05	103	41:57	820	1:23
324	760	Carolyn Watling	55/187	F3034	41	0:06:06.73	605	4:18	366	48:33	952	1:42
325	249	Francisca Barnett	40/169	F4044	548	0:09:22.03	241	2:58	374	48:40	708	1:10
326	792	Darby Sims	32/101	F2529	225	0:07:43.31	331	3:19	314	47:24	1011	1:55
327	331	Jennifer Oleson	61/200	F3539	430	0:08:46.10	574	4:12	457	50:18	378	0:39
328	774	Jasmin Martin	33/101	F2529	167	0:07:18.99	173	2:40	415	49:33	389	0:40
329	300	Grace Zimmerman	34/101	F2529	91	0:06:41.59	714	4:43	394	49:09	363	0:38
330	1228	Susan Reinhart	42/131	F4549	407	0:08:42.14	374	3:29	354	48:15	749	1:14
331	1341	Rebekah Potter	41/169	F4044	737	0:10:27.30	638	4:25	303	47:07	982	1:48
332	942	Jamey Reed	62/200	F3539	555	0:09:23.58	703	4:40	321	47:35	414	0:42
333	1257	Lori Kaltenbach	43/131	F4549	466	0:08:58.25	181	2:43	358	48:19	557	0:53
334	1372	Jennifer O'Neal	42/169	F4044	838	0:11:08.41	398	3:35	320	47:35	219	0:29
335	1409	Elena Ball	56/187	F3034	521	0:09:12.15	101	2:20	275	46:41	920	1:37
336	1342	Malia Klein	43/169	F4044	615	0:09:41.95	289	3:10	516	51:34	681	1:05
337	574	Arran Forbes	63/200	F3539	480	0:09:02.66	656	4:28	267	46:26	228	0:29
338	1443	Stacy Vega	64/200	F3539	279	0:08:03.31	250	3:00	431	49:51	375	0:39
339	1037	Jenna Wright	57/187	F3034	853	0:11:14.43	199	2:47	420	49:38	130	0:21
340	306	Kristin Travelstea	44/169	F4044	283	0:08:04.34	568	4:11	244	45:53	699	1:09
341	1296	Meghan Fielder	58/187	F3034	765	0:10:37.75	587	4:14	263	46:24	263	0:31
342	963	Laura Davis Collin	45/169	F4044	246	0:07:50.56	631	4:23	489	50:55	267	0:32
343	1237	Fiona Cerny	59/187	F3034	369	0:08:29.38	511	3:58	357	48:19	196	0:27
344	1321	Heidi Sturgill	60/187	F3034	612	0:09:40.94	311	3:14	301	47:05	186	0:26
345	154	Debra Kinn	5/25	F6569	701	0:10:14.30	42	1:53	241	45:52	112	0:20
346	90	Katie Croyle	65/200	F3539	90	0:06:41.32	967	6:33	346	48:08	1040	2:05
347	1322	Kaillee Sworts	35/101	F2529	500	0:09:06.63	319	3:15	325	47:38	213	0:28
348	2	Katelyn Stearns	66/200	F3539	65	0:06:23.22	72	2:08	157	43:38	178	0:25
349	656	Frieda Tuttle	67/200	F3539	633	0:09:47.37	756	4:55	377	48:43	374	0:39
350	1053	Hilary Walters	68/200	F3539	605	0:09:38.67	274	3:06	600	53:17	71	0:17

RESULTS BY: Skinny Raven Events and Timing

2023 GOLD NUGGET TRIATHLON
 May 21, 2023
 Bartlett High School, Anchorage AK

Place	Bib	Name	Div/Tot	Div	Rank	Swim	Rank	T1	Rank	Bike	Rank	T2
351	1452	Avery Reger	28/83	F1519	189	0:07:29.44	32	1:49	628	53:49	429	0:43
352	916	Kimberly Buskirk	19/77	F5054	402	0:08:41.55	383	3:31	535	51:59	138	0:22
353	1260	Karen Loso	44/131	F4549	69	0:06:24.68	170	2:39	762	57:28	221	0:29
354	1033	Carrie Stanfield	46/169	F4044	892	0:11:33.43	509	3:58	246	45:59	811	1:22
355	320	Talya Miranda	47/169	F4044	482	0:09:03.03	655	4:28	502	51:16	238	0:30
356	804	Vanessa Vetsch	48/169	F4044	345	0:08:22.54	381	3:31	617	53:38	847	1:28
357	1314	Madison Halloran	61/187	F3034	525	0:09:15.11	586	4:14	522	51:43	803	1:21
358	259	Jennifer Flanagan	45/131	F4549	709	0:10:16.61	737	4:49	568	52:32	464	0:45
359	308	Melissa Bartlett	49/169	F4044	379	0:08:32.58	563	4:10	523	51:43	701	1:09
360	1114	Sonja Mackey	46/131	F4549	715	0:10:19.43	641	4:25	256	46:14	804	1:21
361	371	Marianna Corkill	62/187	F3034	86	0:06:40.00	417	3:38	650	54:19	471	0:46
362	188	Nico Honegger	69/200	F3539	228	0:07:43.88	800	5:10	562	52:29	466	0:45
363	307	Julie Aloysius	20/77	F5054	520	0:09:11.97	838	5:21	596	53:12	493	0:47
364	1336	Crystal Kappelman	47/131	F4549	968	0:12:11.79	941	6:14	212	45:07	864	1:30
365	260	Molly Flanagan	11/88	F1014	590	0:09:32.65	614	4:20	582	52:52	547	0:52
366	580	Katie Bisson	48/131	F4549	317	0:08:14.58	180	2:43	470	50:31	352	0:37
367	1462	Josie Hale	36/101	F2529	414	0:08:43.72	701	4:40	437	49:56	887	1:32
368	1005	Roberta Warner	50/169	F4044	232	0:07:45.45	834	5:21	204	44:50	1203	4:58
369	927	Jordan Dahms	63/187	F3034	725	0:10:22.86	429	3:40	329	47:44	1097	2:30
370	125	SARAH APSENS	70/200	F3539	275	0:08:02.33	458	3:46	421	49:39	652	1:03
371	1310	Victoria Terzian	64/187	F3034	467	0:08:58.41	678	4:35	160	43:42	1098	2:31
372	581	Clara Robinson	12/88	F1014	378	0:08:31.94	172	2:39	475	50:40	255	0:31
373	579	Anne Gray	49/131	F4549	547	0:09:21.83	981	6:44	504	51:17	336	0:37
374	767	Bonnie Moeller Kos	71/200	F3539	147	0:07:11.17	176	2:40	462	50:20	959	1:44
375	301	Katie Baer	72/200	F3539	87	0:06:40.98	491	3:54	468	50:26	232	0:30
376	1200	Darlene Cooper	6/25	F6569	756	0:10:34.03	519	4:00	478	50:44	364	0:38
377	954	Carla Beam	2/12	F7074	839	0:11:08.56	227	2:54	482	50:48	296	0:34
378	1382	Julia Tantillo	37/101	F2529	728	0:10:23.96	719	4:44	399	49:13	1069	2:18
379	240	Alayna Naylor	13/88	F1014	243	0:07:49.25	335	3:19	509	51:25	177	0:25
380	392	Ingrid Reep	73/200	F3539	704	0:10:14.58	150	2:35	464	50:23	47	0:15
381	855	Morgan Borkovec	38/101	F2529	148	0:07:12.23	1129	9:30	258	46:17	433	0:43
382	693	Lynnae Beard	29/83	F1519	1182	0:16:48.22	201	2:47	232	45:40	461	0:45
383	242	Lily Poray	14/88	F1014	107	0:06:53.14	598	4:16	585	52:54	44	0:15
384	288	Mariya Frahm	65/187	F3034	17	0:05:41.07	745	4:51	513	51:30	593	0:56
385	1219	Melina Mack	66/187	F3034	486	0:09:03.39	602	4:17	547	52:16	268	0:32
386	100	Renee Parsley	21/77	F5054	821	0:10:59.79	718	4:44	154	43:34	890	1:33
387	1374	Audrey Pahl	51/169	F4044	981	0:12:21.87	510	3:58	297	47:01	972	1:46
388	612	Ava Von Gemmingen	30/83	F1519	277	0:08:02.91	273	3:06	476	50:40	81	0:18
389	1082	Audra Burrill	31/83	F1519	293	0:08:08.31	1047	7:40	554	52:21	295	0:34
390	87	Jinny Cooper	22/77	F5054	1013	0:12:46.49	107	2:22	240	45:52	933	1:38
391	840	Michelle Geidl	52/169	F4044	568	0:09:26.75	624	4:22	224	45:29	886	1:32
392	1117	Jessica Mute	53/169	F4044	639	0:09:49.27	872	5:39	291	46:53	511	0:49
393	833	Samantha Riley	67/187	F3034	824	0:11:01.49	358	3:24	287	46:50	303	0:34
394	389	Kaydee Moore	54/169	F4044	254	0:07:54.44	226	2:54	538	52:02	272	0:32
395	692	Josephine Beard	50/131	F4549	618	0:09:43.84	223	2:53	419	49:36	342	0:37
396	482	Isabella Baker	15/88	F1014	622	0:09:45.23	349	3:23	632	53:51	9	0:12
397	956	Sonora Martin	16/37	F2024	778	0:10:44.54	290	3:10	318	47:32	277	0:33
398	1252	Meadow Moore	16/88	F1014	433	0:08:46.98	254	3:01	288	46:51	706	1:10
399	321	Tiffany Schuyler	55/169	F4044	335	0:08:19.01	505	3:57	606	53:23	35	0:14
400	503	Gloria Reyes	7/25	F6569	791	0:10:49.26	279	3:07	511	51:26	796	1:20

RESULTS BY: Skinny Raven Events and Timing

2023 GOLD NUGGET TRIATHLON
 May 21, 2023
 Bartlett High School, Anchorage AK

Place	Bib	Name	Div/Tot	Div	Rank	Swim	Rank	T1	Rank	Bike	Rank	T2
401	1343	Jessie Brown	39/101	F2529	1006	0:12:37.79	590	4:15	304	47:07	123	0:21
402	586	Patrice Vermillion	8/25	F6569	499	0:09:06.45	582	4:14	146	43:26	504	0:48
403	150	Savannah Afoa	74/200	F3539	311	0:08:13.30	230	2:56	351	48:12	615	0:58
404	1104	Katie Barnack	68/187	F3034	344	0:08:21.91	547	4:06	226	45:31	740	1:13
405	465	Aviana Sorich	32/83	F1519	32	0:05:50.87	185	2:44	695	55:31	695	1:08
406	1009	Sarah Kleedehn	3/12	F7074	731	0:10:25.25	326	3:17	483	50:49	180	0:25
407	338	Tricia Perkins	8/39	F6064	758	0:10:34.29	219	2:52	254	46:13	818	1:23
408	1306	Heather Schoff	40/101	F2529	564	0:09:25.99	442	3:43	527	51:48	1021	1:58
409	806	Heidi Jensen	56/169	F4044	125	0:07:00.11	245	2:58	851	59:43	190	0:26
410	778	Hanley Robinson	57/169	F4044	92	0:06:41.89	441	3:43	341	48:00	1035	2:03
411	808	Callan Oberlander	75/200	F3539	488	0:09:03.71	1029	7:27	369	48:37	72	0:17
412	352	DeAnn Denter	23/77	F5054	783	0:10:45.10	731	4:47	498	51:12	264	0:32
413	489	Karen Sallee	58/169	F4044	529	0:09:16.33	816	5:14	342	48:01	667	1:04
414	1318	Elizabeth Ohlsen	69/187	F3034	321	0:08:15.24	474	3:50	365	48:31	127	0:21
415	922	Megan Carlson	76/200	F3539	221	0:07:41.61	933	6:12	425	49:41	290	0:33
416	181	Janet Smalley	4/12	F7074	697	0:10:12.27	247	2:58	308	47:15	114	0:20
417	745	Courtney Miller Pi	70/187	F3034	96	0:06:43.03	141	2:31	382	48:45	989	1:51
418	411	Anna Johnson	71/187	F3034	811	0:10:57.29	463	3:47	499	51:13	54	0:16
419	77	Lia Keller	51/131	F4549	495	0:09:05.60	249	3:00	355	48:16	656	1:04
420	127	Amelia Kari	17/88	F1014	117	0:06:56.27	263	3:03	597	53:12	479	0:46
421	91	Staci Fieser	52/131	F4549	842	0:11:09.21	618	4:21	388	49:02	608	0:57
422	1101	Erica Rose	77/200	F3539	470	0:08:58.83	318	3:15	526	51:47	76	0:17
423	737	Ellie Cutting	33/83	F1519	38	0:06:00.74	94	2:19	496	51:07	1085	2:25
424	742	Elizabeth Korenek-	53/131	F4549	134	0:07:04.50	1070	8:06	598	53:13	603	0:57
425	752	Amanda Hanley	41/101	F2529	31	0:05:50.39	315	3:14	333	47:50	918	1:37
426	184	Christina Brown	72/187	F3034	132	0:07:03.00	626	4:22	503	51:17	757	1:15
427	972	Avery Collins	34/83	F1519	716	0:10:20.26	243	2:58	294	46:55	52	0:16
428	931	Jayne E Cryder	73/187	F3034	406	0:08:41.96	76	2:12	452	50:09	988	1:50
429	329	Kayla Mays	42/101	F2529	827	0:11:03.02	166	2:39	546	52:15	923	1:37
430	1215	Kristen Keifer	78/200	F3539	552	0:09:22.77	342	3:22	199	44:38	913	1:35
431	842	ERIN BERG	79/200	F3539	994	0:12:32.21	577	4:12	434	49:53	275	0:33
432	1034	Katriina Timm	59/169	F4044	739	0:10:27.88	815	5:13	261	46:23	1026	2:00
433	1352	Whitney Andersen	74/187	F3034	588	0:09:31.86	313	3:14	392	49:08	266	0:32
434	1427	Kaitlin Monsalve	75/187	F3034	417	0:08:44.44	507	3:57	610	53:26	447	0:44
435	1134	Kaydence Giroux	18/88	F1014	70	0:06:26.71	567	4:10	652	54:21	936	1:39
436	233	Grace Conway	35/83	F1519	102	0:06:50.41	301	3:12	412	49:24	399	0:41
437	1439	Danner Pruhs	76/187	F3034	1164	0:15:40.23	213	2:51	128	43:00	817	1:23
438	947	Annie Santiago	60/169	F4044	556	0:09:23.63	161	2:38	278	46:43	725	1:12
439	858	Dana Espindola	61/169	F4044	645	0:09:51.46	534	4:03	440	49:57	791	1:19
440	570	Alexis Furin	54/131	F4549	457	0:08:53.63	203	2:47	406	49:20	1172	3:25
441	961	Michelle Moore	62/169	F4044	640	0:09:49.32	259	3:03	384	48:53	616	0:58
442	731	Zoe Story	43/101	F2529	748	0:10:31.60	620	4:21	528	51:48	659	1:04
443	1431	Bethany Nyboer	80/200	F3539	415	0:08:44.10	346	3:23	626	53:48	1043	2:07
444	1109	Hannah Hill	81/200	F3539	625	0:09:45.63	1052	7:50	337	47:56	422	0:43
445	1407	Hannah Palmer	44/101	F2529	421	0:08:45.36	566	4:10	615	53:35	327	0:36
446	375	Dianna Clemetson	17/55	F5559	312	0:08:13.31	143	2:31	350	48:11	808	1:22
447	866	Audra Evoy	82/200	F3539	1049	0:13:10.91	677	4:35	451	50:09	938	1:39
448	1377	Holly Rogness	36/83	F1519	1051	0:13:11.09	400	3:35	400	49:13	248	0:30
449	766	Jessica Barry	77/187	F3034	54	0:06:18.54	956	6:24	445	50:03	1104	2:33
450	593	Corrie Welkener	17/37	F2024	594	0:09:34.47	987	6:48	630	53:50	55	0:16

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 May 21, 2023
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Place	Bib	Name	Div/Tot	Div	Rank	Swim	Rank	T1	Rank	Bike	Rank	T2
451	852	Elysia Spivey	78/187	F3034	790	0:10:48.64	550	4:07	696	55:33	216	0:28
452	957	Adele Matthews	37/83	F1519	703	0:10:14.53	471	3:49	616	53:36	346	0:37
453	1243	Jamie Swartz	63/169	F4044	340	0:08:20.86	296	3:11	471	50:33	991	1:51
454	140	Diane Firmani	9/25	F6569	363	0:08:27.57	391	3:33	284	46:46	1055	2:13
455	1447	Clarissa Williams	18/37	F2024	436	0:08:47.49	493	3:55	563	52:30	150	0:23
456	1036	Brynn Moe	83/200	F3539	777	0:10:44.27	430	3:40	427	49:44	752	1:14
457	1213	Cherish Jordan	55/131	F4549	599	0:09:36.22	798	5:10	512	51:29	441	0:44
458	785	Staci Gulsvig	64/169	F4044	106	0:06:52.72	1161	10:37	592	53:09	666	1:04
459	1156	Jennifer Deason	56/131	F4549	851	0:11:12.66	593	4:15	403	49:16	896	1:33
460	1211	Kira Johannes	38/83	F1519	141	0:07:07.68	396	3:35	608	53:25	115	0:20
461	153	Sue Parry	10/25	F6569	395	0:08:39.10	720	4:44	505	51:20	85	0:18
462	1333	Juleen Rogness	57/131	F4549	507	0:09:07.39	840	5:22	595	53:12	189	0:26
463	201	Madeleine Oakley	45/101	F2529	28	0:05:48.53	434	3:41	619	53:40	501	0:48
464	297	Lindsay Dahlstrom	39/83	F1519	113	0:06:54.80	824	5:18	700	55:47	49	0:16
465	1315	Larisa Leng	46/101	F2529	634	0:09:47.52	975	6:41	536	51:59	821	1:23
466	139	Dayle Kodama	24/77	F5054	461	0:08:55.45	473	3:49	517	51:35	901	1:34
467	1016	Echo McDonald	18/55	F5559	776	0:10:44.02	407	3:37	142	43:20	1154	3:07
468	618	Andrea Chang	25/77	F5054	802	0:10:54.10	724	4:45	458	50:19	356	0:38
469	1239	Gwen MacLean	40/83	F1519	381	0:08:33.09	644	4:26	474	50:40	662	1:04
470	859	Jill Evoy	65/169	F4044	967	0:12:11.75	764	4:57	501	51:16	868	1:31
471	1128	Sarah Clark	84/200	F3539	646	0:09:51.61	540	4:05	480	50:45	1029	2:00
472	1411	Diane Brewer	19/55	F5559	505	0:09:07.17	363	3:25	247	46:00	1118	2:39
473	327	Nancy Greenwell	9/39	F6064	330	0:08:18.13	896	5:50	362	48:25	921	1:37
474	932	Kerry Reifel	20/55	F5559	558	0:09:24.09	420	3:38	396	49:12	481	0:46
475	408	Amy Brumbaugh	26/77	F5054	666	0:09:59.80	359	3:24	491	50:56	73	0:17
476	1188	Shannon LaFleur	85/200	F3539	580	0:09:31.14	575	4:12	653	54:22	88	0:18
477	676	Marisa Tikka	86/200	F3539	177	0:07:25.76	353	3:24	714	56:16	474	0:46
478	802	April Erhardt	66/169	F4044	249	0:07:52.02	362	3:25	575	52:43	426	0:43
479	512	Sage Price	19/88	F1014	840	0:11:08.86	823	5:17	309	47:17	644	1:02
480	236	Lily Kanyer	20/88	F1014	143	0:07:10.31	891	5:48	612	53:31	74	0:17
481	1312	Samantha Williams	79/187	F3034	657	0:09:57.13	599	4:16	544	52:13	711	1:10
482	605	Chloe Laughlin	67/169	F4044	684	0:10:08.10	943	6:14	636	53:59	498	0:48
483	659	Erin Sansotta	87/200	F3539	551	0:09:22.70	314	3:14	481	50:46	684	1:06
484	1412	Carolyn Easton	68/169	F4044	664	0:09:59.53	344	3:22	450	50:07	217	0:28
485	111	Karla Taylor-Welch	11/25	F6569	635	0:09:47.80	460	3:47	453	50:11	107	0:20
486	819	Katie Bozone	47/101	F2529	514	0:09:09.59	310	3:14	589	53:03	13	0:12
487	786	Abigail Truschel	48/101	F2529	245	0:07:50.17	408	3:37	701	55:50	1020	1:58
488	596	Lisa Ramstad	21/55	F5559	638	0:09:49.03	397	3:35	459	50:19	788	1:19
489	326	Deborah Sigala	69/169	F4044	409	0:08:42.28	360	3:24	507	51:24	142	0:23
490	1337	Christy Phillips	70/169	F4044	220	0:07:41.44	498	3:56	772	57:46	181	0:26
491	163	Jessica Bowers	88/200	F3539	10	0:05:28.58	235	2:56	529	51:49	411	0:42
492	841	Codi Armstrong	80/187	F3034	648	0:09:52.70	425	3:39	494	51:01	95	0:19
493	1135	Reid Goneau	49/101	F2529	1023	0:12:54.87	647	4:26	550	52:17	94	0:19
494	1038	Phillipia Holness	10/39	F6064	692	0:10:11.41	218	2:52	488	50:55	907	1:34
495	286	Holly Roberts	71/169	F4044	55	0:06:18.58	879	5:41	693	55:29	488	0:47
496	474	Melissa Boyd	72/169	F4044	847	0:11:11.34	276	3:07	443	50:02	59	0:16
497	291	Olivia Beckham	50/101	F2529	61	0:06:22.07	930	6:09	576	52:43	226	0:29
498	829	Shannon Sabroski	58/131	F4549	693	0:10:11.41	658	4:29	508	51:25	163	0:24
499	919	gia CURRIER	27/77	F5054	410	0:08:42.89	496	3:55	485	50:52	927	1:38
500	832	Rena Kornstad	59/131	F4549	438	0:08:48.05	694	4:39	683	55:04	962	1:44

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 Bartlett High School, Anchorage AK

Place	Bib	Name	Div/Tot	Div	Rank	Swim	Rank	T1	Rank	Bike	Rank	T2
501	1216	Sara LaRosa	81/187	F3034	825	0:11:02.46	765	4:57	515	51:34	146	0:23
502	663	Annika Haussner	41/83	F1519	535	0:09:18.48	452	3:45	625	53:45	283	0:33
503	235	Laura Kanyer	89/200	F3539	665	0:09:59.54	404	3:36	573	52:39	739	1:13
504	1289	Val Clark	73/169	F4044	906	0:11:38.06	686	4:37	302	47:07	1093	2:29
505	1001	Cassandra Stevenso	90/200	F3539	680	0:10:06.02	339	3:20	411	49:24	137	0:22
506	921	Suzanne Campbell	74/169	F4044	442	0:08:48.75	517	3:59	588	53:03	152	0:23
507	1210	Kathleen Hunting	82/187	F3034	386	0:08:34.86	410	3:37	571	52:37	924	1:38
508	712	Charlotte Kotlarch	42/83	F1519	744	0:10:28.63	663	4:31	677	54:58	350	0:37
509	1064	Danica Saunders	91/200	F3539	696	0:10:12.20	403	3:36	673	54:56	1102	2:33
510	1332	Laura Marushack	83/187	F3034	515	0:09:09.78	520	4:00	647	54:11	372	0:39
511	208	Grace Dietz Pawlak	19/37	F2024	144	0:07:10.40	629	4:23	605	53:22	79	0:17
512	1170	Hannah Bowman	51/101	F2529	623	0:09:45.26	297	3:11	404	49:18	424	0:43
513	358	Rachel Penney	92/200	F3539	916	0:11:44.20	402	3:35	467	50:25	532	0:51
514	1222	Kyra Neal	52/101	F2529	208	0:07:35.07	375	3:29	730	56:27	357	0:38
515	281	Iris Rothbarth	43/83	F1519	94	0:06:42.45	267	3:04	641	54:03	27	0:14
516	491	Michelle Hensel	22/55	F5559	925	0:11:49.60	439	3:42	532	51:54	914	1:36
517	818	Abigail Bigelow	20/37	F2024	496	0:09:05.68	198	2:47	518	51:41	967	1:45
518	1402	Jilleen Charette	93/200	F3539	577	0:09:29.56	506	3:57	493	51:01	733	1:12
519	136	Karen Loeffler	12/25	F6569	720	0:10:21.86	355	3:24	397	49:12	889	1:33
520	1366	Danielle Knight	75/169	F4044	1036	0:13:03.03	995	6:56	386	48:55	404	0:41
521	850	Kimberly Osburn	76/169	F4044	706	0:10:15.74	581	4:13	545	52:15	249	0:31
522	1326	Hagen Atkins	84/187	F3034	184	0:07:28.17	543	4:05	679	54:59	344	0:37
523	585	Carina Howe	28/77	F5054	596	0:09:34.88	649	4:27	565	52:30	579	0:54
524	1373	Mallory Padron	94/200	F3539	858	0:11:17.30	588	4:14	525	51:47	497	0:48
525	1132	Amber Foster	77/169	F4044	452	0:08:50.94	298	3:12	614	53:31	495	0:47
526	1363	Angie Jensen	23/55	F5559	883	0:11:29.88	323	3:17	225	45:31	965	1:45
527	1176	SARA GERMAIN	53/101	F2529	1012	0:12:46.10	457	3:46	401	49:14	719	1:11
528	1304	Julia Roth	54/101	F2529	295	0:08:08.54	483	3:51	704	55:59	318	0:35
529	1212	Anita Johnson	29/77	F5054	589	0:09:32.50	684	4:36	492	51:00	1158	3:10
530	830	Connie Service	95/200	F3539	365	0:08:28.21	693	4:39	746	57:04	279	0:33
531	253	Lauren A Gaither	55/101	F2529	458	0:08:53.74	149	2:35	649	54:17	638	1:01
532	1120	Amy Olson	96/200	F3539	334	0:08:18.82	278	3:07	490	50:56	214	0:28
533	1458	Celeste Earley	56/101	F2529	781	0:10:44.92	671	4:33	660	54:34	104	0:19
534	1102	Kaley Volper	97/200	F3539	628	0:09:46.12	340	3:20	383	48:46	293	0:33
535	1344	Sherry Pederson	60/131	F4549	669	0:10:00.90	792	5:08	543	52:12	1031	2:01
536	694	Cherise Cummings	24/55	F5559	771	0:10:41.10	1013	7:09	497	51:08	449	0:44
537	1094	Marci Troxell	30/77	F5054	823	0:11:01.01	781	5:04	621	53:41	331	0:36
538	1137	Esther Hayes	78/169	F4044	1145	0:15:01.31	321	3:16	359	48:22	904	1:34
539	1433	Adigan Oberlee	21/88	F1014	557	0:09:23.67	147	2:34	799	58:32	124	0:21
540	1012	Katie Burns	98/200	F3539	565	0:09:26.06	778	5:04	520	51:41	870	1:31
541	488	Erika Prieksat	99/200	F3539	747	0:10:30.89	795	5:08	587	53:01	663	1:04
542	341	Laura Sonderman	85/187	F3034	501	0:09:06.71	708	4:43	613	53:31	741	1:13
543	1251	Kelly McGrath	100/200	F3539	856	0:11:17.06	917	6:03	429	49:49	1165	3:18
544	1467	Claire Todd	86/187	F3034	836	0:11:07.47	266	3:04	486	50:52	311	0:35
545	220	Emilee Sawyer	101/200	F3539	149	0:07:12.42	828	5:19	752	57:11	1107	2:34
546	1196	Rachel Stone	61/131	F4549	392	0:08:37.76	962	6:28	274	46:34	1215	8:05
547	315	Katherine Colquhou	102/200	F3539	832	0:11:04.54	394	3:34	663	54:40	160	0:24
548	1429	Laura Morgan	87/187	F3034	372	0:08:30.25	999	7:02	361	48:25	1122	2:43
549	1130	Sayward Fehrman	79/169	F4044	861	0:11:18.14	1103	8:47	426	49:44	1125	2:47
550	1121	Kyra Santiago	103/200	F3539	290	0:08:07.33	841	5:23	776	57:53	199	0:27

RESULTS BY: Skinny Raven Events and Timing

2023 GOLD NUGGET TRIATHLON
 May 21, 2023
 Bartlett High School, Anchorage AK

Place	Bib	Name	Div/Tot	Div	Rank	Swim	Rank	T1	Rank	Bike	Rank	T2
551	564	Grace Lang	22/88	F1014	376	0:08:31.19	456	3:46	763	57:29	18	0:13
552	189	Patricia O'Gorman	1/10	F7579	559	0:09:24.57	205	2:48	574	52:42	191	0:26
553	1269	Katie Heck	57/101	F2529	863	0:11:18.73	516	3:59	685	55:05	323	0:36
554	1249	Stephanie Eastman	104/200	F3539	437	0:08:47.83	1110	8:57	430	49:50	1162	3:17
555	862	Shannon Morley	80/169	F4044	526	0:09:15.62	608	4:18	514	51:33	419	0:42
556	415	Beta Rae Thompson	105/200	F3539	860	0:11:17.66	438	3:41	500	51:13	945	1:40
557	219	Ava Sawyer	23/88	F1014	205	0:07:34.43	846	5:26	753	57:13	1090	2:28
558	1323	Renee Whitesell	81/169	F4044	360	0:08:26.69	414	3:37	473	50:38	265	0:32
559	790	Jessica Morales	88/187	F3034	209	0:07:36.27	623	4:22	580	52:49	224	0:29
560	385	Jessica Johnson	106/200	F3539	268	0:07:59.35	700	4:40	723	56:23	61	0:17
561	616	Anika Beighle	21/37	F2024	302	0:08:10.70	1044	7:36	541	52:12	548	0:52
562	258	Tamara Freystone	58/101	F2529	848	0:11:11.74	583	4:14	666	54:46	16	0:13
563	689	Abigail Arima	82/169	F4044	870	0:11:21.69	542	4:05	387	48:57	1033	2:03
564	591	Sarah Jensen	25/55	F5559	773	0:10:42.47	604	4:18	603	53:20	145	0:23
565	511	Ruby Price	24/88	F1014	835	0:11:07.04	399	3:35	709	56:11	325	0:36
566	110	Mo Miller	26/55	F5559	655	0:09:55.77	662	4:31	317	47:29	1027	2:00
567	509	Reagan Hardy	25/88	F1014	710	0:10:16.64	367	3:27	783	58:01	307	0:35
568	772	Laura Johnston	31/77	F5054	230	0:07:45.26	551	4:07	306	47:10	1188	4:02
569	1248	Mattie Dawson	89/187	F3034	429	0:08:45.97	913	6:00	495	51:06	1194	4:15
570	211	Adriana Pellegrini	90/187	F3034	991	0:12:30.49	639	4:25	579	52:48	637	1:01
571	800	Elizabeth Steele	91/187	F3034	308	0:08:12.31	906	5:56	534	51:56	570	0:53
572	571	Giselle Furin	26/88	F1014	280	0:08:03.78	454	3:46	570	52:36	118	0:20
573	702	Emma Clayton-Brune	44/83	F1519	163	0:07:16.98	390	3:33	710	56:12	100	0:19
574	433	Mary Hennessey	92/187	F3034	1011	0:12:46.05	864	5:34	417	49:35	194	0:26
575	336	Dena Thomas	62/131	F4549	539	0:09:19.82	333	3:19	243	45:52	891	1:33
576	68	Cindy Cooper	13/25	F6569	583	0:09:31.42	330	3:19	136	43:14	919	1:37
577	266	Hailee Stepetin	27/88	F1014	937	0:11:55.65	378	3:30	755	57:16	17	0:13
578	797	Zen Godfrey	93/187	F3034	320	0:08:14.80	1079	8:18	556	52:22	871	1:31
579	325	Mirna Estrada	107/200	F3539	247	0:07:51.29	980	6:43	378	48:43	1073	2:21
580	1007	Kellee Grenier	94/187	F3034	890	0:11:32.42	578	4:12	553	52:20	541	0:52
581	673	Sarah Lanners	95/187	F3034	929	0:11:50.55	775	5:02	561	52:28	140	0:22
582	284	Michelle Leonard	96/187	F3034	16	0:05:35.96	527	4:01	373	48:40	958	1:44
583	617	Deanna Wlad	32/77	F5054	1079	0:13:32.35	895	5:49	560	52:27	654	1:03
584	910	Tracy Gregg	63/131	F4549	1111	0:14:08.12	813	5:13	552	52:20	246	0:30
585	653	Maggie Donnelly	11/39	F6064	462	0:08:55.51	379	3:30	234	45:43	639	1:01
586	1446	Corrie Whitmore	83/169	F4044	384	0:08:34.60	419	3:38	688	55:13	294	0:33
587	1362	Dawn Humenik	33/77	F5054	881	0:11:28.05	687	4:37	305	47:09	841	1:27
588	1018	Harriet Paule	2/10	F7579	678	0:10:04.19	665	4:31	424	49:40	1016	1:56
589	81	Angela Johnstone	59/101	F2529	347	0:08:22.80	559	4:09	633	53:53	686	1:06
590	265	Brandy Stepetin	84/169	F4044	694	0:10:11.81	918	6:03	718	56:21	165	0:24
591	809	Yereth Rosen	12/39	F6064	440	0:08:48.27	876	5:40	654	54:25	1089	2:28
592	588	Nicole Clark	64/131	F4549	708	0:10:16.57	515	3:58	627	53:48	287	0:33
593	933	Shelby Lynn Fields	97/187	F3034	481	0:09:02.85	733	4:48	537	52:02	1105	2:33
594	1460	Lucy Fisher	27/55	F5559	675	0:10:02.82	557	4:08	521	51:42	371	0:39
595	992	Claire Saltzman	45/83	F1519	862	0:11:18.49	883	5:44	739	56:46	96	0:19
596	256	Heather White	98/187	F3034	722	0:10:22.50	947	6:18	681	55:01	15	0:13
597	1465	Wendy Heck	28/55	F5559	785	0:10:46.12	533	4:03	356	48:18	1006	1:54
598	937	Kelly Willett	108/200	F3539	191	0:07:30.79	182	2:43	360	48:24	717	1:11
599	1383	Morgan Miller	60/101	F2529	877	0:11:26.99	640	4:25	405	49:19	340	0:37
600	1075	Katherine LaPlaunt	65/131	F4549	370	0:08:30.11	405	3:37	830	59:10	185	0:26

RESULTS BY: Skinny Raven Events and Timing

2023 GOLD NUGGET TRIATHLON
 May 21, 2023
 Bartlett High School, Anchorage AK

Place	Bib	Name	Div/Tot	Div	Rank	Swim	Rank	T1	Rank	Bike	Rank	T2
601	428	Rebecca Fidler	99/187	F3034	443	0:08:48.85	691	4:38	820	58:58	262	0:31
602	243	June Poray	28/88	F1014	157	0:07:16.08	558	4:08	784	58:03	48	0:15
603	1368	Angela Lantz	109/200	F3539	895	0:11:34.39	481	3:51	741	56:53	463	0:45
604	1459	Elizabeth Evers	61/101	F2529	986	0:12:24.64	261	3:03	671	54:48	697	1:09
605	460	Gabrielle St Pierr	110/200	F3539	973	0:12:14.88	1081	8:21	670	54:47	70	0:17
606	834	Malary Vigil	111/200	F3539	729	0:10:24.57	345	3:22	713	56:16	418	0:42
607	810	Amanda Trainor	100/187	F3034	871	0:11:22.28	831	5:20	711	56:13	285	0:33
608	837	Kaitlyn DePlasco	112/200	F3539	512	0:09:08.98	826	5:19	788	58:08	392	0:40
609	1418	Mary Kuepper	85/169	F4044	636	0:09:48.06	401	3:35	644	54:07	729	1:12
610	1307	Teresa Sellers	29/55	F5559	621	0:09:44.57	732	4:47	310	47:18	1077	2:22
611	104	Emerson Sims	46/83	F1519	391	0:08:37.20	204	2:47	577	52:44	86	0:18
612	1448	Elizabeth Winslow	66/131	F4549	573	0:09:28.23	821	5:16	447	50:04	894	1:33
613	1259	Amanda Frazier	62/101	F2529	601	0:09:36.93	1068	8:02	348	48:11	1204	5:03
614	1271	Jessica Martinson	63/101	F2529	942	0:11:58.38	361	3:25	829	59:07	326	0:36
615	285	Lelaina Trembath	29/88	F1014	3	0:05:08.28	482	3:51	1061	1:07:33	30	0:14
616	827	Hannah Cooper	101/187	F3034	408	0:08:42.25	651	4:27	734	56:39	391	0:40
617	828	Noelle Foreman	30/88	F1014	477	0:09:01.64	642	4:25	732	56:36	462	0:45
618	870	Amber Kraft	22/37	F2024	1095	0:13:52.64	480	3:51	766	57:31	518	0:50
619	1208	Charla Hughes	113/200	F3539	353	0:08:25.60	415	3:37	748	57:05	286	0:33
620	847	Veronica Griffith	86/169	F4044	948	0:12:00.64	861	5:33	801	58:36	621	0:59
621	1159	Jennifer McCombs	114/200	F3539	1128	0:14:28.17	627	4:22	444	50:03	329	0:36
622	1403	Adela Eller	102/187	F3034	700	0:10:13.87	727	4:46	584	52:54	1071	2:20
623	979	Amanda Keiser	64/101	F2529	753	0:10:32.79	465	3:48	395	49:11	705	1:10
624	1453	Amie Condon	103/187	F3034	919	0:11:45.00	347	3:23	466	50:25	175	0:25
625	1278	Savannah Wilson	65/101	F2529	592	0:09:33.77	275	3:06	749	57:08	353	0:37
626	807	Danielle Bunselmei	104/187	F3034	451	0:08:50.52	859	5:32	853	59:44	257	0:31
627	1246	Gillian Brinkman	115/200	F3539	425	0:08:45.77	738	4:49	602	53:19	502	0:48
628	277	Katherine Newell	66/101	F2529	865	0:11:20.01	858	5:32	578	52:45	805	1:21
629	845	Emily Davidson	105/187	F3034	907	0:11:38.52	332	3:19	637	54:00	975	1:47
630	1122	Cassidy Bilskie	67/101	F2529	682	0:10:06.84	364	3:25	635	53:59	712	1:11
631	805	KC Zelina	116/200	F3539	71	0:06:26.79	1088	8:32	736	56:43	793	1:19
632	393	Katherine McDonald	117/200	F3539	475	0:09:01.07	548	4:07	624	53:42	370	0:39
633	743	Heidi Tilicki	106/187	F3034	82	0:06:34.20	636	4:25	747	57:05	721	1:11
634	831	Jennifer Kopnick	87/169	F4044	733	0:10:25.85	950	6:19	542	52:12	477	0:46
635	566	Stella Waehler	31/88	F1014	239	0:07:47.75	762	4:56	927	1:01:52	103	0:19
636	906	Whitney Pong	88/169	F4044	910	0:11:41.10	561	4:09	765	57:30	1075	2:21
637	892	Jessica Parry	107/187	F3034	850	0:11:12.38	1089	8:33	604	53:21	99	0:19
638	713	Kristine Swain	30/55	F5559	912	0:11:42.08	1055	7:52	675	54:56	1120	2:42
639	319	Ann Lovejoy	67/131	F4549	301	0:08:10.62	513	3:58	689	55:17	628	1:00
640	1083	Carolyn Burrill	47/83	F1519	151	0:07:12.51	1157	10:28	702	55:53	598	0:56
641	589	Abigail Clark	48/83	F1519	528	0:09:16.04	432	3:40	1001	1:04:38	400	0:41
642	1361	Stephanie Hruska	108/187	F3034	972	0:12:12.30	595	4:15	864	1:00:05	714	1:11
643	271	Adalyn Brown	32/88	F1014	617	0:09:43.71	447	3:44	948	1:02:53	89	0:18
644	897	Jessica Doth	68/131	F4549	946	0:12:00.54	584	4:14	738	56:45	533	0:51
645	823	Stacy Dayley	31/55	F5559	586	0:09:31.61	706	4:41	393	49:08	1181	3:54
646	361	Amanda Thomas	49/83	F1519	971	0:12:12.00	549	4:07	593	53:10	131	0:21
647	1258	Stephanie Dow	109/187	F3034	356	0:08:26.15	1113	9:00	555	52:21	247	0:30
648	642	Brittany Occhipint	110/187	F3034	142	0:07:08.61	1027	7:23	678	54:59	851	1:29
649	493	Chris Cvancara	32/55	F5559	793	0:10:50.85	949	6:19	640	54:01	416	0:42
650	1291	Jennifer Meyer	34/77	F5054	1120	0:14:16.94	601	4:17	690	55:17	827	1:24

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2023 GOLD NUGGET TRIATHLON
 May 21, 2023
 Bartlett High School, Anchorage AK

Place	Bib	Name	Div/Tot	Div	Rank	Swim	Rank	T1	Rank	Bike	Rank	T2
651	1031	Elizabeth Rupp	35/77	F5054	782	0:10:44.93	416	3:38	729	56:26	802	1:21
652	1263	Nicole Rogers	89/169	F4044	641	0:09:49.56	653	4:28	648	54:16	981	1:48
653	73	Rose Van Hemert	5/12	F7074	1104	0:14:00.21	234	2:56	623	53:41	451	0:44
654	1186	Randi Kindgren	111/187	F3034	1083	0:13:36.22	304	3:12	428	49:46	393	0:40
655	987	Emerald Padgett	112/187	F3034	1096	0:13:52.88	1170	11:27	413	49:27	1184	3:55
656	801	Alexandra Wilthew	113/187	F3034	263	0:07:57.21	354	3:24	834	59:18	778	1:17
657	274	Geesnell Lim	69/131	F4549	1054	0:13:11.73	1035	7:30	484	50:52	727	1:12
658	1270	Heather MacAlpine	33/55	F5559	1058	0:13:13.70	538	4:04	548	52:16	321	0:36
659	1457	Chelsea Downing	114/187	F3034	932	0:11:52.80	952	6:21	833	59:18	922	1:37
660	836	Shauna Crawford	115/187	F3034	815	0:10:58.20	1082	8:23	416	49:33	437	0:43
661	770	Olivia Harris	116/187	F3034	63	0:06:22.69	646	4:26	885	1:00:46	211	0:28
662	280	Ava Rothbarth	50/83	F1519	22	0:05:44.50	246	2:58	778	57:55	63	0:17
663	848	Christine Krysinsk	118/200	F3539	538	0:09:18.90	680	4:35	717	56:19	384	0:40
664	1231	Emily Shipman	68/101	F2529	212	0:07:39.35	597	4:16	705	56:00	240	0:30
665	1004	Jess Fujimoto	119/200	F3539	677	0:10:04.15	870	5:38	539	52:09	1044	2:07
666	248	Rylee Barnett	33/88	F1014	174	0:07:24.66	325	3:17	874	1:00:19	19	0:13
667	1244	Kerstin Buehler	120/200	F3539	266	0:07:58.68	736	4:48	372	48:38	1177	3:42
668	330	Kaitlyn O'Brien	117/187	F3034	658	0:09:57.14	609	4:18	629	53:49	358	0:38
669	1359	Lazrel Burst	69/101	F2529	714	0:10:18.16	791	5:08	836	59:24	465	0:45
670	1384	Zuzana Schmoyer	121/200	F3539	743	0:10:28.56	986	6:47	935	1:02:09	542	0:52
671	994	Laura Schulenburg	122/200	F3539	797	0:10:52.78	874	5:40	664	54:43	1141	2:56
672	555	Brandi Mangione	70/101	F2529	273	0:08:02.01	585	4:14	744	57:01	339	0:37
673	475	Zoe Browning	34/88	F1014	679	0:10:05.98	208	2:48	797	58:26	62	0:17
674	165	Nina Wladkowski	118/187	F3034	874	0:11:24.51	350	3:23	174	44:02	909	1:35
675	340	Joanna Reast	13/39	F6064	969	0:12:11.87	446	3:44	368	48:35	985	1:49
676	1136	Yvonne Hancey	90/169	F4044	517	0:09:10.18	978	6:42	581	52:51	1083	2:24
677	1072	Josephine Crawford	23/37	F2024	843	0:11:09.50	1020	7:18	669	54:47	863	1:30
678	167	Beth Baker	6/12	F7074	721	0:10:22.02	165	2:39	540	52:11	926	1:38
679	1019	Kathy Seybert	14/39	F6064	661	0:09:58.42	523	4:00	410	49:22	843	1:28
680	682	Mariah Ingram	35/88	F1014	1010	0:12:43.40	591	4:15	672	54:50	310	0:35
681	646	Catherine Bradshaw	15/39	F6064	342	0:08:21.60	979	6:42	566	52:30	328	0:36
682	175	Courtney Domoe	119/187	F3034	426	0:08:45.82	518	3:59	852	59:43	166	0:24
683	779	Tracy Roesch Willi	34/55	F5559	140	0:07:07.17	880	5:42	803	58:36	755	1:15
684	1030	Kathleen Redmond	16/39	F6064	996	0:12:33.07	616	4:20	510	51:26	861	1:30
685	1088	isabella scalapino	24/37	F2024	1009	0:12:42.12	830	5:20	667	54:46	728	1:12
686	337	Michelle Thomas	17/39	F6064	393	0:08:38.35	847	5:26	692	55:24	236	0:30
687	952	Leah Goodrich	71/101	F2529	673	0:10:01.76	749	4:52	759	57:19	304	0:34
688	816	Karen Adams	35/55	F5559	713	0:10:17.84	531	4:03	559	52:26	1134	2:51
689	1345	Rianne Aster	120/187	F3034	303	0:08:11.10	786	5:06	850	59:43	225	0:29
690	440	Caroline Smith	123/200	F3539	543	0:09:21.05	1084	8:27	884	1:00:45	1002	1:53
691	959	Vanessa McCoy	51/83	F1519	941	0:11:57.98	617	4:21	599	53:13	369	0:38
692	1463	Tegan Hanlon	121/187	F3034	627	0:09:45.93	790	5:07	847	59:38	596	0:56
693	935	Alexis Johnson	122/187	F3034	799	0:10:53.11	160	2:37	572	52:38	1039	2:05
694	199	Naomi Oakley	25/37	F2024	57	0:06:21.21	412	3:37	899	1:01:15	961	1:44
695	1003	Jaclynn Richards	123/187	F3034	1090	0:13:45.42	1115	9:02	655	54:27	650	1:03
696	1388	Kalista Curry	72/101	F2529	1148	0:15:07.24	829	5:19	487	50:52	1159	3:13
697	650	Anna Luiken	124/200	F3539	798	0:10:52.81	667	4:32	861	59:59	825	1:24
698	872	Denise Lutton	18/39	F6064	1032	0:13:01.11	890	5:48	659	54:33	609	0:57
699	940	Anna Ramsey	36/77	F5054	597	0:09:35.18	421	3:39	896	1:01:08	220	0:29
700	1364	Christy Kelley	91/169	F4044	1067	0:13:22.37	1001	7:03	436	49:54	1130	2:50

RESULTS BY: Skinny Raven Events and Timing

2023 GOLD NUGGET TRIATHLON
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 Bartlett High School, Anchorage AK

Place	Bib	Name	Div/Tot	Div	Rank	Swim	Rank	T1	Rank	Bike	Rank	T2
701	780	Sarah Shoffstall-C	70/131	F4549	553	0:09:22.98	376	3:29	883	1:00:37	218	0:29
702	632	Joan Nelson	19/39	F6064	928	0:11:50.25	696	4:39	319	47:33	1192	4:06
703	958	Jennifer McClung	71/131	F4549	757	0:10:34.20	865	5:34	479	50:45	444	0:44
704	644	Nori Bowman	14/25	F6569	362	0:08:27.04	909	5:58	808	58:44	206	0:27
705	1173	Ilanna Carroll	36/88	F1014	980	0:12:19.71	1069	8:04	461	50:20	1062	2:16
706	426	Jaimie Bliss	92/169	F4044	595	0:09:34.48	337	3:20	656	54:28	435	0:43
707	1422	Eden Lunsford	37/77	F5054	705	0:10:14.65	529	4:02	276	46:42	1209	5:31
708	1266	Ryan Martin	124/187	F3034	952	0:12:02.75	437	3:41	558	52:22	529	0:51
709	501	Madelyn Beecroft	52/83	F1519	806	0:10:55.64	277	3:07	969	1:03:17	198	0:27
710	740	Catie Baldridge	125/200	F3539	186	0:07:28.36	228	2:55	863	1:00:05	812	1:22
711	835	MaryGrace Bentke	125/187	F3034	864	0:11:19.67	1032	7:28	760	57:20	1108	2:35
712	311	Kacie Gartland	126/200	F3539	656	0:09:56.27	673	4:33	455	50:15	1072	2:20
713	587	Lori Wagoner	38/77	F5054	754	0:10:33.51	572	4:12	682	55:03	762	1:16
714	1346	Alina Ballach	26/37	F2024	750	0:10:32.02	1112	8:59	524	51:45	136	0:22
715	294	Ellie Rothbarth	37/88	F1014	109	0:06:53.36	579	4:13	806	58:43	11	0:12
716	991	Elizabeth Rawlins	72/131	F4549	768	0:10:40.22	721	4:45	742	56:57	1058	2:13
717	223	Evelyn Octuk	73/131	F4549	79	0:06:30.57	808	5:12	658	54:33	1217	13:51
718	313	Rebecca Hart	126/187	F3034	251	0:07:52.88	348	3:23	816	58:51	212	0:28
719	508	Jennifer Hardy	74/131	F4549	903	0:11:37.42	157	2:37	770	57:42	401	0:41
720	487	Khira Chernikoff	53/83	F1519	229	0:07:43.98	903	5:53	866	1:00:08	300	0:34
721	333	Carrie Plant	93/169	F4044	939	0:11:57.44	564	4:10	463	50:21	171	0:25
722	1093	Blossom Downing	127/200	F3539	690	0:10:10.91	1063	7:58	456	50:16	309	0:35
723	473	Shelley Biss	75/131	F4549	629	0:09:46.52	842	5:24	590	53:03	888	1:33
724	945	Cayenne Sirois	73/101	F2529	291	0:08:08.10	690	4:38	324	47:37	460	0:45
725	635	Gina Romero	39/77	F5054	1126	0:14:26.19	497	3:55	745	57:03	291	0:33
726	1039	Kelly Bigelow	36/55	F5559	1136	0:14:46.58	818	5:15	557	52:22	1153	3:06
727	637	Charlotte Jackson	38/88	F1014	1004	0:12:36.80	780	5:04	895	1:01:06	92	0:18
728	252	Tikkan Langland	54/83	F1519	427	0:08:45.86	469	3:49	941	1:02:32	305	0:35
729	1438	Jacquoi Porter	128/200	F3539	593	0:09:34.45	1109	8:56	761	57:28	1123	2:44
730	159	Rayna Uson	76/131	F4549	841	0:11:08.96	1123	9:14	422	49:39	849	1:28
731	684	Lauren Spinelli	94/169	F4044	155	0:07:14.82	716	4:44	1050	1:07:07	173	0:25
732	597	Bonnie Wanat	20/39	F6064	854	0:11:16.17	316	3:15	338	47:56	467	0:45
733	1167	Keri Clark	7/12	F7074	913	0:11:42.19	928	6:08	594	53:12	655	1:03
734	1449	Adelynn Worrell	39/88	F1014	614	0:09:41.88	565	4:10	1007	1:05:00	75	0:17
735	636	Sarah Jackson	95/169	F4044	662	0:09:59.24	1065	8:01	925	1:01:50	1042	2:06
736	158	Rebecca Biasi	96/169	F4044	745	0:10:30.03	773	5:01	569	52:35	135	0:22
737	339	Melody Hickey	127/187	F3034	760	0:10:35.57	596	4:15	875	1:00:20	351	0:37
738	1331	Billie Jo Christen	129/200	F3539	663	0:09:59.25	692	4:38	793	58:14	937	1:39
739	1256	Heather Zimmie	74/101	F2529	527	0:09:15.79	660	4:31	945	1:02:39	903	1:34
740	1273	Michelle Morehouse	40/77	F5054	1112	0:14:09.74	555	4:08	724	56:23	473	0:46
741	119	KATHLEEN HASLETT	8/12	F7074	1061	0:13:16.39	753	4:54	465	50:25	1133	2:51
742	105	Susannah Morales	37/55	F5559	600	0:09:36.52	768	4:59	733	56:37	845	1:28
743	936	Emma Herrera	130/200	F3539	570	0:09:27.55	839	5:22	774	57:52	983	1:48
744	683	Marcelle Shasby	40/88	F1014	619	0:09:44.44	171	2:39	1058	1:07:26	158	0:24
745	82	Alicia Vernon	41/77	F5054	591	0:09:32.82	755	4:54	727	56:24	577	0:54
746	432	Kristianna Coburn	75/101	F2529	795	0:10:52.14	760	4:55	992	1:04:13	242	0:30
747	1015	Katy Thompson	128/187	F3034	294	0:08:08.52	725	4:46	974	1:03:25	698	1:09
748	1040	Shannon Cothren	97/169	F4044	886	0:11:31.31	709	4:43	662	54:38	578	0:54
749	1292	Shannon Ameline	131/200	F3539	1027	0:12:57.73	770	5:00	330	47:48	1169	3:21
750	695	Jordan Cummings	129/187	F3034	801	0:10:53.38	1031	7:28	819	58:56	1136	2:52

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 May 21, 2023
 Bartlett High School, Anchorage AK

Place	Bib	Name	Div/Tot	Div	Rank	Swim	Rank	T1	Rank	Bike	Rank	T2
751	532	Claire Hampton	41/88	F1014	1040	0:13:06.25	1037	7:31	735	56:40	155	0:23
752	1194	Lea Rueter	132/200	F3539	1014	0:12:47.16	611	4:19	751	57:09	120	0:21
753	142	Celia Rozen	15/25	F6569	502	0:09:06.84	467	3:49	423	49:40	1023	1:59
754	1141	Kerry Clark	77/131	F4549	611	0:09:40.38	615	4:20	726	56:24	1014	1:56
755	985	Jennifer Midthun	98/169	F4044	1131	0:14:31.75	849	5:28	674	54:56	139	0:22
756	388	Jamie Johnson	99/169	F4044	267	0:07:58.89	371	3:28	898	1:01:14	172	0:25
757	1008	Paige Hodson	21/39	F6064	688	0:10:08.88	606	4:18	964	1:03:14	223	0:29
758	383	Danielle Blanchard	100/169	F4044	346	0:08:22.73	637	4:25	686	55:08	1145	3:01
759	95	Paola Banchemo	42/77	F5054	473	0:09:00.30	1106	8:49	904	1:01:22	332	0:36
760	1197	Toni Taylor	76/101	F2529	626	0:09:45.85	1105	8:49	841	59:32	731	1:12
761	357	Johnna Minemyer	133/200	F3539	988	0:12:26.60	989	6:49	564	52:30	245	0:30
762	1400	Emily Baumann	130/187	F3034	518	0:09:10.85	884	5:44	777	57:54	517	0:50
763	1394	Issa Forrest	38/55	F5559	1037	0:13:03.15	945	6:17	764	57:30	737	1:13
764	309	Olivia Chen	101/169	F4044	540	0:09:19.86	514	3:58	791	58:12	658	1:04
765	74	Kathryn Duder	78/131	F4549	412	0:08:43.02	494	3:55	601	53:19	505	0:48
766	1202	Rachael Eggleston	131/187	F3034	326	0:08:17.77	1053	7:50	643	54:03	1092	2:29
767	1165	Lindsey Abernathy	134/200	F3539	516	0:09:09.83	524	4:01	775	57:53	280	0:33
768	1272	Michelle Meggs	102/169	F4044	833	0:11:05.69	929	6:09	839	59:27	503	0:48
769	662	Donna Annone	39/55	F5559	876	0:11:26.98	681	4:35	642	54:03	509	0:49
770	1424	Meghan McGarvey	135/200	F3539	891	0:11:33.16	852	5:29	869	1:00:13	885	1:32
771	402	Katherine Wood	103/169	F4044	660	0:09:58.18	916	6:03	914	1:01:35	202	0:27
772	1348	Trisha Bartlett	104/169	F4044	1039	0:13:05.49	734	4:48	779	57:57	373	0:39
773	98	Jennifer Doherty	79/131	F4549	216	0:07:39.88	553	4:08	639	54:00	1088	2:27
774	930	Chelsea Garney	132/187	F3034	667	0:09:59.84	811	5:13	638	54:00	409	0:42
775	334	Rachel Hopkins	80/131	F4549	909	0:11:40.05	424	3:39	551	52:19	840	1:27
776	1010	Alisha Koehn	105/169	F4044	642	0:09:50.05	940	6:13	901	1:01:18	506	0:48
777	401	Amye Wallace	43/77	F5054	368	0:08:29.08	892	5:49	849	59:43	347	0:37
778	783	Charlotte Wagner	55/83	F1519	118	0:06:56.69	502	3:56	862	1:00:05	215	0:28
779	1166	Liz Steele	136/200	F3539	940	0:11:57.97	855	5:31	954	1:03:01	941	1:39
780	577	Bella Anderson	56/83	F1519	974	0:12:15.37	722	4:45	943	1:02:35	402	0:41
781	857	Aubrie Davidson	133/187	F3034	718	0:10:20.99	635	4:24	707	56:04	1007	1:55
782	212	Joan Pellegrini	40/55	F5559	829	0:11:04.08	805	5:11	873	1:00:18	679	1:05
783	1061	Jaime Locke	81/131	F4549	879	0:11:27.37	448	3:44	913	1:01:34	780	1:17
784	811	Marina Wingfield	106/169	F4044	945	0:11:59.42	664	4:31	996	1:04:27	590	0:56
785	126	Rita Miller	3/10	F7579	938	0:11:55.81	592	4:15	607	53:24	446	0:44
786	379	Tana Stone	82/131	F4549	178	0:07:26.16	607	4:18	698	55:42	806	1:21
787	1042	Vivian Barcelona	107/169	F4044	1169	0:15:51.39	867	5:37	477	50:42	682	1:06
788	1287	Nicole Cleary	83/131	F4549	1115	0:14:14.37	385	3:32	800	58:32	410	0:42
789	138	Anna Henderson	108/169	F4044	683	0:10:08.04	1114	9:01	796	58:26	676	1:05
790	324	Julie Tisdale	44/77	F5054	509	0:09:08.09	922	6:05	773	57:51	457	0:45
791	1390	Jennifer Hensley	109/169	F4044	766	0:10:38.28	1124	9:16	731	56:34	626	1:00
792	1171	Heidi Burns	110/169	F4044	1035	0:13:01.73	996	6:59	817	58:51	730	1:12
793	1335	Julissa Corona	137/200	F3539	1150	0:15:09.49	915	6:03	631	53:51	1121	2:43
794	449	Laura Sasala	138/200	F3539	394	0:08:38.41	951	6:20	972	1:03:23	1132	2:50
795	1245	Liz Tracy	111/169	F4044	355	0:08:26.05	984	6:47	818	58:54	703	1:09
796	1380	Rachel Stephens	134/187	F3034	315	0:08:13.87	750	4:52	823	58:59	611	0:57
797	1144	Laura Gregersen	45/77	F5054	724	0:10:22.79	619	4:21	620	53:40	1074	2:21
798	412	Alexis Kaferstein	84/131	F4549	471	0:08:59.69	220	2:53	703	55:58	862	1:30
799	1220	Samantha Matsuoka	139/200	F3539	383	0:08:34.54	487	3:53	886	1:00:46	629	1:00
800	1058	Laura Price	135/187	F3034	685	0:10:08.13	307	3:13	879	1:00:30	157	0:24

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 Bartlett High School, Anchorage AK

Place	Bib	Name	Div/Tot	Div	Rank	Swim	Rank	T1	Rank	Bike	Rank	T2
801	1146	Hayley McKinney	112/169	F4044	459	0:08:55.01	698	4:39	906	1:01:24	734	1:12
802	602	Lorelei Hass	41/55	F5559	561	0:09:24.87	776	5:02	609	53:25	1191	4:06
803	1436	Elysia Peterson	136/187	F3034	248	0:07:51.47	1007	7:05	1044	1:06:57	966	1:45
804	967	Mikayla Shamburger	77/101	F2529	490	0:09:04.22	866	5:36	919	1:01:45	617	0:58
805	856	MacKenzie Caldwell	78/101	F2529	491	0:09:04.39	744	4:50	1013	1:05:17	1205	5:09
806	96	Claudia Rector	57/83	F1519	889	0:11:32.41	801	5:10	907	1:01:25	269	0:32
807	146	Vera Hershey	9/12	F7074	1187	0:17:15.28	810	5:13	838	59:26	200	0:27
808	264	Kristina Kagerer	58/83	F1519	463	0:08:55.58	431	3:40	708	56:09	22	0:13
809	531	Katie Hampton	113/169	F4044	944	0:11:59.22	1117	9:02	758	57:19	790	1:19
810	1430	Chelsea Needham	137/187	F3034	300	0:08:10.16	1010	7:07	1047	1:07:00	834	1:26
811	1235	Jessica Willoughby	114/169	F4044	159	0:07:16.40	654	4:28	999	1:04:29	203	0:27
812	1421	Josie Lloyd	140/200	F3539	985	0:12:24.44	710	4:43	962	1:03:13	366	0:38
813	552	Camille Ulrich	42/88	F1014	324	0:08:16.58	573	4:12	987	1:03:56	519	0:50
814	869	Jeanne Fischer	4/10	F7579	1086	0:13:38.26	444	3:43	699	55:46	383	0:39
815	78	Kristen Droge	141/200	F3539	276	0:08:02.38	697	4:39	855	59:45	600	0:57
816	1092	Dennise Arzola	138/187	F3034	908	0:11:39.10	1041	7:32	722	56:22	476	0:46
817	825	Courtney Maillet	142/200	F3539	644	0:09:51.03	881	5:42	828	59:06	440	0:43
818	861	Rebekah Haussner	85/131	F4549	727	0:10:23.54	679	4:35	859	59:50	893	1:33
819	521	Rae Anderson	43/88	F1014	999	0:12:34.06	715	4:43	980	1:03:36	176	0:25
820	583	Magen Straka	44/88	F1014	126	0:07:00.27	1072	8:08	826	59:01	1003	1:54
821	793	Christine Boivin	143/200	F3539	150	0:07:12.45	827	5:19	957	1:03:09	869	1:31
822	525	Julia Dunlap	45/88	F1014	844	0:11:09.81	643	4:25	966	1:03:14	129	0:21
823	386	Teagan Drury	46/88	F1014	288	0:08:05.93	729	4:47	798	58:30	997	1:53
824	1423	Tammy McCook	22/39	F6064	1007	0:12:40.02	1168	11:03	363	48:26	1183	3:55
825	180	Brittany Shattuck	139/187	F3034	110	0:06:53.67	539	4:05	929	1:01:57	785	1:18
826	968	Ashley Beach	140/187	F3034	983	0:12:23.92	882	5:43	786	58:07	524	0:50
827	582	Anna Straka	115/169	F4044	447	0:08:49.91	977	6:41	822	58:59	1017	1:57
828	99	Lyla Doherty	47/88	F1014	207	0:07:34.82	1026	7:22	697	55:42	438	0:43
829	1378	Isabeau Rowe	141/187	F3034	598	0:09:35.21	1108	8:56	843	59:35	292	0:33
830	410	Shaunel Bruner-Al	144/200	F3539	717	0:10:20.94	382	3:31	812	58:48	355	0:38
831	1356	Jennifer Braum	142/187	F3034	494	0:09:05.10	730	4:47	1020	1:05:39	537	0:52
832	455	Kathleen Mills	145/200	F3539	479	0:09:02.31	728	4:46	917	1:01:43	1082	2:24
833	484	Bethany Doepken	59/83	F1519	788	0:10:47.54	369	3:28	900	1:01:16	1060	2:14
834	1198	Fiona Teilborg	79/101	F2529	772	0:10:41.68	754	4:54	1036	1:06:37	634	1:01
835	1276	Brenna Overson	116/169	F4044	1186	0:17:05.09	683	4:36	716	56:19	943	1:40
836	198	Hannah Goldman	60/83	F1519	169	0:07:20.24	504	3:56	1024	1:05:52	333	0:36
837	838	Valerie Gardner	80/101	F2529	1028	0:12:58.62	759	4:55	789	58:10	567	0:53
838	523	Angele Bell	117/169	F4044	1149	0:15:07.61	972	6:39	684	55:05	231	0:30
839	888	Guadalupe Mendoza	81/101	F2529	1170	0:15:52.04	888	5:47	950	1:02:54	833	1:26
840	414	Jane Sullivan	23/39	F6064	610	0:09:39.68	512	3:58	856	59:46	154	0:23
841	843	Patricia Cummings	146/200	F3539	878	0:11:27.01	1021	7:19	737	56:44	491	0:47
842	748	Kayla Anderson	82/101	F2529	114	0:06:54.81	317	3:15	926	1:01:51	969	1:46
843	1013	Sandra Lowther	24/39	F6064	749	0:10:31.88	661	4:31	867	1:00:09	151	0:23
844	272	Kristi Brown	86/131	F4549	900	0:11:35.97	900	5:51	928	1:01:53	514	0:50
845	483	Julie Doepken	46/77	F5054	307	0:08:12.22	959	6:27	912	1:01:31	1022	1:58
846	518	Esme Carter	61/83	F1519	199	0:07:32.08	492	3:54	944	1:02:36	1036	2:04
847	846	Cortney Foos	147/200	F3539	761	0:10:36.19	1033	7:29	618	53:39	341	0:37
848	1105	Amanda Bierwirth	143/187	F3034	740	0:10:27.97	868	5:37	715	56:16	184	0:26
849	263	Barbara Kagerer	25/39	F6064	852	0:11:13.60	1090	8:34	591	53:09	640	1:01
850	726	Hannah Veltkamp	48/88	F1014	962	0:12:08.74	871	5:38	961	1:03:12	738	1:13

RESULTS BY: Skinny Raven Events and Timing

2023 GOLD NUGGET TRIATHLON
 May 21, 2023
 Bartlett High School, Anchorage AK

Place	Bib	Name	Div/Tot	Div	Rank	Swim	Rank	T1	Rank	Bike	Rank	T2
851	578	Cora Anderson	62/83	F1519	1084	0:13:37.77	386	3:32	1018	1:05:33	421	0:43
852	335	Katherine Sind	144/187	F3034	497	0:09:05.75	926	6:07	245	45:59	1119	2:39
853	899	Michelle Marshall	47/77	F5054	1152	0:15:13.68	910	5:58	750	57:09	1109	2:35
854	876	Samantha Williams	145/187	F3034	1016	0:12:50.75	1039	7:32	951	1:02:56	709	1:10
855	948	Kelsi Staton	148/200	F3539	741	0:10:28.16	625	4:22	665	54:45	313	0:35
856	1295	Stefanie Busch	87/131	F4549	868	0:11:21.26	803	5:10	531	51:50	902	1:34
857	698	Gianna Lewis	49/88	F1014	1075	0:13:31.32	392	3:34	691	55:19	168	0:24
858	1351	Tamara Hibberd	118/169	F4044	767	0:10:39.19	785	5:06	989	1:04:02	865	1:30
859	519	Liesl Carter	48/77	F5054	1135	0:14:43.43	832	5:20	821	58:58	642	1:01
860	479	Alana Davis	49/77	F5054	1000	0:12:36.25	462	3:47	611	53:29	354	0:38
861	678	Jessica Crisp	119/169	F4044	1065	0:13:19.90	477	3:50	719	56:21	143	0:23
862	438	Sarah Ransom	120/169	F4044	695	0:10:12.00	817	5:14	909	1:01:27	1068	2:18
863	1267	Kerri Przechewski	149/200	F3539	927	0:11:50.07	723	4:45	1060	1:07:33	499	0:48
864	1054	Erin Webb	150/200	F3539	1133	0:14:37.97	901	5:52	921	1:01:47	182	0:26
865	723	Grace Clark-Peders	50/88	F1014	738	0:10:27.84	1098	8:40	963	1:03:13	747	1:14
866	1154	Sasha Robertson	151/200	F3539	893	0:11:33.73	508	3:58	840	59:28	693	1:08
867	1174	Michelle Coleman	152/200	F3539	581	0:09:31.36	1012	7:08	802	58:36	197	0:27
868	1050	Rosa Guerra	16/25	F6569	922	0:11:47.89	742	4:50	858	59:49	1111	2:36
869	1090	Tisha Valentine	121/169	F4044	1071	0:13:28.77	341	3:21	949	1:02:54	627	1:00
870	1028	Katherine O'Grady	10/12	F7074	882	0:11:28.82	761	4:56	811	58:47	448	0:44
871	863	Olivia Jenkins	153/200	F3539	849	0:11:12.22	1174	11:37	876	1:00:21	857	1:29
872	1282	Carmen Soto	27/37	F2024	1001	0:12:36.38	1076	8:12	877	1:00:25	489	0:47
873	1386	Elizabeth Beavers	122/169	F4044	698	0:10:12.44	911	5:58	1088	1:09:43	125	0:21
874	690	Cynthia McElroy	26/39	F6064	1002	0:12:36.45	886	5:45	827	59:04	586	0:55
875	485	Ann Keffalos	50/77	F5054	299	0:08:09.46	490	3:54	997	1:04:27	368	0:38
876	72	Diane Barnett	5/10	F7579	953	0:12:04.40	806	5:12	694	55:30	243	0:30
877	672	Joyce Hudson	123/169	F4044	730	0:10:25.05	648	4:26	1055	1:07:17	412	0:42
878	871	Christina Lam	88/131	F4549	1114	0:14:14.33	682	4:36	923	1:01:49	794	1:19
879	1177	Jacqueline Grandor	146/187	F3034	1156	0:15:23.46	927	6:07	842	59:33	948	1:41
880	1100	Rebecca Sumrall	147/187	F3034	1047	0:13:09.51	936	6:12	865	1:00:07	829	1:25
881	974	Rachel Dalman	148/187	F3034	820	0:10:59.38	960	6:27	795	58:25	646	1:02
882	350	Alyssa Colness	124/169	F4044	1019	0:12:52.56	717	4:44	870	1:00:13	343	0:37
883	997	Susan Guillory	27/39	F6064	1177	0:16:24.53	689	4:38	807	58:44	986	1:50
884	421	Suzanne Smerjac	125/169	F4044	654	0:09:54.87	1097	8:40	971	1:03:21	641	1:01
885	880	Lauren Boldrick	154/200	F3539	670	0:10:01.09	1054	7:51	676	54:56	683	1:06
886	854	Eleanor Mayo	155/200	F3539	935	0:11:54.88	562	4:09	583	52:52	574	0:54
887	539	Emily Wesolic	83/101	F2529	508	0:09:07.88	853	5:29	848	59:39	689	1:07
888	251	Annika Langland	63/83	F1519	423	0:08:45.70	580	4:13	1125	1:11:52	694	1:08
889	569	Carlene Schultz	156/200	F3539	453	0:08:51.45	757	4:55	902	1:01:20	848	1:28
890	873	Julia Melson	126/169	F4044	887	0:11:31.76	955	6:23	887	1:00:47	594	0:56
891	990	Kaylie Plunkett	149/187	F3034	976	0:12:17.28	1005	7:05	720	56:22	1101	2:32
892	975	Elizabeth Durnford	11/12	F7074	1041	0:13:06.74	739	4:49	771	57:44	500	0:48
893	986	Bonnie Moore	127/169	F4044	534	0:09:18.42	668	4:32	918	1:01:44	1018	1:57
894	176	Ashley Hester	89/131	F4549	1129	0:14:28.59	612	4:19	810	58:46	949	1:41
895	1353	Kelsey Anderson	150/187	F3034	894	0:11:34.34	907	5:56	790	58:12	1128	2:49
896	670	Brittney Hayden	151/187	F3034	846	0:11:10.48	905	5:56	804	58:36	935	1:39
897	901	Sarah Lowry	28/37	F2024	763	0:10:37.42	622	4:22	1057	1:07:22	241	0:30
898	250	Kjirsten Langland	51/77	F5054	203	0:07:32.56	914	6:00	1113	1:10:59	1019	1:57
899	868	Annie Markle	152/187	F3034	914	0:11:42.56	862	5:33	721	56:22	1051	2:10
900	946	Karaline Ragula	157/200	F3539	982	0:12:23.89	1211	17:21	680	55:00	490	0:47

RESULTS BY: Skinny Raven Events and Timing

2023 GOLD NUGGET TRIATHLON
 May 21, 2023
 Bartlett High School, Anchorage AK

Place	Bib	Name	Div/Tot	Div	Rank	Swim	Rank	T1	Rank	Bike	Rank	T2
901	1152	Kristen Beverly	84/101	F2529	726	0:10:23.52	712	4:43	915	1:01:37	475	0:46
902	445	Fallon Lind	153/187	F3034	774	0:10:42.64	845	5:25	1064	1:07:54	744	1:14
903	549	Victoria Scherer	51/88	F1014	1038	0:13:03.21	603	4:18	1030	1:06:22	636	1:01
904	1161	Kate Powers	158/200	F3539	789	0:10:48.45	1066	8:02	768	57:39	723	1:12
905	1367	Megan Langley	154/187	F3034	364	0:08:28.11	695	4:39	1021	1:05:42	765	1:16
906	982	Ava Martin	29/37	F2024	780	0:10:44.85	576	4:12	1146	1:14:30	946	1:40
907	420	Margot Haney	52/88	F1014	961	0:12:08.36	973	6:40	977	1:03:31	585	0:55
908	548	Nikki Scherer	90/131	F4549	803	0:10:54.60	1014	7:09	1017	1:05:29	905	1:34
909	1355	Sandra Lebeau	128/169	F4044	506	0:09:07.37	1048	7:40	888	1:00:50	1139	2:54
910	1286	Wendy Wiltfong	42/55	F5559	959	0:12:07.88	418	3:38	725	56:23	1144	3:01
911	1350	RaeAnne Hebnes	129/169	F4044	866	0:11:21.19	782	5:04	938	1:02:15	454	0:45
912	691	Cadence Arima	64/83	F1519	956	0:12:05.34	856	5:32	1037	1:06:39	551	0:52
913	707	Lindsay Marks	155/187	F3034	949	0:12:01.28	433	3:41	958	1:03:10	230	0:30
914	657	Jenni Perkins	43/55	F5559	284	0:08:04.44	921	6:05	976	1:03:28	468	0:46
915	454	Samantha McCoy	65/83	F1519	1190	0:17:38.45	554	4:08	860	59:56	207	0:27
916	1153	Mary Dempsey	156/187	F3034	817	0:10:58.84	974	6:40	934	1:02:03	897	1:33
917	1413	Theresa Feighery	159/200	F3539	631	0:09:47.22	1009	7:06	805	58:37	1013	1:56
918	197	Noelle Oakley	53/88	F1014	23	0:05:44.51	525	4:01	815	58:51	316	0:35
919	1175	Kimberly Fischer	91/131	F4549	905	0:11:37.95	479	3:51	845	59:37	487	0:47
920	1354	Michelle Ball	160/200	F3539	819	0:10:59.24	938	6:13	890	1:00:52	815	1:23
921	560	Melissa Clampitt	52/77	F5054	898	0:11:35.04	1143	9:52	533	51:56	1167	3:21
922	725	Michelle Schwenn	53/77	F5054	1008	0:12:40.90	993	6:52	586	52:55	763	1:16
923	1157	Alicia Drake	161/200	F3539	751	0:10:32.21	705	4:41	892	1:01:01	315	0:35
924	950	Jennifer Ungerecht	130/169	F4044	813	0:10:57.56	621	4:21	897	1:01:09	319	0:35
925	747	LISA VITALE	162/200	F3539	170	0:07:20.25	1080	8:20	1022	1:05:47	106	0:20
926	1006	Molly Estes	30/37	F2024	732	0:10:25.46	179	2:42	1038	1:06:46	153	0:23
927	520	Nina Anderson	92/131	F4549	1033	0:13:01.43	1000	7:03	846	59:38	987	1:50
928	1391	Claudia Lara	131/169	F4044	875	0:11:26.51	675	4:34	787	58:08	1161	3:16
929	675	Robyn Novak	132/169	F4044	712	0:10:17.57	610	4:19	1014	1:05:20	560	0:53
930	724	Britt Pederson	93/131	F4549	1078	0:13:32.27	963	6:29	530	51:50	1066	2:17
931	1118	Ruth O'Neal	157/187	F3034	223	0:07:41.75	1087	8:31	857	59:46	828	1:25
932	551	Hailey Robertson	85/101	F2529	168	0:07:19.00	1197	14:40	549	52:16	1155	3:07
933	343	Tanya Barnett	133/169	F4044	901	0:11:36.43	1122	9:13	922	1:01:48	954	1:43
934	524	Amanda Dunlap	134/169	F4044	1026	0:12:56.76	807	5:12	910	1:01:28	513	0:50
935	130	Abigail Palmer	54/88	F1014	1015	0:12:47.93	589	4:14	1016	1:05:24	382	0:39
936	604	Sophie Laughlin	55/88	F1014	770	0:10:40.83	957	6:25	1103	1:10:24	1094	2:29
937	406	Katie Husvar	86/101	F2529	550	0:09:22.52	1127	9:27	780	57:58	1212	6:27
938	664	Mahri Lowinger	94/131	F4549	686	0:10:08.14	954	6:23	967	1:03:15	1142	2:56
939	867	Sharon Holland	28/39	F6064	1034	0:13:01.50	1056	7:52	891	1:00:54	470	0:46
940	609	Maya DeWitt	66/83	F1519	954	0:12:04.91	875	5:40	794	58:19	561	0:53
941	949	Leann Stubblefield	54/77	F5054	775	0:10:43.61	669	4:32	947	1:02:53	442	0:44
942	608	Debra DeWitt	55/77	F5054	917	0:11:44.60	948	6:18	315	47:27	1216	11:46
943	247	Jill Simek	56/77	F5054	606	0:09:38.92	45	1:53	1025	1:05:52	816	1:23
944	989	Heather Paxson	95/131	F4549	1144	0:15:00.75	965	6:32	953	1:03:00	1015	1:56
945	1450	Alyssa Richards	87/101	F2529	934	0:11:54.50	920	6:05	973	1:03:24	1129	2:50
946	1139	Renae Bookman	96/131	F4549	816	0:10:58.43	848	5:26	661	54:35	1050	2:09
947	1142	Hewlett Faith	97/131	F4549	187	0:07:28.53	779	5:04	1015	1:05:21	274	0:32
948	874	Lilia Msullivan	57/77	F5054	707	0:10:15.76	666	4:31	706	56:03	208	0:27
949	254	Olivia Lewis	67/83	F1519	469	0:08:58.80	998	7:02	952	1:02:57	222	0:29
950	76	Trudy Keller	6/10	F7579	970	0:12:11.98	707	4:42	871	1:00:15	233	0:30

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 May 21, 2023
 Bartlett High School, Anchorage AK

Place	Bib	Name	Div/Tot	Div	Rank	Swim	Rank	T1	Rank	Bike	Rank	T2
951	980	Kalinda Kindle-Bur	158/187	F3034	987	0:12:26.01	409	3:37	968	1:03:17	381	0:39
952	467	Evelyn Whitson	68/83	F1519	576	0:09:29.36	743	4:50	1117	1:11:22	349	0:37
953	246	Jade Simek	31/37	F2024	554	0:09:23.42	117	2:25	1027	1:06:05	67	0:17
954	1327	Miranda Barber	88/101	F2529	888	0:11:31.78	1006	7:05	993	1:04:13	1025	1:59
955	1026	Melinda Haynes	58/77	F5054	867	0:11:21.21	1172	11:32	872	1:00:15	976	1:47
956	647	Kate Burt	32/37	F2024	322	0:08:16.24	1131	9:35	985	1:03:47	235	0:30
957	1393	Valerie McKenney	29/39	F6064	814	0:10:57.87	968	6:36	668	54:46	1095	2:29
958	606	Aspen Lennox	69/83	F1519	885	0:11:31.24	1043	7:35	728	56:25	1117	2:39
959	1097	Brandy Woody	159/187	F3034	779	0:10:44.55	763	4:56	1010	1:05:02	281	0:33
960	1017	Ashley Michalski	160/187	F3034	735	0:10:26.23	351	3:23	1105	1:10:33	204	0:27
961	347	Elana Habib	135/169	F4044	652	0:09:54.02	1018	7:17	1075	1:08:20	1032	2:01
962	877	Laura Rosen	44/55	F5559	831	0:11:04.31	958	6:27	1078	1:08:47	515	0:50
963	1254	Mariah Schierholt	161/187	F3034	899	0:11:35.94	685	4:37	1051	1:07:07	436	0:43
964	1290	Sandy Stevens	12/12	F7074	1205	0:20:02.83	919	6:04	965	1:03:14	507	0:49
965	1387	Lacey Centeno	136/169	F4044	1045	0:13:08.76	713	4:43	825	59:01	258	0:31
966	1250	Mattie Hattenburg	162/187	F3034	809	0:10:56.17	873	5:39	754	57:15	520	0:50
967	1133	Amy Fuller	163/187	F3034	530	0:09:16.36	1094	8:38	1074	1:08:18	1137	2:52
968	1217	Lena Lawhead	98/131	F4549	902	0:11:36.45	942	6:14	657	54:31	687	1:06
969	1192	Crystal Redding	137/169	F4044	1031	0:13:00.95	1153	10:21	687	55:12	1110	2:35
970	1426	Ambyr Miller	33/37	F2024	460	0:08:55.19	569	4:11	1138	1:13:40	873	1:31
971	177	Jenna Miller	163/200	F3539	960	0:12:08.00	600	4:16	844	59:35	564	0:53
972	1084	Amy Komarek	138/169	F4044	796	0:10:52.21	1071	8:07	893	1:01:03	1147	3:02
973	864	Stephanie Kesler	17/25	F6569	869	0:11:21.34	1137	9:46	622	53:41	1198	4:26
974	1395	Leah Parks	99/131	F4549	1110	0:14:05.73	657	4:29	767	57:35	832	1:26
975	1024	Courtney Wilhelm	164/200	F3539	1053	0:13:11.50	1017	7:15	1079	1:08:48	783	1:18
976	230	Ashley Midlo	70/83	F1519	180	0:07:26.25	985	6:47	757	57:19	458	0:45
977	824	Franchesca Heywood	59/77	F5054	380	0:08:32.61	1159	10:32	832	59:15	1100	2:32
978	226	Kelly Taylor-Lee	100/131	F4549	435	0:08:47.45	521	4:00	946	1:02:44	278	0:33
979	1062	Kiley Cousins	34/37	F2024	1052	0:13:11.47	1135	9:43	979	1:03:35	678	1:05
980	1437	Nicole Phillips	165/200	F3539	546	0:09:21.38	932	6:10	1082	1:09:18	844	1:28
981	1236	Brie Xavier	164/187	F3034	450	0:08:50.16	885	5:45	814	58:50	994	1:52
982	562	Lisebeth Hveding	71/83	F1519	563	0:09:25.86	1038	7:31	1000	1:04:33	361	0:38
983	1379	Kelly Sledgister-S	139/169	F4044	822	0:10:59.97	953	6:22	1054	1:07:15	767	1:16
984	423	Katrin Tsigonis	140/169	F4044	1076	0:13:31.96	961	6:28	1042	1:06:52	522	0:50
985	84	Janet Thibert	18/25	F6569	926	0:11:49.65	613	4:20	905	1:01:23	1065	2:16
986	453	Elizabeth Krauszer	166/200	F3539	699	0:10:13.61	1121	9:08	1069	1:08:01	710	1:10
987	1041	Heather Edmison	141/169	F4044	950	0:12:01.35	994	6:55	924	1:01:49	299	0:34
988	984	Melissa Merrill	101/131	F4549	1176	0:16:15.15	1036	7:30	756	57:18	1151	3:05
989	422	Isabel Tsigonis	56/88	F1014	1072	0:13:28.95	982	6:45	1045	1:06:57	525	0:50
990	113	Victoria Souchik	167/200	F3539	1139	0:14:48.05	751	4:53	712	56:15	859	1:30
991	1419	Marta Kumle	142/169	F4044	136	0:07:04.81	1125	9:23	1070	1:08:07	1028	2:00
992	229	Jennifer Midlo	60/77	F5054	116	0:06:55.81	1030	7:27	785	58:04	270	0:32
993	355	Shannon Harrington	102/131	F4549	1100	0:13:56.74	1200	14:59	837	59:25	1156	3:09
994	756	Bethany Walter	89/101	F2529	60	0:06:21.75	659	4:30	1116	1:11:15	324	0:36
995	884	Kathy Binder	143/169	F4044	1168	0:15:49.33	1050	7:42	854	59:44	1173	3:26
996	1027	Jessi Morris	144/169	F4044	965	0:12:10.47	633	4:24	920	1:01:46	1041	2:06
997	1242	Gayle Martin	19/25	F6569	444	0:08:49.29	1156	10:26	911	1:01:30	1164	3:17
998	1129	Aubrey Day	168/200	F3539	955	0:12:05.00	1134	9:37	645	54:09	1061	2:15
999	1155	Monica Skjold	165/187	F3034	762	0:10:36.37	992	6:51	824	59:00	314	0:35
1000	1149	Lisa Oberlee	145/169	F4044	545	0:09:21.26	503	3:56	1003	1:04:41	334	0:36

RESULTS BY: Skinny Raven Events and Timing

2023 GOLD NUGGET TRIATHLON
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 Bartlett High School, Anchorage AK

Place	Bib	Name	Div/Tot	Div	Rank	Swim	Rank	T1	Rank	Bike	Rank	T2
1001	908	Kristen Smith	146/169	F4044	1206	0:20:08.24	837	5:21	936	1:02:09	1012	1:55
1002	996	Sara Aasand	169/200	F3539	1088	0:13:43.85	1201	15:05	882	1:00:34	1210	5:31
1003	1151	Moriana Lene	57/88	F1014	930	0:11:51.25	869	5:37	1126	1:11:55	65	0:17
1004	367	Bonnie Bailey	147/169	F4044	1121	0:14:17.70	802	5:10	956	1:03:08	770	1:17
1005	1060	Jennifer Lancaster	103/131	F4549	1195	0:17:59.50	784	5:05	894	1:01:03	536	0:52
1006	533	Kenley Hampton	72/83	F1519	989	0:12:27.43	1046	7:37	994	1:04:18	1160	3:14
1007	1150	Meghan Lene	148/169	F4044	524	0:09:14.14	1096	8:39	1128	1:11:56	109	0:20
1008	255	Whitney Lewis	104/131	F4549	274	0:08:02.14	1003	7:04	986	1:03:49	377	0:39
1009	224	Faith Octuk	58/88	F1014	194	0:07:31.29	423	3:39	1029	1:06:16	1052	2:11
1010	1240	Lindsey Holmes	61/77	F5054	485	0:09:03.31	1023	7:20	1083	1:09:24	320	0:35
1011	853	Elizabeth Stout	90/101	F2529	804	0:10:54.94	857	5:32	1162	1:18:04	925	1:38
1012	634	Leah Romero	73/83	F1519	165	0:07:17.96	741	4:50	1071	1:08:13	569	0:53
1013	413	Cassandra Simpson	166/187	F3034	880	0:11:27.86	726	4:46	813	58:48	301	0:34
1014	709	Devon James	35/37	F2024	428	0:08:45.96	1185	13:34	988	1:03:56	1010	1:55
1015	658	Amy Wise	167/187	F3034	915	0:11:43.48	630	4:23	1034	1:06:36	259	0:31
1016	615	Linnea Cafmeyer	170/200	F3539	764	0:10:37.42	924	6:05	933	1:02:01	1206	5:09
1017	1281	Amanda Jensen	171/200	F3539	1056	0:13:12.38	772	5:00	1039	1:06:49	643	1:02
1018	1277	Christina White	172/200	F3539	1180	0:16:36.43	820	5:16	1135	1:12:49	623	0:59
1019	614	Makena Cafmeyer	59/88	F1014	257	0:07:55.24	1119	9:06	937	1:02:15	1202	4:57
1020	437	Alecia Pike	173/200	F3539	1122	0:14:17.91	946	6:17	743	57:00	819	1:23
1021	516	Mallary Lyon	174/200	F3539	966	0:12:11.42	1008	7:06	939	1:02:19	237	0:30
1022	407	Laura McLaughlin	62/77	F5054	687	0:10:08.65	771	5:00	1035	1:06:36	485	0:47
1023	472	Anika Biss	74/83	F1519	138	0:07:05.91	789	5:07	1066	1:07:57	713	1:11
1024	1398	Jamie Woodall	91/101	F2529	742	0:10:28.39	388	3:32	1073	1:08:18	453	0:45
1025	1275	Dancia Shiryayev	175/200	F3539	1063	0:13:19.42	783	5:04	1115	1:11:08	456	0:45
1026	1461	Joanne Haines	105/131	F4549	951	0:12:01.37	1075	8:11	1006	1:05:00	751	1:14
1027	1187	Rhonda Lackey	106/131	F4549	920	0:11:45.06	628	4:23	1043	1:06:56	1078	2:22
1028	1063	Claire VanPelt	36/37	F2024	1143	0:14:59.18	1028	7:24	1100	1:10:18	715	1:11
1029	1045	Yana Cater	149/169	F4044	1171	0:15:56.94	835	5:21	981	1:03:44	390	0:40
1030	537	Jaylee Brendel	176/200	F3539	1160	0:15:29.77	1158	10:31	1004	1:04:43	554	0:53
1031	1472	Cherie Zajdzinski	107/131	F4549	830	0:11:04.27	536	4:04	1101	1:10:19	595	0:56
1032	572	Miranda Dordan	92/101	F2529	653	0:09:54.43	877	5:40	835	59:22	1084	2:24
1033	430	Jill Zellmer	108/131	F4549	1113	0:14:12.58	747	4:51	769	57:40	1140	2:55
1034	1052	Sara Hartman	168/187	F3034	1066	0:13:22.01	1151	10:19	831	59:14	807	1:21
1035	451	Vanessa DeLong	177/200	F3539	1102	0:13:57.01	1169	11:16	782	57:59	850	1:28
1036	79	Diane Mohwinkel	1/3	F8084	808	0:10:56.05	711	4:43	651	54:20	1146	3:01
1037	1035	Macey Walter	93/101	F2529	1024	0:12:55.32	688	4:37	1112	1:10:59	838	1:27
1038	522	Katelyn Bell	75/83	F1519	897	0:11:34.62	898	5:50	1046	1:06:59	394	0:40
1039	173	Anna Bryant	63/77	F5054	1005	0:12:37.01	1092	8:35	975	1:03:25	201	0:27
1040	981	Samantha Lilly	94/101	F2529	794	0:10:52.11	1178	12:03	955	1:03:05	977	1:47
1041	1059	Codilyn Johnston	178/200	F3539	997	0:12:33.08	1146	10:04	916	1:01:42	1030	2:01
1042	1163	Karen Seda	109/131	F4549	931	0:11:51.45	799	5:10	930	1:02:00	647	1:02
1043	860	Mariecris Gowin	179/200	F3539	979	0:12:19.23	1199	14:45	740	56:51	1168	3:21
1044	623	Sonali Agalawatta	60/88	F1014	464	0:08:55.90	787	5:06	1106	1:10:40	1175	3:36
1045	631	Tanya Iden	64/77	F5054	872	0:11:23.73	889	5:48	1087	1:09:42	931	1:38
1046	1143	Sarah Gilliland	169/187	F3034	845	0:11:09.94	925	6:05	1147	1:14:52	253	0:31
1047	679	Lindsey Martens	170/187	F3034	784	0:10:45.38	983	6:46	1065	1:07:55	772	1:17
1048	344	Joy Bartko	180/200	F3539	723	0:10:22.65	1191	13:53	1139	1:13:41	169	0:24
1049	881	Kathryn Garner	171/187	F3034	904	0:11:37.67	769	4:59	1122	1:11:32	312	0:35
1050	1442	Katlin Thompson	172/187	F3034	1091	0:13:45.46	1004	7:04	960	1:03:12	942	1:40

RESULTS BY: Skinny Raven Events and Timing

2023 GOLD NUGGET TRIATHLON
 May 21, 2023
 Bartlett High School, Anchorage AK

Place	Bib	Name	Div/Tot	Div	Rank	Swim	Rank	T1	Rank	Bike	Rank	T2
1051	630	Lidia Driscoll	61/88	F1014	746	0:10:30.77	1011	7:07	1096	1:10:06	776	1:17
1052	1214	Katie Kahlenbeck	173/187	F3034	1159	0:15:26.92	997	7:00	1143	1:14:08	745	1:14
1053	710	Deanna James	110/131	F4549	1125	0:14:21.30	1173	11:37	1005	1:04:54	573	0:54
1054	568	Lexy Willis	174/187	F3034	671	0:10:01.12	1024	7:20	1031	1:06:26	1080	2:23
1055	1279	Nicolette Ziolkows	175/187	F3034	1201	0:18:50.08	934	6:12	991	1:04:09	1131	2:50
1056	353	Ellie Baty	95/101	F2529	323	0:08:16.47	758	4:55	1160	1:17:15	308	0:35
1057	557	CAREY CARPENTER	111/131	F4549	522	0:09:12.76	878	5:41	1120	1:11:27	592	0:56
1058	218	Susan Oakley	45/55	F5559	582	0:09:31.37	836	5:21	1110	1:10:44	934	1:39
1059	567	Hali Willis	62/88	F1014	261	0:07:56.13	988	6:49	1084	1:09:29	1059	2:14
1060	366	Briana McDougall	150/169	F4044	702	0:10:14.52	976	6:41	1107	1:10:40	882	1:32
1061	671	Bianca Ingram	63/88	F1014	936	0:11:55.14	774	5:01	1098	1:10:11	810	1:22
1062	613	Cathy Von Gemminge	30/39	F6064	1134	0:14:38.63	923	6:05	1092	1:10:02	407	0:41
1063	556	Anya Carpenter	64/88	F1014	190	0:07:29.53	1058	7:54	1118	1:11:22	657	1:04
1064	88	Millie Spezialy	1/2	F8599	1174	0:16:04.18	1022	7:20	940	1:02:22	486	0:47
1065	622	Rebecca Agalawatta	151/169	F4044	608	0:09:39.04	814	5:13	781	57:59	1218	15:51
1066	625	Brandy Atkins	152/169	F4044	786	0:10:46.49	812	5:13	1076	1:08:24	1126	2:48
1067	705	Emily Platt	176/187	F3034	1069	0:13:25.02	1188	13:44	959	1:03:12	999	1:53
1068	1284	Jakelynn Wheeler	96/101	F2529	1175	0:16:14.29	844	5:25	1067	1:07:57	916	1:36
1069	624	Claire Atkins	65/88	F1014	810	0:10:57.16	634	4:24	1102	1:10:24	973	1:46
1070	971	Sierra Burden	177/187	F3034	1050	0:13:11.08	746	4:51	1041	1:06:52	895	1:33
1071	459	Joi Ross	153/169	F4044	1064	0:13:19.69	777	5:03	1142	1:13:56	884	1:32
1072	704	Christine Landman	20/25	F6569	1103	0:13:58.09	1189	13:44	978	1:03:32	877	1:32
1073	1066	Brandy Galcko	112/131	F4549	1118	0:14:16.37	944	6:15	908	1:01:25	930	1:38
1074	536	Judy Krier	21/25	F6569	1183	0:16:51.68	970	6:37	982	1:03:45	338	0:37
1075	677	Teresa Aton	113/131	F4549	977	0:12:17.41	908	5:58	881	1:00:33	549	0:52
1076	1328	Rachel Bennett	181/200	F3539	1196	0:18:12.54	851	5:28	1109	1:10:43	653	1:03
1077	998	Michelle Harrison	154/169	F4044	691	0:10:11.24	1190	13:45	1136	1:13:00	1201	4:47
1078	504	Birdie Gohr	46/55	F5559	1193	0:17:43.12	1099	8:41	1086	1:09:32	362	0:38
1079	1416	Martha Service	31/39	F6064	769	0:10:40.49	1111	8:58	868	1:00:10	298	0:34
1080	1389	Jennifer Hately	65/77	F5054	1046	0:13:08.89	1061	7:56	984	1:03:46	651	1:03
1081	86	Helen Holmes	2/3	F8084	1018	0:12:51.46	794	5:08	903	1:01:21	876	1:32
1082	900	Kayla McPherson	182/200	F3539	884	0:11:30.69	1186	13:34	889	1:00:51	830	1:25
1083	1405	Krystle Penaflor	183/200	F3539	993	0:12:31.88	1100	8:45	1080	1:09:07	1112	2:36
1084	429	Lisa Wesley	66/77	F5054	711	0:10:16.89	1163	10:47	1040	1:06:51	880	1:32
1085	638	Lucy Jackson	66/88	F1014	1092	0:13:47.99	450	3:45	1141	1:13:53	132	0:21
1086	1044	Alexandria Bond	67/88	F1014	975	0:12:16.77	1025	7:21	1091	1:09:49	494	0:47
1087	500	Kate Beecroft	114/131	F4549	476	0:09:01.32	1091	8:34	932	1:02:01	1096	2:30
1088	1190	Rowynn Lunsford	76/83	F1519	1097	0:13:54.43	699	4:39	1111	1:10:51	556	0:53
1089	362	Kaelyn Tyler	37/37	F2024	818	0:10:59.20	652	4:28	1164	1:18:25	234	0:30
1090	1316	September Martin	155/169	F4044	650	0:09:53.16	1118	9:03	1108	1:10:42	619	0:58
1091	665	Addie Mcewen	32/39	F6064	992	0:12:30.88	1067	8:02	1008	1:05:01	1199	4:38
1092	666	Misti Michael	67/77	F5054	995	0:12:32.82	1073	8:10	1056	1:07:20	602	0:57
1093	964	Teresa DeAngelis	115/131	F4549	1141	0:14:53.07	1078	8:18	1012	1:05:17	472	0:46
1094	1168	Terese Blair Coome	33/39	F6064	947	0:12:00.62	1120	9:08	1151	1:15:52	1053	2:11
1095	765	Charlotte Libbey	77/83	F1519	226	0:07:43.45	767	4:58	1089	1:09:47	700	1:09
1096	1339	Margaret McDonagh	68/77	F5054	792	0:10:49.50	1204	16:14	970	1:03:18	1208	5:30
1097	83	Patricia Geitz	7/10	F7579	943	0:11:58.90	748	4:52	1028	1:06:14	671	1:05
1098	763	Emma Spuller	178/187	F3034	331	0:08:18.35	863	5:34	1150	1:15:25	756	1:15
1099	1294	Courtney Burrill	156/169	F4044	984	0:12:24.23	1193	14:19	1033	1:06:31	971	1:46
1100	775	Hilary Nichols	184/200	F3539	162	0:07:16.89	971	6:37	1129	1:12:05	588	0:55

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 Bartlett High School, Anchorage AK

Place	Bib	Name	Div/Tot	Div	Rank	Swim	Rank	T1	Rank	Bike	Rank	T2
1101	527	Linnea Wells	68/88	F1014	1042	0:13:07.28	1128	9:29	1134	1:12:42	929	1:38
1102	172	Cameron Compton	157/169	F4044	1048	0:13:09.86	904	5:56	1119	1:11:25	359	0:38
1103	891	Erica Nutter	158/169	F4044	1119	0:14:16.43	1187	13:41	931	1:02:01	396	0:41
1104	342	Alexa Ahlberg	97/101	F2529	857	0:11:17.16	1107	8:53	1133	1:12:35	852	1:29
1105	1025	Greta Yarbrough	47/55	F5559	896	0:11:34.59	964	6:29	1023	1:05:49	530	0:51
1106	155	Christina Demetro	69/77	F5054	1087	0:13:39.52	1064	7:59	983	1:03:45	645	1:02
1107	550	Chandler Sparrow	179/187	F3034	1146	0:15:01.94	1149	10:11	990	1:04:04	1113	2:37
1108	1297	Terri Hunter	180/187	F3034	1165	0:15:40.50	1101	8:46	1155	1:16:13	839	1:27
1109	883	Yvonne Oren	70/77	F5054	1147	0:15:04.22	822	5:17	942	1:02:33	1063	2:16
1110	1184	Rachelle Jennings	98/101	F2529	1082	0:13:35.07	1126	9:25	1009	1:05:01	380	0:39
1111	1185	Chloe Keller	185/200	F3539	918	0:11:44.75	445	3:44	1153	1:15:58	995	1:52
1112	1098	Jacquelyn Duarte-S	159/169	F4044	1203	0:19:40.21	991	6:50	1002	1:04:41	1182	3:54
1113	600	Jenna Foreman	186/200	F3539	924	0:11:49.41	1175	11:42	809	58:45	1195	4:19
1114	1073	Bianca Cross	116/131	F4549	1167	0:15:43.92	1016	7:11	1123	1:11:33	587	0:55
1115	607	Jennifer Lennox	117/131	F4549	1020	0:12:53.19	819	5:15	1149	1:15:01	688	1:07
1116	349	Kristine Kincaid	34/39	F6064	1106	0:14:02.57	1102	8:46	998	1:04:28	445	0:44
1117	547	LAURA PETERSON	35/39	F6064	1029	0:12:58.70	500	3:56	1019	1:05:35	622	0:59
1118	999	Marcy Holyfield	118/131	F4549	1101	0:13:56.84	1074	8:10	1095	1:10:05	618	0:58
1119	1086	Jennifer LeMay	119/131	F4549	1068	0:13:22.83	788	5:06	1053	1:07:09	1024	1:59
1120	1183	Ann Jennings	181/187	F3034	510	0:09:08.20	501	3:56	1062	1:07:34	1196	4:23
1121	502	Margaret McGarry	8/10	F7579	1184	0:16:54.20	1095	8:39	1052	1:07:07	874	1:31
1122	528	Lisa Wells	120/131	F4549	1197	0:18:23.03	1162	10:46	1097	1:10:10	1099	2:32
1123	452	Nicole FARMERIE	187/200	F3539	812	0:10:57.36	1209	16:28	878	1:00:28	1116	2:38
1124	697	Karen Lewis	160/169	F4044	1060	0:13:13.91	894	5:49	1059	1:07:30	1148	3:03
1125	132	Chelsea Sternicki	161/169	F4044	1025	0:12:56.02	809	5:13	1163	1:18:22	910	1:35
1126	699	Adrianna Lewis	69/88	F1014	1080	0:13:32.83	752	4:53	1077	1:08:28	1049	2:09
1127	735	Lisa Koeneman	182/187	F3034	647	0:09:52.38	1049	7:42	1081	1:09:11	1143	2:56
1128	1068	Rachel Chouinard	121/131	F4549	1166	0:15:43.91	897	5:50	1104	1:10:32	963	1:45
1129	540	Mandy Johnson	188/200	F3539	1213	0:24:10.90	1057	7:53	1049	1:07:06	768	1:17
1130	1375	Elizabeth Phinney	99/101	F2529	1108	0:14:03.55	1150	10:14	1175	1:22:03	742	1:13
1131	133	Celia Sternicki	70/88	F1014	1123	0:14:19.25	804	5:11	1165	1:18:25	911	1:35
1132	517	Sophia Lyon	78/83	F1519	1057	0:13:13.00	887	5:45	1159	1:16:54	856	1:29
1133	541	Mary Brown	22/25	F6569	1216	0:25:05.02	1062	7:57	1048	1:07:05	761	1:16
1134	1164	Lorinda Troppmann	122/131	F4549	1117	0:14:16.03	1130	9:32	1063	1:07:42	1067	2:17
1135	156	Debra Slocum	36/39	F6064	998	0:12:34.00	1167	11:01	1114	1:11:06	1045	2:08
1136	497	Madison Chaitoff	79/83	F1519	837	0:11:08.18	1195	14:23	1094	1:10:05	1211	6:22
1137	703	Sheavon Brunelle	123/131	F4549	1210	0:21:43.44	833	5:20	1026	1:06:02	960	1:44
1138	720	Brittany Wright	183/187	F3034	1137	0:14:47.02	1045	7:36	1148	1:14:58	1190	4:03
1139	719	Abigail Britch	71/88	F1014	1173	0:16:01.10	1002	7:03	1152	1:15:55	1157	3:10
1140	147	Kim Groat	124/131	F4549	1218	0:25:54.82	1214	18:57	792	58:13	735	1:13
1141	364	Shannon Dosko	71/77	F5054	1158	0:15:26.55	1177	12:03	880	1:00:32	1213	6:29
1142	909	Laura Kimmel	48/55	F5559	1003	0:12:36.72	1152	10:19	1124	1:11:36	1187	4:01
1143	446	Vanessa Perry	189/200	F3539	1138	0:14:47.09	1077	8:15	1132	1:12:20	1179	3:47
1144	538	Madisen Johnson	80/83	F1519	1217	0:25:53.77	1059	7:54	1032	1:06:31	990	1:51
1145	960	Holly Mitchell	72/77	F5054	1116	0:14:14.63	939	6:13	1085	1:09:31	998	1:53
1146	441	Barbara Symmes	9/10	F7579	1200	0:18:46.49	1181	13:07	1121	1:11:30	545	0:52
1147	496	Kimberly Chaitoff	73/77	F5054	921	0:11:46.63	1194	14:22	1090	1:09:49	1214	6:38
1148	1074	Paula Fletcher	49/55	F5559	1188	0:17:15.56	1093	8:38	995	1:04:21	1176	3:37
1149	75	Susan Bury	3/3	F8084	1081	0:13:34.21	1144	9:59	1145	1:14:21	492	0:47
1150	988	Diane Palmer	125/131	F4549	1140	0:14:48.73	912	5:58	1127	1:11:56	928	1:38

RESULTS BY: Skinny Raven Events and Timing

2023 GOLD NUGGET TRIATHLON
May 21, 2023
Bartlett High School, Anchorage AK

Place	Bib	Name	Div/Tot	Div	Rank	Swim	Rank	T1	Rank	Bike	Rank	T2
1151	561	Elaina Hveding	126/131	F4549	609	0:09:39.51	1040	7:32	1011	1:05:11	1127	2:48
1152	895	Kassandra Redfearn	100/101	F2529	1030	0:12:59.91	969	6:37	1156	1:16:23	1054	2:13
1153	492	Mary Hensel	2/2	F8599	1191	0:17:41.49	1060	7:55	1093	1:10:04	1057	2:13
1154	1178	Megan Hand	184/187	F3034	1055	0:13:11.86	1184	13:17	1154	1:16:11	860	1:30
1155	904	Becca Keyser	190/200	F3539	1153	0:15:13.70	1015	7:11	1169	1:20:21	753	1:14
1156	535	Evy Johnson	72/88	F1014	1074	0:13:30.37	1155	10:24	1179	1:22:37	526	0:51
1157	182	Diana Sisemore	127/131	F4549	1214	0:24:12.18	1171	11:30	1144	1:14:13	1163	3:17
1158	183	Sidney Sisemore	73/88	F1014	807	0:10:55.97	674	4:33	1168	1:20:09	210	0:28
1159	543	Veronica Clark	162/169	F4044	1105	0:14:01.57	902	5:53	1174	1:21:25	434	0:43
1160	534	Alexis Johnson	191/200	F3539	1124	0:14:19.72	1145	10:01	1178	1:22:34	534	0:51
1161	506	Heather Courrier	74/77	F5054	990	0:12:28.78	1085	8:29	1157	1:16:26	881	1:32
1162	505	Maddie Dennis	101/101	F2529	1022	0:12:54.77	1086	8:29	1158	1:16:48	704	1:09
1163	716	Misha Kindred	74/88	F1014	1094	0:13:49.90	1042	7:35	1166	1:19:51	1001	1:53
1164	129	Nikki Palmer	50/55	F5559	1207	0:20:12.85	937	6:13	1176	1:22:03	842	1:28
1165	714	Kelly Wozencraft	192/200	F3539	689	0:10:09.30	1203	16:08	1140	1:13:41	1185	3:58
1166	1076	Clare Boersma	193/200	F3539	1085	0:13:38.08	1104	8:48	1172	1:20:28	670	1:05
1167	544	Kimberly Leider	75/77	F5054	1194	0:17:47.68	793	5:08	1186	1:24:35	385	0:40
1168	1078	Lindsey Vaughan	163/169	F4044	1215	0:24:37.69	1141	9:49	1072	1:08:17	798	1:20
1169	515	Natalia Sears	128/131	F4549	1157	0:15:25.00	1198	14:41	1173	1:20:30	1152	3:06
1170	468	Ellen Whitson	75/88	F1014	734	0:10:25.91	451	3:45	1192	1:27:52	631	1:00
1171	1293	Amber Arnold	164/169	F4044	1189	0:17:32.84	990	6:50	1181	1:23:30	610	0:57
1172	514	Valentina Sears	76/88	F1014	1107	0:14:03.39	1206	16:27	1170	1:20:22	1197	4:23
1173	889	Kristen Mae Snow	165/169	F4044	1077	0:13:32.22	966	6:33	1167	1:20:01	775	1:17
1174	365	Donna Smith	37/39	F6064	1199	0:18:34.42	1176	11:49	1099	1:10:13	1005	1:54
1175	978	ARACELI JOHANNES	129/131	F4549	1162	0:15:34.93	1051	7:45	1177	1:22:03	773	1:17
1176	559	Elizabeth Whitson	77/88	F1014	1099	0:13:55.75	1132	9:36	1190	1:27:32	1056	2:13
1177	755	AMARA SAVIKKO	78/88	F1014	36	0:05:58.72	645	4:26	1210	1:38:36	162	0:24
1178	447	Chelsea Gamby	194/200	F3539	805	0:10:55.01	1165	10:52	1197	1:29:33	431	0:43
1179	530	June Gardner	166/169	F4044	1017	0:12:50.76	893	5:49	1194	1:28:44	589	0:55
1180	558	Kristin Whitson	130/131	F4549	1073	0:13:28.99	1133	9:36	1191	1:27:38	779	1:17
1181	529	Chloe Gardner	79/88	F1014	1043	0:13:08.31	899	5:51	1195	1:28:47	552	0:52
1182	711	Ginnie Occhipinti	51/55	F5559	1192	0:17:41.86	1192	14:04	1161	1:17:15	1207	5:14
1183	1180	Lura Herbrecht	185/187	F3034	957	0:12:06.43	1166	10:54	1180	1:23:23	1166	3:18
1184	688	Natalie Ingram	81/83	F1519	1098	0:13:54.56	860	5:33	1183	1:24:11	950	1:42
1185	717	Patty Wurm	38/39	F6064	1185	0:17:03.14	1160	10:37	1182	1:23:52	581	0:55
1186	499	Sienna Glazier	80/88	F1014	1021	0:12:53.52	1183	13:12	1187	1:24:35	1178	3:46
1187	115	Deanna March	52/55	F5559	1179	0:16:31.41	1196	14:38	1204	1:34:24	1186	4:01
1188	498	Kiley Glazier	195/200	F3539	1059	0:13:13.84	1182	13:10	1184	1:24:31	1180	3:49
1189	893	Sherri Poling	23/25	F6569	958	0:12:07.08	1019	7:17	1203	1:33:09	1135	2:51
1190	1280	Karen Gonne-Harrel	24/25	F6569	1204	0:19:46.15	1217	22:36	1131	1:12:12	1038	2:05
1191	611	Keri Nutter	167/169	F4044	963	0:12:08.83	931	6:09	1206	1:34:56	1079	2:22
1192	610	Audrey Nutter	81/88	F1014	401	0:08:41.27	1147	10:04	1205	1:34:53	1086	2:25
1193	977	Kristi Ivanoff	76/77	F5054	1161	0:15:29.96	1116	9:02	1171	1:20:27	1193	4:13
1194	526	Dessa Wells	82/88	F1014	1044	0:13:08.69	1136	9:46	1130	1:12:06	1048	2:09
1195	907	Elizabeth Reupke	168/169	F4044	1130	0:14:30.66	1142	9:51	1201	1:31:57	992	1:52
1196	685	Jill Burke	77/77	F5054	1070	0:13:25.63	1140	9:49	1211	1:38:55	748	1:14
1197	686	Sophia Burke-Willi	83/88	F1014	1093	0:13:49.28	1138	9:48	1213	1:39:05	661	1:04
1198	687	Ailsa Faust	84/88	F1014	1109	0:14:05.53	1139	9:48	1214	1:39:06	668	1:04
1199	903	Ashley Kelly	186/187	F3034	1127	0:14:27.14	1154	10:24	1208	1:36:14	993	1:52
1200	161	Brooke Cooper	131/131	F4549	289	0:08:06.35	1216	22:18	1207	1:36:11	1009	1:55

RESULTS BY: Skinny Raven Events and Timing

2023 GOLD NUGGET TRIATHLON
 May 21, 2023
 Bartlett High School, Anchorage AK

Place	Bib	Name	Div/Tot	Div	Rank	Swim	Rank	T1	Rank	Bike	Rank	T2
1201	443	Lauren Thompson	196/200	F3539	1154	0:15:15.47	1164	10:48	1185	1:24:33	1150	3:04
1202	160	Maria Cooper	85/88	F1014	964	0:12:09.46	1215	19:06	1209	1:36:44	784	1:18
1203	1065	Victoria Taylor	197/200	F3539	1142	0:14:53.97	1083	8:25	1202	1:32:52	1004	1:54
1204	458	Gabrielle LeDoux	10/10	F7579	1208	0:20:25.60	1213	18:56	1193	1:28:41	875	1:31
1205	722	Lily Harris	86/88	F1014	1155	0:15:20.51	1210	16:54	1196	1:29:14	1174	3:34
1206	721	Briana Harris	198/200	F3539	1178	0:16:31.33	1205	16:25	1198	1:30:14	1081	2:23
1207	419	Jarah Nichols	87/88	F1014	1163	0:15:38.39	1208	16:28	1199	1:31:13	1114	2:38
1208	1087	Natalie Nicholson	82/83	F1519	1198	0:18:23.90	1202	15:08	1212	1:38:59	1103	2:33
1209	418	Jessica Nichols	169/169	F4044	1172	0:15:59.94	1207	16:27	1200	1:31:18	1106	2:34
1210	715	Nancy Wozencraft	39/39	F6064	1209	0:20:56.30	1212	18:40	1215	1:43:41	1149	3:04
1211	969	Gail Braten	25/25	F6569	923	0:11:48.58	1218	1:03:05	1068	1:08:00	1138	2:52
1212	71	Sheila Swanson	53/55	F5559	1211	0:22:15.00	1179	12:33	1189	1:26:46	1170	3:22
1213	70	Melissa Fischer	54/55	F5559	1212	0:22:17.49	1180	12:34	1188	1:26:41	1171	3:23
1214	1288	Ashley Blatchford	199/200	F3539	1202	0:19:11.17	1148	10:08	1216	1:53:47	964	1:45
1215	639	Samantha Sink	187/187	F3034	1151	0:15:10.26	1219	1:35:35	1137	1:13:05	1200	4:40
1216	887	Alice Snow	88/88	F1014	978	0:12:17.49	1034	7:29	1217	2:46:34	1008	1:55
	1131	Kelly FitzGerald	200/200	F3539							568	0:53
											607	0:57
							704	4:41	371	48:38		
	1091	Emma Watkins	83/83	F1519	1181	0:16:38.39	466	3:48				
	124	Gail Mai	55/55	F5559	1062	0:13:16.47	594	4:15				

RESULTS BY: Skinny Raven Events and Timing