

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

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OPEN TEAM RESULTS  
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1. 6:38:28 Team Swift (1:19:42)

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1	1:10:51	Mandy Casurella
2	1:18:15	Jennifer Armentrout
3	1:19:25	Ingrid Reese
4	1:23:55	Greta Reese
5	1:26:02	Emily Long

2. 6:40:53 Turnagain Training (1:20:11)

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1	1:15:58	Erika Bennett
2	1:17:06	Nicki Holmen
3	1:21:07	Ruby Willman
4	1:22:37	Kristen Wood
5	1:24:05	Harper Willman

3. 6:53:25 Infinity Brownies (1:22:41)

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1	1:14:40	Betsy Lund
2	1:15:43	Tui Stanbury
3	1:18:24	Heather Onders
4	1:23:38	Bree Witteveen
5	1:41:00	Amy Olson

4. 6:58:14 The Strawberry Shortcakes (1:23:39)

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1	1:14:56	Amanda Carr
2	1:21:38	Hanna Deraedt
3	1:22:30	Krista Schnell
4	1:29:19	Amy Rayess
5	1:29:51	Kara Gustafson

5. 6:59:00 No Scrubs (1:23:48)

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1	1:11:49	Brianne Keifer
2	1:23:10	Erin Eisses
3	1:23:23	Emily Myhre
4	1:28:14	Jackie Ryan
5	1:32:24	Grace Zimmerman

6. 7:16:51 Girdwood Girls Gone Tri (1:27:23)

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1	1:19:58	Katra Wedeking
2	1:26:23	Julie Martyn
3	1:28:43	Amanda Hawes
4	1:30:49	Elizabeth Mar Thomas
5	1:30:58	Kris Miller

7. 7:26:08 Swim, Bike, Run (1:29:14)

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1	1:24:21	Mary Kay Sorich
2	1:27:37	Ruth Kroona
3	1:28:56	Merrileigh Boring
4	1:29:13	Suzanne Armentrout
5	1:36:01	Aviana Sorich

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8. 7:29:07 Amazed by Grace (1:29:50)

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1	1:22:25	Vera Pluharova
2	1:24:23	Aeia Davis
3	1:26:26	Emily Jensen
4	1:37:52	Corrie Welkener
5	1:38:01	Clarissa Williams

9. 7:38:48 Ladies in Motion (1:31:46)

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1	1:22:46	Sara Sjostrom
2	1:30:11	Mari Rueter
3	1:30:53	Loren Gurkowski
4	1:34:03	Julie Aloysius
5	1:40:55	Anita Johnson

10. 7:47:50 Run like the Winded (1:33:34)

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1	1:26:18	Jill Franchino
2	1:31:04	Courtney Abel
3	1:35:42	Sonora Martin
4	1:35:46	Jessie Brown
5	1:39:00	April Erhardt

11. 7:53:54 Permafrosties (1:34:47)

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1	1:15:57	Liane Nagata
2	1:27:06	Devon Kerscher
3	1:36:05	Tricia Perkins
4	1:40:59	Lauren A Gaither
5	1:53:47	Rachel Hopkins

12. 8:19:53 Radiant Ladies (1:39:59)

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1	1:15:43	Destiny Ingram
2	1:28:42	Lyla Ingram
3	1:38:00	Jamie Swartz
4	1:48:38	Mariah ingram
5	2:08:50	Shannon Harrington

13. 8:44:17 Team WillowRidge (1:44:52)

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1	1:27:08	Tori Hickel
2	1:37:09	ERIN BERG
3	1:38:59	Marisa Tikka
4	1:58:12	Jessica Crisp
5	2:02:49	Robyn Novak

14. 8:51:31 Thunder-Tris (1:46:19)

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1	1:29:10	Melissa Bunselmeier
2	1:44:50	Amanda Trainor
3	1:45:56	Danielle Bunselmeier
4	1:54:19	Marina Wingfield
5	1:57:16	Patricia Cummings

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15. 9:05:15 Nana's Nuggets (1:49:03)

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1	1:24:01	Kaylee Wilcox
2	1:37:16	Whitney Andersen
3	1:41:49	Katie Heck
4	1:44:14	Wendy Heck
5	2:37:55	Heather Courrier

16. 9:10:01 Team Shazam (1:50:01)

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1	1:29:31	Mary Krysinski
2	1:47:21	Christine Krysinski
3	1:48:26	Beth Baker
4	1:55:17	Lorelei Hass
5	2:09:26	Gayle Martin

17. 9:12:37 Mountain Mamas (1:50:32)

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1	1:20:14	Heather Poe
2	1:40:31	Kimberly Osburn
3	1:50:55	Shelley Biss
4	2:09:29	Aubrey Day
5	2:11:28	Anika Biss

18. 9:27:06 Better with Butter (1:53:26)

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1	1:41:21	Adigan Oberlee
2	1:49:49	Jennifer McClung
3	1:51:38	Adelynn Worrell
4	2:01:55	Sandra Lebeau
5	2:02:23	Michelle Ball

19. 9:31:16 CrossFit Iron Refined (1:54:16)

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1	1:32:28	Jamey Reed
2	1:43:50	Shelby Lynn Fields
3	1:47:36	Kerstin Buehler
4	2:12:18	Cherie Zajdzinski
5	2:15:04	Briana McDougall

20. 9:45:21 Groove Is In The Heart (1:57:05)

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1	1:46:07	Cassidy Bilskie
2	1:49:05	Caroline Smith
3	2:02:01	Jenni Perkins
4	2:02:19	Kimberly Fischer
5	2:05:49	Kate Burt

21. 9:46:01 Tortious and the Hare (1:57:13)

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1	1:31:10	Christina Morgan
2	1:56:10	Magen Straka
3	1:56:35	Anna Straka
4	2:10:53	Linnea Cafmeyer
5	2:11:13	Makena Cafmeyer

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22. 9:54:47 Nikiski Chicks (1:58:58)

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1	1:37:46	Audra Evoy
2	1:38:45	Jill Evoy
3	1:39:38	Rena Kornstad
4	2:15:59	Jakelynn Wheeler
5	2:42:39	Kristen Mae Snow

23. 10:20:44 AYCC (2:04:09)

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1	1:38:03	Cherish Jordan
2	1:50:51	Carrie Plant
3	2:12:49	Anna Bryant
4	2:14:51	CAREY CARPENTER
5	2:24:10	Jacquelyn Duarte-Smith

24. 10:40:18 Sloth Tri Racing (2:08:04)

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1	1:49:22	Jaclynn Richards
2	2:03:01	Ruth O'Neal
3	2:14:40	Lexy Willis
4	2:14:59	Hali Willis
5	2:18:16	Krystle Penaflo

25. 11:00:18 My Tri Tribe (2:12:04)

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1	1:47:59	Brandi Mangione
2	1:50:19	Lori Wagoner
3	2:12:05	Yana Cater
4	2:27:34	Margaret McGarry
5	2:42:21	Amber Arnold

26. 11:11:58 Blueberry Patch (2:14:24)

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1	1:44:28	Rebecca Fidler
2	1:58:23	Sarah Ransom
3	2:07:24	Amy Komarek
4	2:23:03	Terri Hunter
5	2:58:40	Ashley Kelly