

2024 GOLD NUGGET TRIATHLON
May 19, 2024
Bartlett High School, Anchorage AK

TRI-GENERATION TEAM RESULTS

1. 4:58:53 Heck Girls (1:39:38)

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1	1:23:21	Kaylee Wilcox	Daughter
2	1:47:00	Wendy Heck	Grandmother
3	1:48:32	Katie Heck	Mother

2. 5:32:27 Wanat, Bonnie InKLINEd to WANAT(1:50:49)

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1	1:46:51	Caroline Kline	Mother
2	1:51:07	Bonnie Wanat	Grandmother
3	1:54:29	Sydney Kline	Daughter

3. 5:56:24 Tri-ing Hard Times Three (1:58:48)

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1	1:51:41	Lisa Cassino	Mother
2	2:00:32	Madison Herbert	Daughter
3	2:04:11	Marcia Cassino	Grandmother

4. 5:56:56 Hensel, Mary (1:58:59)

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1	1:25:04	Kaia Reeg	Daughter
2	1:33:20	Michelle Hensel	Mother
3	2:58:32	Mary Hensel	Grandmother

5. 6:06:00 McElroy, Cynthia (2:02:00)

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1	1:47:56	Abigail Arima	Mother
2	2:07:11	Cadence Arima	Daughter
3	2:10:53	Cynthia McElroy	Grandmother

6. 6:16:47 Van Hemert, Rose (2:05:36)

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1	1:50:21	Rose Van Hemert	Grandmother
2	2:09:16	Story McDonald	Daughter
3	2:17:10	Ashley Van Hemert	Mother

7. 8:54:33 Alexander, Rebecca (2:58:11)

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1	2:56:42	Zo Ryan	Daughter
2	2:56:56	Eve Ryan	Mother
3	3:00:55	Rebecca Alexander	Grandmother

8. 9:54:58 Pink Ladies

(3:18:20)

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1	3:17:55	Karla Thompson	Grandmother
2	3:18:14	Jarah Nichols	Daughter
3	3:18:49	Jessica Nichols	Mother