

2018 GOLD NUGGET TRIATHLON**20-May-18****MOST IMPROVED**

Results by Skinny Raven Events and Timing

PLACE	BIB	NAME	TOWN	STATE	DIV	2017 Time	2018 Time	Percent Change
1	1173	Brooke VanVeckhoven	Anchorage	Alaska	F40-44	2:18:09	1:32:38	49.14%
2	1367	Brie Xavier	Anchorage	Alaska	F25-29	2:47:40	1:53:46	47.38%
3	1398	Nicole Clark	Anchorage	Alaska	F40-44	2:19:32	1:34:48	47.19%
4	891	Kari Wiederkehr	Palmer	Alaska	F40-44	2:13:15	1:30:52	46.64%
5	1504	Christine Pemble	Anchorage	Alaska	F35-39	2:13:34	1:36:07	38.96%
6	756	Riley Petty	Eagle River	Alaska	F15-19	2:54:04	2:07:05	36.97%
7	435	Trina Dee Schachle	Wasilla	Alaska	F30-34	3:16:26	2:25:29	35.02%
8	1508	McKenna Nieves	Anchorage	Alaska	F35-39	2:02:06	1:32:30	32.00%
9	890	Nicole Gdula	Wasilla	Alaska	F40-44	2:42:54	2:04:18	31.05%
10	581	Jill Burke	Anchorage	Alaska	F45-49	2:44:38	2:07:26	29.19%
11	1349	Sarah Lowry	Anchorage	Alaska	F15-19	2:08:03	1:39:27	28.76%
12	685	Jennie Hafele	Fairbanks	Alaska	F40-44	2:08:40	1:41:19	26.99%
13	348	Brianne Keifer	Anchorage	Alaska	F30-34	1:31:20	1:12:13	26.47%
14	544	Wendy Wiltfong	Eagle River	Alaska	F50-54	2:38:32	2:05:40	26.15%
15	755	Marianne Johnstone-Petty	Eagle River	Alaska	F45-49	2:43:44	2:09:54	26.05%
16	1350	Madeline Troxell	Anchorage	Alaska	F15-19	2:05:14	1:39:49	25.46%
17	1144	JOSEPHINE BEARD	Eagle River	Alaska	F40-44	1:55:38	1:33:01	24.31%
18	195	Chelsea Sternicki	Anchorage	Alaska	F35-39	1:57:09	1:34:28	24.01%
19	1243	Kylie Duby	Anchorage	Alaska	F25-29	2:09:52	1:45:07	23.55%
20	1081	Anna Bryant	Anchorage	Alaska	F45-49	2:40:01	2:09:34	23.50%
21	355	Mikayla Savikko	Anchorage	Alaska	F30-34	1:36:30	1:18:18	23.24%
22	789	Jade Butterfield	Anchorage	Alaska	F10-14	2:53:26	2:20:56	23.06%
23	1220	tina gallaway	Ketchikan	Alaska	F55-59	2:40:59	2:10:57	22.93%
24	683	Avery Hafele	Fairbanks	Alaska	F10-14	2:06:15	1:42:45	22.87%
25	1482	Christina Morgan	Eagle River	Alaska	F30-34	1:55:05	1:33:53	22.58%
26	679	Katherine Colquhoun	Fairbanks	Alaska	F30-34	1:53:43	1:32:53	22.43%
27	1280	Stephanie DeRaimo	Anchorage	Alaska	F30-34	2:04:09	1:41:45	22.01%
28	106	Angela Johnstone	Fairbanks	Alaska	F20-24	2:29:16	2:02:31	21.83%
29	134	Amanda Loy	Anchorage	Alaska	F35-39	2:16:31	1:52:05	21.80%
30	400	Yvonne Oren	Kenai	Alaska	F45-49	2:29:27	2:03:31	21.00%
31	158	Madeline Bingham	Anchorage	Alaska	F15-19	1:42:17	1:24:45	20.69%
32	1499	Gerri Tokar-Hines	Wasilla	Alaska	F40-44	2:20:15	1:56:21	20.54%
33	786	Sami Glascott	Anchorage	Alaska	F45-49	1:57:37	1:37:51	20.20%
34	1244	Shyan Hargis	West Linn	Oregon	F10-14	1:26:59	1:12:23	20.17%
35	181	Brittany Keener	Eagle River	Alaska	F35-39	2:03:56	1:43:13	20.07%
36	1319	Jana Seaman	Anchorage	Alaska	F35-39	1:31:00	1:15:58	19.79%
37	197	Brooke Wood	Anchorage	Alaska	F30-34	2:09:48	1:49:04	19.01%
38	944	Naomi Gallien	Anchorage	Alaska	F30-34	1:42:36	1:26:21	18.82%
39	597	Lydia Frankenburger	Anchorage	Alaska	F45-49	2:49:39	2:23:17	18.40%
40	545	Vanessa Mccoy	Wasilla	Alaska	F10-14	2:27:43	2:04:47	18.38%
41	568	Ginny Kinne	Fairbanks	Alaska	F35-39	2:16:23	1:55:14	18.35%
42	699	gretchen day	Anchorage	Alaska	F55-59	1:53:00	1:35:36	18.20%
43	327	Sarah Clark	Fairbanks	Alaska	F30-34	1:42:24	1:27:29	17.05%
44	680	Ella Bailey	Fairbanks	Alaska	F15-19	1:54:08	1:37:52	16.62%
45	698	Hazel Hibpshman	Chugiak	Alaska	F30-34	2:11:11	1:53:02	16.06%
46	277	Kelila Terrones	Anchorage	Alaska	F30-34	2:34:20	2:12:59	16.05%
47	1574	Sonia Henrick	Eagle River	Alaska	F30-34	2:07:22	1:49:46	16.03%
48	686	Susan Bishop	Fairbanks	Alaska	F60-64	1:55:54	1:40:13	15.65%

49	164	Chloe Hobbs	Anchorage	Alaska	F15-19	2:33:09	2:12:32	15.56%
50	1238	Margaret Obermeyer	Anchorage	Alaska	F30-34	2:04:46	1:48:01	15.51%
51	570	Ashley Weaver	Anchorage	Alaska	F30-34	1:53:00	1:37:56	15.38%
52	788	Kalima Glascott	Anchorage	Alaska	F10-14	1:44:42	1:30:50	15.27%
53	792	Lindsey Durrell	Anchorage	Alaska	F30-34	2:15:35	1:57:41	15.21%
54	474	Sherri Roberds	Anchorage	Alaska	F50-54	2:26:33	2:07:23	15.05%
55	1111	Erin Eisses	Anchorage	Alaska	F25-29	1:40:18	1:27:12	15.02%
56	226	Kate Clark	Anchorage	Alaska	F40-44	1:39:46	1:26:45	15.00%
57	814	Jennifer Smith	Anchorage	Alaska	F35-39	1:48:50	1:34:49	14.78%
58	560	Tracy Sinclair	Anchorage	Alaska	F50-54	2:57:22	2:34:59	14.44%
59	645	Margaret McGarry	Kasilof	Alaska	F70-74	2:29:00	2:11:04	13.68%
60	21	Alyssa Hargis	West Linn	Oregon	F15-19	1:16:24	1:07:26	13.30%
61	1089	Diane Palmer	Anchorage	Alaska	F40-44	2:48:26	2:28:41	13.28%
62	235	Celia Rozen	Anchorage	Alaska	F60-64	1:51:45	1:38:41	13.24%
63	1470	Sarah Buhr	Anchorage	Alaska	F30-34	1:38:55	1:27:23	13.20%
64	776	Amanda Thomas	Anchorage	Alaska	F10-14	2:29:37	2:12:49	12.65%
65	531	Tapia Stover	Anchorage	Alaska	F35-39	2:06:35	1:52:31	12.50%
66	508	Crystal Cox	Kenai	Alaska	F20-24	1:59:23	1:46:12	12.41%
67	548	Jessica Luiken	Anchorage	Alaska	F25-29	1:30	1:20:06	12.36%
68	1415	Laurel Foster	Anchorage	Alaska	F35-39	1:51:16	1:39:11	12.18%
69	654	Samantha Loud	Delta Junction	Alaska	F30-34	1:53:43	1:41:37	11.91%
70	1509	Kathryn Lessard	Chugiak	Alaska	F55-59	1:46:56	1:35:55	11.49%
71	324	Anna Sia	Los Angeles	California	F40-44	1:46:20	1:35:26	11.42%
72	948	Rhiannon Routh	Anchorage	Alaska	F25-29	1:55:11	1:43:36	11.18%
73	575	Ali Wykis	Anchorage	Alaska	F30-34	2:06:18	1:53:38	11.15%
74	36	Ashley Lehman	Anchorage	Alaska	F35-39	1:20:24	1:12:23	11.08%
75	768	Joan Kane	Anchorage	Alaska	F40-44	1:49:10	1:38:19	11.04%
76	564	Sara Heskin	Anchorage	Alaska	F25-29	1:42:12	1:32:12	10.85%
77	1649	Tarryn Zerbinos	Anchorage	Alaska	F25-29	1:58:34	1:47:16	10.53%
78	921	Hannah Yi	Anchorage	Alaska	F10-14	1:36:07	1:27:07	10.33%
79	1019	Jeanine Moorman	Anchorage	Alaska	F45-49	2:01:51	1:50:33	10.22%
80	414	Lori Day	Valdez	Alaska	F50-54	2:08:57	1:57:11	10.04%
81	1444	Michelle Geidl	Eagle River	Alaska	F35-39	1:42:58	1:33:38	9.97%
82	628	Fabiola Burns	Anchorage	Alaska	F30-34	1:43:35	1:34:13	9.94%
83	1407	Brooke Duggan	Anchorage	Alaska	F35-39	2:04:39	1:53:28	9.86%
84	173	Karen Hubbard	Anchorage	Alaska	F35-39	1:52:50	1:42:53	9.67%
85	91	Carolyn Harley	Anchorage	Alaska	F40-44	1:40	1:31:12	9.65%
86	1541	Kayla Miller	Anchorage	Alaska	F25-29	1:30:01	1:22:07	9.62%
87	423	Angèle Bell	Eagle River	Alaska	F35-39	2:33:55	2:20:36	9.47%
88	1103	Theresa Peters	Anchorage	Alaska	F35-39	2:48:44	2:34:27	9.25%
89	856	Benay Baray	Anchorage	Alaska	F30-34	1:53:29	1:43:55	9.21%
90	629	Jenni Marcell	Nome	Alaska	F30-34	1:31:28	1:23:47	9.17%
91	1347	Cheril Wilcox	Anchorage	Alaska	F35-39	1:54:15	1:44:47	9.03%
92	1196	Ella Blakey	Anchorage	Alaska	F10-14	2:20:00	2:08:28	8.98%
93	1446	Crystal Miner	Anchorage	Alaska	F35-39	1:59:51	1:49:59	8.97%
94	1645	Stacey Ledgerwood	Anchorage	Alaska	F40-44	1:44:38	1:36:02	8.96%
95	462	Cadence Stull	Anchorage	Alaska	F10-14	1:20	1:13:30	8.84%
96	684	Victoria Smith	Fairbanks	Alaska	F30-34	1:42:20	1:34:20	8.48%
97	1335	Mara Cramer	Anchorage	Alaska	F40-44	1:41:30	1:33:36	8.44%
98	358	Ashley Hicks	Chugiak	Alaska	F15-19	1:31:42	1:24:36	8.39%
99	576	Mary Tesche	Anchorage	Alaska	F25-29	2:09:12	1:59:12	8.39%
100	317	Merrileigh Boring	Anchorage	Alaska	F45-49	1:35:04	1:27:43	8.38%
101	389	Teresa Sellers	Eagle River	Alaska	F50-54	2:02:11	1:52:48	8.32%
102	147	Lauren Grippo	Girdwood	Alaska	F25-29	1:24:40	1:18:18	8.13%
103	1125	Jennifer Gates	Anchorage	Alaska	F35-39	1:42:00	1:34:23	8.07%
104	816	Shelby Bates	Anchorage	Alaska	F15-19	1:56:48	1:48:06	8.05%

105	595	Sherrille Van Horn	Wasilla	Alaska	F50-54	2:22:34	2:12:03	7.96%
106	42	Alyse Loran	Anchorage	Alaska	F30-34	1:20:34	1:14:46	7.76%
107	725	Kelsey Johannes	Anchorage	Alaska	F15-19	1:31:55	1:25:18	7.76%
108	837	Renae Bookman	Anchorage	Alaska	F40-44	2:25:36	2:15:28	7.48%
109	172	Sabrina Schimscheimer	Anchorage	Alaska	F15-19	1:38:47	1:31:56	7.45%
110	481	Sandra Lowther	Anchorage	Alaska	F55-59	2:06:55	1:58:07	7.45%
111	1430	Rhonda Lackey	Wasilla	Alaska	F40-44	2:07:35	1:58:46	7.42%
112	247	BRANDI ESTES	Eagle River	Alaska	F40-44	3:01:52	2:49:19	7.41%
113	196	Laura Sanfacon	Anchorage	Alaska	F40-44	2:04:56	1:56:23	7.35%
114	428	Valerie Quinn	Eagle River	Alaska	F45-49	2:02:11	1:53:58	7.21%
115	220	Summer Cutting	Anchorage	Alaska	F40-44	1:40	1:33:17	7.20%
116	465	Stacy Tronnier	Kenai	Alaska	F25-29	1:58:34	1:50:40	7.14%
117	387	Mallory Morton	Fairbanks	Alaska	F30-34	2:33:50	2:23:47	6.99%
118	633	Chelsey Fuhrman	Sioux Falls	South Dakota	F25-29	1:33:17	1:27:14	6.94%
119	1171	Tracey Barrientes	Anchorage	Alaska	F25-29	1:49:00	1:41:58	6.90%
120	681	Elizabeth Bailey	Fairbanks	Alaska	F10-14	2:07:31	1:59:21	6.84%
121	85	Jamie Brakora	Anchorage	Alaska	F20-24	1:59:31	1:51:58	6.74%
122	775	Angeline Jensen	Anchorage	Alaska	F50-54	2:07:50	1:59:46	6.74%
123	1299	Heather Courier	Anchorage	Alaska	F45-49	1:50:17	1:43:26	6.62%
124	382	Jennifer Barsalou	Eagle River	Alaska	F50-54	2:31:05	2:21:44	6.60%
125	1454	Erin Marbarger	Anchorage	Alaska	F30-34	1:22:18	1:17:17	6.49%
126	170	Ciara HELLMANN	Anchorage	Alaska	F15-19	1:32:51	1:27:12	6.48%
127	398	Penny Furnish	Kenai	Alaska	F50-54	2:23:48	2:15:04	6.47%
128	778	Judy Krier	Chugiak	Alaska	F60-64	2:15:09	2:06:59	6.43%
129	264	Mari Rueter	Anchorage	Alaska	F30-34	1:44:31	1:38:23	6.23%
130	1020	Keri Parsons	Anchorage	Alaska	F30-34	2:55:27	2:45:25	6.07%
131	701	Johna Beech	Kenai	Alaska	F40-44	2:16:36	2:08:48	6.06%
132	1330	Theresa Hampton	Anchorage	Alaska	F35-39	1:31:48	1:26:46	5.80%
133	171	Roxanna Reynolds	Anchorage	Alaska	F15-19	1:37:33	1:32:14	5.76%
134	1258	Roxanne Peter	Anchorage	Alaska	F30-34	2:27:37	2:19:40	5.69%
135	1481	Kerry Clark	Anchorage	Alaska	F40-44	1:41:38	1:36:14	5.61%
136	1462	Melanie Leydon	Anchorage	Alaska	F25-29	2:15:35	2:08:40	5.38%
137	596	Alexandrea Van Horn	Wasilla	Alaska	F15-19	2:23:24	2:16:09	5.33%
138	354	Faith Kelly	Anchorage	Alaska	F40-44	1:58:51	1:53:04	5.11%
139	318	Heather Bottrell	Eagle River	Alaska	F30-34	1:42:21	1:37:28	5.01%
140	1516	Holly Herring	Chugiak	Alaska	F35-39	1:37:50	1:33:10	5.01%
141	1277	Danielle Blanchard	Anchorage	Alaska	F35-39	1:56:00	1:50:33	4.93%
142	1334	Madgell Moore	Anchorage	Alaska	F25-29	1:42:31	1:37:50	4.79%
143	1139	Molly Simasko	Anchorage	Alaska	F35-39	1:42:24	1:37:44	4.77%
144	682	Meadow Bailey	Fairbanks	Alaska	F45-49	1:58:36	1:53:13	4.75%
145	779	Dena Thomas	Anchorage	Alaska	F40-44	2:20:45	2:14:35	4.58%
146	1432	Therese Mastrangelo	Anchorage	Alaska	F40-44	1:46:07	1:41:35	4.46%
147	1177	Tamara Von Gemmingen	Anchorage	Alaska	F40-44	2:53:05	2:45:43	4.45%
148	1165	Suzanne Johnson	Anchorage	Alaska	F30-34	1:57:24	1:52:26	4.42%
149	1253	Rosemary Hill	Palmer	Alaska	F60-64	1:52	1:47:17	4.40%
150	99	Alicia Vernon	Chugiak	Alaska	F45-49	1:48:44	1:44:31	4.03%
151	1073	Cassie Ostrander	Anchorage	Alaska	F35-39	2:09:42	2:04:48	3.93%
152	991	Heidi Loranger	Anchorage	Alaska	F40-44	1:38:38	1:34:55	3.92%
153	648	ELISA SNELLING	Eagle River	Alaska	F40-44	2:32:58	2:27:17	3.86%
154	108	Skyler Helgeson	Anchorage	Alaska	F15-19	1:32:12	1:28:49	3.81%
155	201	Layla Beam	Chugiak	Alaska	F15-19	1:33:54	1:30:28	3.80%
156	1610	Kaitlyn O'Brien	Anchorage	Alaska	F25-29	2:00:36	1:56:14	3.76%
157	1379	Suzanne Armentrout	Chugiak	Alaska	F45-49	1:33:15	1:29:53	3.75%
158	691	Nadia Anders	Kenai	Alaska	F45-49	1:44:30	1:40:57	3.52%
159	274	Bronwyn Haynes	Anchorage	Alaska	F50-54	1:28:03	1:25:04	3.51%
160	1002	Kaelyn Barry	Wasilla	Alaska	F10-14	2:34:20	2:29:36	3.16%

161	125	Katerina Wessels	Anchorage	Alaska	F50-54	2:09:38	2:05:40	3.16%
162	976	Nichole Gifford	Anchorage	Alaska	F45-49	2:20:36	2:16:32	2.98%
163	384	Cassandra Barsalou	Eagle River	Alaska	F20-24	2:06:33	2:02:55	2.96%
164	1074	Theresa Feighery	Anchorage	Alaska	F30-34	1:54:31	1:51:18	2.89%
165	714	Marcia Stock-Cassino	North Pole	Alaska	F50-54	2:06:35	2:03:03	2.87%
166	767	Lacey Centeno	Wasilla	Alaska	F35-39	2:23:21	2:19:32	2.74%
167	1328	Anika Beighle	Anchorage	Alaska	F15-19	2:00:22	1:57:19	2.60%
168	446	Jessica Eason	Wasilla	Alaska	F35-39	1:45:51	1:43:13	2.55%
169	1300	Madeline Courier	Anchorage	Alaska	F20-24	2:09:43	2:06:32	2.52%
170	1332	Jaena Tranberg	Anchorage	Alaska	F30-34	1:26:43	1:24:58	2.06%
171	352	Jolene Campbell	Wasilla	Alaska	F40-44	2:07	2:04:36	1.93%
172	1202	Zoe Chang	Anchorage	Alaska	F10-14	1:24:06	1:22:31	1.92%
173	657	Gregoria Gloria Reyes	Anchorage	Alaska	F60-64	1:32:08	1:30:34	1.73%
174	1543	Terri Coolidge	Anchorage	Alaska	F25-29	1:59:59	1:58:01	1.67%
175	441	Adele Fetter	Anchorage	Alaska	F40-44	2:19:25	2:17:12	1.62%
176	1575	Vera Hershey	Wasilla	Alaska	F65-69	1:57:31	1:55:39	1.61%
177	483	Bonnie Bailey	Anchorage	Alaska	F35-39	3:01:52	2:59:08	1.53%
178	315	Brandy Atkins	Anchorage	Alaska	F35-39	1:58:36	1:56:59	1.38%
179	879	Lisa Jaronitzky	Anchorage	Alaska	F50-54	2:45	2:42:57	1.26%
180	1342	Iori kaltenbach	Anchorage	Alaska	F40-44	1:36:01	1:34:50	1.25%
181	899	Carol Ann Willard	Bethel	Alaska	F55-59	2:23:42	2:22:46	0.65%
182	884	Annika Langland	Anchorage	Alaska	F10-14	2:05:02	2:04:35	0.36%
183	1120	Val Jokela	Chugiak	Alaska	F65-69	2:15:00	2:14:35	0.31%
184	717	Jessica Diab	Eagle River	Alaska	F40-44	1:39:57	1:40:08	(0.18%)
185	1265	Caye Moberg	Wasilla	Alaska	F50-54	1:50	1:50:13	(0.20%)
186	1251	Bonnie Wanat	Eagle River	Alaska	F55-59	1:45:24	1:46:01	(0.58%)
187	920	Jessica Crisp	Chugiak	Alaska	F35-39	2:18	2:18:56	(0.67%)
188	781	Jaylee Brendel	Anchorage	Alaska	F30-34	1:43:23	1:44:47	(1.34%)
189	478	Mya Campbell	Wasilla	Alaska	F10-14	2:07:12	2:09:04	(1.45%)
190	263	Lea Rueter	Anchorage	Alaska	F30-34	1:42:36	1:44:09	(1.49%)
191	273	Sheila O'Neill	Lacey	Washington	F65-69	3:05:24	3:08:24	(1.59%)
192	1192	Laura Orega de Gaffory	Anchorage	Alaska	F30-34	1:59:15	2:01:15	(1.65%)
193	1065	Kiley Glazier	Eagle River	Alaska	F30-34	1:53:37	1:55:33	(1.67%)
194	790	Mystelle Butterfield	Anchorage	Alaska	F35-39	2:44:28	2:48:36	(2.45%)
195	661	Elizabeth Beavers	Denali National Park	Alaska	F35-39	1:50:24	1:53:16	(2.53%)
196	1046	Debbie Slater	Eagle River	Alaska	F30-34	1:45:57	1:49:02	(2.83%)
197	486	Maria Weiss	Kennebunk	Maine	F20-24	1:38	1:41:03	(3.02%)
198	1068	Alexis Rihl Kaferstein	Seward	Alaska	F40-44	1:50:08	1:54:32	(3.84%)
199	477	Amy Campbell	Wasilla	Alaska	F35-39	2:34:43	2:41:10	(4.00%)
200	1162	Aubrey Swammy	Anchorage	Alaska	F20-24	2:04:54	2:10:36	(4.36%)
201	371	June Gardner	Anchorage	Alaska	F35-39	2:06:14	2:12:06	(4.44%)
202	676	Teresa Takak	Anchorage	Alaska	F50-54	2:17:51	2:24:16	(4.45%)
203	638	Tarah Hibbs	Anchorage	Alaska	F30-34	1:33:34	1:38:19	(4.83%)
204	163	Tiernan McGrath	Anchorage	Alaska	F15-19	1:25:07	1:31:13	(6.69%)
205	427	Joan Ryan	Anchorage	Alaska	F30-34	1:46:05	1:53:50	(6.81%)
206	1164	Hannah Grothe	Wasilla	Alaska	F20-24	2:58:28	3:17:47	(9.77%)
207	1522	Melissa Card	Palmer	Alaska	F35-39	2:09:54	2:24:26	(10.06%)
208	404	Sharon Oyao	Kenai	Alaska	F35-39	2:19:54	2:39:42	(12.40%)
209	552	Kristin Whitson	Anchorage	Alaska	F40-44	2:09:15	2:28:55	(13.21%)
210	1029	Lori Paajanen	Eagle River	Alaska	F25-29	1:46:33	2:04:42	(14.55%)
211	1449	Alexis Johnson	Eagle River	Alaska	F25-29	1:53	2:15:29	(16.59%)
212	926	Lenna Michener	Eagle River	Alaska	F45-49	1:45:09	2:06:54	(17.14%)
213	379	Jill Rogers	Anchorage	Alaska	F55-59	1:59:24	2:35:56	(23.43%)