

2017 Palouse Triathlon
September 9, 2017

OVERALL RESULTS

Place	No.	C Name	City, State	Ag S	DivP	DivTl	Swim	Pace	T1	Bike Rate	T2	Run	Pace	Time
1.	29	SHANNON HORN	Post Falls, ID	43 M	1	10	6:55	13:50	0:39	23:53 23.4	0:20	19:07	6:09	50:53
2.	151	VANDAL CYCLING	Moscow, ID	93 M	1	11								51:14
3.	2	DOUG COBOS	Pullman, WA	43 M	2	10	8:55	17:50	0:53	24:04 23.2	0:40	19:14	6:12	53:44
4.	18	ERIC SAWYER	Moscow, ID	40 M	3	10	8:00	16:00	0:31	24:39 22.6	0:31	20:11	6:30	53:51
5.	19	ROB SAWYER	Lewiston, ID	42 M	4	10	8:19	16:38	0:32	24:34 22.7	0:29	21:02	6:47	54:54
6.	17	JEREMY SAGE	Missoula, MT	39 M	1	7	7:51	15:41	0:56	24:26 22.8	0:34	23:21	7:31	57:06
7.	148	TEAM TRI WHILE YOUNG	Team Tri While Young, I	92 M	2	11	8:25	16:50			0:24	25:27	8:12	57:41
8.	108	JORDAN CHAPMAN	Wendell, ID	22 M	1	3	8:43	17:25	1:54	26:01 21.5	0:58	20:32	6:37	58:06
9.	1	NATHAN SPAIN	Moscow, ID	44 M	5	10	8:25	16:50	0:45	26:23 21.2	0:27	22:16	7:10	58:14
10.	3	CHRISTOPHER HUNDHAUSEN	Pullman, WA	48 M	1	1	8:32	17:04	1:27	25:53 21.6	0:34	22:50	7:21	59:14
11.	147	TEAM C4	Team: Open, MA	95 M	3	11	6:57	13:53			0:22	21:01	6:46	59:21
12.	21	JASON BROWN	Garfield, WA	42 M	6	10	8:20	16:40	0:46	26:35 21.0	0:38	24:07	7:46	1:00:24
13.	25	JARED KROGH	Pullman, WA	39 M	2	7	7:42	15:23	0:42	27:12 20.5	0:41	24:26	7:52	1:00:40
14.	27	CAYLE TURPEN	Moscow, ID	24 M	2	3	11:19	22:38	1:34	27:01 20.7	0:25	20:50	6:43	1:01:07
15.	144	TEAM TEAM AWESOME	Team: Open, CO	94 M	4	11	9:13	18:26			0:22	24:03	7:45	1:01:29
16.	23	TIMOTHY OLSON	Plains, MT	58 M	1	3	9:45	19:29	0:36	26:29 21.1	0:48	23:54	7:42	1:01:30
17.	146	TEAM NO EAR BUDS	Team: Masters, CO	90 M	5	11	7:37	15:13			0:28	25:33	8:14	1:01:48
18.	31	ERIK LAMB	Spokane, WA	37 M	3	7	8:21	16:41	1:11	28:33 19.6	1:01	23:02	7:25	1:02:05
19.	145	TEAM BECAUSE WE LIKE	Team: Open, CO	96 M	6	11	10:40	21:19			0:28	24:08	7:46	1:02:42
20.	37	TRAVIS STURGES	Richland, WA	28 M	1	2	7:00	13:59	1:02	29:45 18.8	0:26	25:01	8:04	1:03:13
21.	104	HOLLY STANTON		25 F	1	7	8:24	16:48	2:21	31:35 17.7	0:31	21:23	6:53	1:04:12
22.	26	BOB STEPHENS	Moscow, ID	55 M	2	3	7:50	15:40	0:29	29:25 19.0	0:16	26:18	8:28	1:04:16
23.	106	JULIA REESE	Princeton, ID	21 F	1	2	8:25	16:49	0:56	26:58 20.7	0:47	27:37	8:54	1:04:41
24.	33	MONICA BANDO	Pullman, WA	41 F	1	9	7:50	15:40	1:19	30:34 18.3	1:06	24:20	7:50	1:05:06
25.	40	TONY THURBER	Pullman, WA	28 M	2	2	8:57	17:54	0:59	28:55 19.3	0:46	26:30	8:32	1:06:05
26.	22	ALLIE RUST	Moscow, ID	31 F	1	8	8:44	17:28	1:35	28:36 19.5	0:59	26:50	8:38	1:06:41
27.	32	WADE MORRIS	Potlatch, ID	42 M	7	10	9:42	19:23	1:03	29:59 18.6	0:43	26:04	8:24	1:07:28
28.	4	MARIE ERIKSSON	Moscow, ID	47 F	1	4	7:36	15:12	1:27	31:30 17.7	0:38	26:21	8:29	1:07:30
29.	42	JAMES RANDALL	Spokane, WA	31 M	1	2	9:35	19:09	2:34	29:40 18.8	1:09	24:45	7:58	1:07:40
30.	80	JILL READER	Moscow, ID	26 F	2	7	10:52	21:44	1:49	32:27 17.2	0:26	22:23	7:13	1:07:56
31.	45	ISAAC PIMENTEL	Moscow, ID	14 M	1	2	9:11	18:21	2:52	31:05 18.0	0:41	24:20	7:50	1:08:08
32.	41	DANIEL MULLIN	Moscow, ID	53 M	1	3	10:54	21:47	2:22	31:39 17.6	0:17	23:00	7:25	1:08:10
33.	142	TEAM ALREADY IN 2ND	Team: Open, CO	94 M	7	11	6:45	13:30			0:30	23:44	7:39	1:08:22
34.	15	BRIDGETTE SAUNDERS	Moscow, ID	37 F	1	6	8:19	16:38	1:21	31:34 17.7	1:10	26:58	8:41	1:09:21
35.	38	BRIAN LAMB	Rathdrum, ID	66 M	1	2	9:11	18:22	1:48	32:18 17.3	0:30	27:42	8:55	1:11:28
36.	56	THERESA CARTER	Princeton, ID	53 F	1	5	9:31	19:01	1:51	30:14 18.5	0:58	29:01	9:21	1:11:33
37.	34	JERRY HILL	Spokane, WA	60 M	1	4	12:20	24:39	2:43	28:15 19.8	1:32	27:28	8:51	1:12:16
38.	7	CHLOE ERIKSSON	Moscow, ID	14 F	1	1	8:33	17:06	1:36	35:04 15.9	0:30	27:19	8:48	1:13:01
39.	48	MARIA CORCORAN	Pullman, WA	59 F	1	3	10:09	20:18	1:16	32:38 17.1	0:46	28:28	9:10	1:13:16
40.	103	STEVE HALLOCK	Moscow, ID	39 M	4	7	15:17	30:33	4:23	30:07 18.5	0:27	23:31	7:35	1:13:43
41.	90	MEGAN WILSON	Nezperce, ID	51 F	2	5	11:17	22:33	1:35	32:28 17.2	1:20	27:17	8:47	1:13:55
42.	53	JANET RACHLOW WITHAM	Troy, ID	52 F	3	5	9:49	19:38	1:28	32:36 17.1	0:57	29:09	9:23	1:13:58
43.	36	MARK LINSKOTT	Sagle, ID	52 M	2	3	13:11	26:21	2:36	32:50 17.0	1:48	23:52	7:41	1:14:16
44.	5	NATHAN WINDER	Grangeville, ID	36 M	5	7	11:37	23:14	2:31	32:07 17.4	1:06	26:58	8:41	1:14:16
45.	58	VANESSA ANTHONY-STEVENSON	Moscow, ID	40 F	2	9	10:12	20:24	2:56	30:45 18.2	-Time 1:35:53	30:52		1:14:23
46.	65	RAYNA SAGE	Missoula, MT	40 F	3	9	12:49	25:37	2:40	33:59 16.4	0:26	25:27	8:12	1:15:19
47.	99	SHELLY RUSPAKKA REMIEN	Moscow, ID	35 F	2	6				35:14 15.8	0:48	30:44	9:54	1:15:48
48.	140	TEAM ROBERTS	Team: Family, FA	92 M	8	11	11:13	22:26			0:33	32:13	10:22	1:15:54
49.	6	SHEILA HEYNS	Moscow, ID	46 F	2	4	14:02	28:04	2:01	29:38 18.8	1:03	29:21	9:27	1:16:04
50.	94	ALYSSA MARRE	Pullman, WA	26 F	3	7	11:28	22:56	2:35	33:31 16.7	0:55	27:51	8:58	1:16:17
51.	12	MICHAEL ARMSTRONG	Pullman, WA	42 M	8	10	11:23	22:46	3:55	35:37 15.7	0:25	25:48	8:19	1:17:06

52.	100	CAROLINA SANCHEZ	Pullman, WA	29 F	4	7	11:20	22:39	3:36	31:38	17.6	3:36	27:15	8:46	1:17:23
53.	77	JAMES MILLER	Pullman, WA	32 M	2	2	12:14	24:28	2:14	35:45	15.6	0:45	26:35	8:34	1:17:32
54.	35	ROGER ROWLEY	Moscow, ID	54 M	3	3	10:17	20:33	2:37	30:29	18.3	0:55	33:38	10:50	1:17:54
55.	107	NATHAN PALMER	Moscow, ID	35 M	6	7	12:26	24:52	2:26	31:39	17.6	0:58	30:33	9:50	1:18:00
56.	50	ED HARKINS	Pullman, WA	62 M	2	4	10:57	21:54	4:00	31:23	17.8	2:41	29:14	9:25	1:18:14
57.	62	LAUREN VAVROSKY	Spokane, WA	29 F	5	7	11:10	22:19	3:29	35:39	15.7	0:58	27:13	8:46	1:18:27
58.	54	MARK SPEARS	Lewiston, ID	55 M	3	3	13:03	26:06	2:40	32:25	17.2	1:06	29:16	9:26	1:18:29
59.	55	SARAH SPEARBS	Pullman, WA	38 F	3	6	12:42	25:24	3:50	36:11	15.4	0:48	25:28	8:12	1:18:56
60.	68	CATHERINE HARNER	Moscow, ID	34 F	2	8	10:41	21:21	2:16	36:28	15.3	0:48	28:58	9:20	1:19:08
61.	67	JULIE SAWYER	Moscow, ID	41 F	4	9	9:05	18:10	1:48	35:55	15.5	0:29	33:19	10:44	1:20:35
62.	150	TEAM BEER RUN	Team Beer Run, ID	93 M	9	11	9:59	19:58				0:27	33:21	10:44	1:20:48
63.	78	LAURA MISCOE	Moscow, ID	28 F	6	7	11:01	22:01	2:33	37:36	14.8	1:47	29:22	9:27	1:22:17
64.	10	DEBBIE HULBERT	Moscow, ID	64 F	1	5	10:52	21:43	1:46	36:06	15.5	0:24	34:06	10:59	1:23:12
65.	11	ANGELA TAYLOR	Pullman, WA	42 F	5	9	14:35	29:10	2:27	30:46	18.1	1:04	34:29	11:06	1:23:19
66.	24	AUDREY VIEUX	Moscow, ID	40 F	6	9	14:16	28:31	3:58	33:39	16.6	1:24	30:12	9:43	1:23:27
67.	57	ELLIE BROWN	Garfield, WA	43 F	7	9	15:16	31:20	1:25	33:53	16.5	0:57	32:18	10:24	1:24:12
68.	105	CARLY DECKER	Harpster, ID	31 F	3	8	10:56	21:51	4:19	41:05	13.6	2:13	26:21	8:29	1:24:51
69.	92	GARY SAUNDERS	Moscow, ID	37 M	7	7	7:44	15:28	3:25	34:35	16.1	2:11	37:15	12:00	1:25:08
70.	74	KRISTEN BROWN	Lewiston, ID	37 F	4	6	10:23	20:45	2:31	36:04	15.5	1:32	34:41	11:10	1:25:09
71.	89	AURORA MACKIE-MEULER	Moscow, ID	21 F	2	2	10:54	21:48	1:39	37:05	15.0	0:37	35:58	11:35	1:26:11
72.	64	ELIZABETH BOUSLEY	Spokane, WA	61 F	2	5	13:30	26:59	2:35	34:35	16.1	1:05	34:38	11:09	1:26:21
73.	73	TIFFANY JACOBS	Grangeville, ID	34 F	4	8	10:42	21:23	3:19	40:28	13.8	1:26	31:13	10:03	1:27:06
74.	51	KELSEY WASTEL	Pullman, WA	28 F	7	7	7:59	15:58	2:19	41:01	13.6	1:11	34:47	11:12	1:27:15
75.	69	ALEX INSKEEP	Moscow, ID	22 M	3	3	12:30	24:59	2:18	37:07	15.0	0:22	35:51	11:33	1:28:06
76.	79	HERLINDE BECK	Clarkston, WA	64 F	3	5	11:39	23:18	2:39	35:04	15.9	1:59	36:46	11:50	1:28:06
77.	60	DEBBIE WHITELEY	Lewiston, ID	59 F	2	3	13:56	27:51	2:39	34:26	16.2	1:58	35:17	11:22	1:28:14
78.	143	TEAM TRIPLE DS	Team: Masters, FE	91 M	10	11	15:11	30:22				0:33	34:38	11:09	1:30:14
79.	13	SHANNAH MULLINAX	Kirkland, WA	36 F	5	6	10:58	21:56	1:43	41:39	13.4	0:48	35:56	11:34	1:31:03
80.	85	KRISTA BATEMAN	Moscow, ID	60 F	4	5	14:20	28:39	2:27	35:46	15.6	1:31	39:58	12:52	1:33:59
81.	141	TEAM FRANNIE	Team: Masters, FE	91 M	11	11	13:52	27:44				0:38	40:22	13:00	1:34:30
82.	71	PAM MELTON	Helena, MT	37 F	6	6	12:16	24:32	3:18	39:31	14.1	2:21	37:18	12:01	1:34:41
83.	8	ROBERT CROSSLER	Pullman, WA	40 M	9	10	10:52	21:44	5:16	45:13	12.3	0:59	33:47	10:53	1:36:05
84.	70	JOE GUENTHNER	Moscow, ID	66 M	2	2	13:45	27:30	2:02	36:04	15.5	2:48	41:47	13:27	1:36:25
85.	28	DANIELLE DEMARTIN	Pullman, WA	33 F	5	8	16:25	32:50	1:05	41:14	13.5				1:36:25
86.	63	LANCE BOUSLEY	Spokane, WA	61 M	3	4	15:31	31:01	3:55	39:47	14.0	0:59	37:02	11:56	1:37:12
87.	82	ROB STAFFORD	West Richland, WA	43 M	10	10	12:30	24:59	3:30	42:49	13.0	2:48	36:12	11:40	1:37:47
88.	86	DOUGLAS SCRIMSHAW	Pullman, WA	64 M	4	4	12:32	25:04	3:09	33:32	16.6	3:18	45:53	14:46	1:38:22
89.	14	AMANDA WELLS	Moscow, ID	34 F	6	8	12:02	24:03	5:49	48:13	11.6	1:48	32:18	10:24	1:40:07
90.	9	DAVID CROSSLER	Pullman, WA	15 M	2	2	11:30	22:59	4:40	48:27	11.5	0:56	34:36	11:08	1:40:07
91.	83	ROBIN ALBERS	Clarkston, WA	42 F	8	9	12:25	24:49	3:19	42:54	13.0	1:29	41:40	13:25	1:41:45
92.	98	SUE COLE	Palouse, WA	50 F	4	5	14:24	28:47	3:24	41:27	13.5	2:32	40:07	12:55	1:41:52
93.	61	HEATHER REYES	Pullman, WA	30 F	7	8	10:29	20:57	4:01	39:02	14.3	3:26	45:03	14:30	1:42:00
94.	96	RONDA ANDERSON	Quincy, WA	58 F	3	3	16:27	32:54	4:42	41:30	13.4	1:15	44:12	14:14	1:48:04
95.	87	SARAH LARSON	Pullman, WA	52 F	5	5	15:53	31:46	2:03	39:46	14.0	3:34	47:00	15:08	1:48:14
96.	84	DINA FREI	Ferdinand, ID	47 F	3	4	21:52	43:43	0:52	48:47	11.4	1:41	36:52	11:52	1:50:01
97.	101	KRISTIN GRAHAM	Troy, ID	49 F	4	4	23:22	46:44	1:23	46:57	11.9	0:38	43:13	13:55	1:55:31
98.	88	MARCIA HERSHAW	Clarkston, WA	61 F	5	5	12:43	25:26	5:10	50:25	11.1	1:06	47:53	15:25	1:57:16
99.	95	MICHELA CICCARELLI	Pullman, WA	32 F	8	8	16:05	32:09	7:24	53:31	10.4	6:06	39:13	12:38	2:02:18
100.	97	TANIA PEREZ	Pullman, WA	42 F	9	9	16:09	32:17	7:18	53:42	10.4	5:58	39:14	12:38	2:02:18