

## 2011 Palouse Sprint Triathlon

### Overall Individual Results

PLACE	BIB#	NAME	AGE	Gender	Swim Rank	Swim	Bike Rank	Bike	MPH	Run Rank	RUN	Pace	Time
1	190	KJELL SCHIOBERG	34	M	9	7:30	2	25:24:00	22	1	17:49	5:45	50:43:00
2	186	WADE HOILAND	55	M	33	8:31	5	26:34:00	21	3	19:28	6:16	54:33:00
3	169	BOB STEPHENS	49	M	2	6:57	8	27:30:00	20.3	6	20:17	6:32	54:44:00
4	54	ROB SAWYER	36	M	31	8:30	9	27:34:00	20.2	2	18:42	6:02	54:46:00
5	184	JOEL KOPF	45	M	24	8:24	4	26:32:00	21	7	20:22	6:34	55:18:00
6	171	JAMES BARRON	22	M	1	6:07	7	27:23:00	20.4	17	22:02	7:06	55:32:00
7	188	ERIC SAWYER	34	M	28	8:27	6	27:12:00	20.5	4	20:06	6:29	55:45:00
8	22	MARK MCLEAN	55	M	45	9:22	10	28:11:00	19.8	5	20:11	6:30	57:44:00
9	173	KATRINA LEDGERWOOD	34	F	11	7:37	12	29:03:00	19.2	16	21:58	7:05	58:38:00
10	182	EUGENE ALLWINE	56	M	39	8:55	3	25:44:00	21.7	30	24:30:00	7:54	59:09:00
11	146	JOHN CORY	44	M	21	8:20	16	30:00:00	18.6	14	21:08	6:48	59:28:00
12	187	WADE MORRIS	35	M	57	9:44	14	29:29:00	18.9	12	20:52	6:43	1:00:05
13	175	ASHLEY HALL	29	F	14	7:55	24	31:39:00	17.6	13	20:52	6:43	1:00:26
14	100	WILLIAM GREENE	43	M	25	8:27	11	28:42:00	19.4	31	25:01:00	8:04	1:02:10
15	181	BARBARA COSENS	55	F	41	8:58	13	29:28:00	18.9	26	23:56	7:42	1:02:22
16	64	DUSTIN WORTH	40	M	72	10:34	25	31:46:00	17.6	10	20:33	6:37	1:02:53
17	180	MIKE THOMSEN	51	M	19	8:08	15	29:41:00	18.8	37	25:17:00	8:09	1:03:06
18	152	ROGER IVESON	21	M	54	9:42	19	31:00:00	18	19	22:34	7:16	1:03:16
19	150	KERRY SONDBEROTH	36	F	46	9:27	23	31:38:00	17.6	23	23:18	7:30	1:04:23
20	24	MICHELE BAKER	27	F	42	9:01	35	33:24:00	16.7	20	22:35	7:17	1:05:00
21	51	ASAPH COUSINS	39	M	8	7:23	22	31:23:00	17.8	50	26:28:00	8:31	1:05:14
22	56	JON OATLEY	34	M	48	9:30	57	35:26:00	15.7	8	20:29	6:36	1:05:25
23	145	MASAKI IKEDA	25	M	17	8:05	37	33:29:00	16.7	28	23:58	7:43	1:05:32
24	99	ANNA HEINK	24	F	35	8:37	55	35:19:00	15.8	18	22:09	7:08	1:06:05
25	49	STEFFEN WERNER	44	M	10	7:35	27	32:00:00	17.4	55	26:57:00	8:41	1:06:32
26	162	DOUG COBOS	37	M	97	12:02	43	34:02:00	16.4	11	20:39	6:39	1:06:43
27	23	LINDA MCLEAN	55	F	16	8:05	21	31:21:00	17.8	59	27:18:00	8:48	1:06:44
28	154	JEREMIAH HENDERSON	20	M	78	10:46	54	35:17:00	15.8	15	21:14	6:50	1:07:17
29	142	RALPH WARD	70	M	81	10:59	17	30:25:00	18.3	42	25:57:00	8:21	1:07:21
30	53	RYAN LAW	53	F	47	9:29	31	32:54:00	17	41	25:52:00	8:20	1:08:15
31	97	MARTHA CINDRIC	38	F	7	7:22	29	32:44:00	17	66	28:12:00	9:05	1:08:18
32	125	ALLIE LAW	24	F	44	9:19	34	33:15:00	16.8	40	25:48:00	8:19	1:08:22
33	108	ANDREA MILLER	50	F	65	9:58	38	33:37:00	16.6	33	25:06:00	8:05	1:08:41
34	158	KEN MELNRICK	37	M	84	11:05	20	31:19:00	17.8	46	26:19:00	8:28	1:08:43
35	126	MARIA CORCORAN	53	F	58	9:45	30	32:50:00	17	43	26:12:00	8:26	1:08:47
36	124	THERESA CARTER	47	F	56	9:44	28	32:04:00	17.4	57	27:02:00	8:42	1:08:50
37	156	DIANA HICKE	40	F	63	9:53	36	33:27:00	16.7	39	25:35:00	8:14	1:08:55
38	174	TYLER MCCOY	27	M	6	7:20	52	34:56:00	16	53	26:40:00	8:35	1:08:56
39	172	LANCE HAMMA	29	M	4	7:04	65	35:55:00	15.5	51	26:35:00	8:34	1:09:34
40	178	DEIDRE ATER	33	F	20	8:09	42	34:01:00	16.4	60	27:25:00	8:50	1:09:35
41	55	MICHELLE HYATT	44	F	43	9:03	75	36:51:00	15.1	24	23:52	7:41	1:09:46
42	52	AMY ARLINT	32	F	37	8:41	46	34:17:00	16.3	56	27:00:00	8:42	1:09:58
43	57	GENEVIEVE FEALY	36	F	55	9:44	78	37:05:00	15	22	23:10	7:28	1:09:59
44	137	CLAYTON LORD	43	M	106	12:28	41	34:00:00	16.4	27	23:57	7:43	1:10:25
45	63	JAMAICA RITCHER	37	F	64	9:58	63	35:52:00	15.6	32	25:04:00	8:04	1:10:54
46	66	COLLETTE EDGE	31	F	87	11:19	59	35:32:00	15.7	29	24:09:00	7:47	1:11:00
47	83	MICHAEL VARGA	25	M	69	10:19	47	34:21:00	16.2	54	26:56:00	8:40	1:11:36
48	148	JOHN CREPEAU	50	M	27	8:27	49	34:41:00	16.1	69	28:29:00	9:10	1:11:37
49	179	DEBORAH BELL	58	F	18	8:07	48	34:38:00	16.1	71	28:54:00	9:18	1:11:39
50	143	LORI CLARK	58	F	38	8:41	32	33:01:00	16.9	85	29:58:00	9:39	1:11:40

PLACE	BIB#	NAME	AGE	Gender	Swim Rank	Swim	Bike Rank	Bike	MPH	Run Rank	RUN	Pace	Time
51	149	KATHLEEN RAGUDO	42	F	50	9:31	40	33:52:00	16.5	67	28:17:00	9:07	1:11:40
52	69	JASON DEARIEN	40	M	74	10:36	58	35:31:00	15.7	45	26:14:00	8:27	1:12:21
53	157	MIKE BOWLLEN	35	M	60	9:51	67	36:08:00	15.4	49	26:25:00	8:31	1:12:24
54	131	MEGAN WILSON	44	F	83	11:05	53	35:09:00	15.9	48	26:24:00	8:30	1:12:38
55	167	ASHLEE ESKELSEN	23	F	141	15:57	70	36:15:00	15.4	9	20:31	6:36	1:12:43
56	123	KATIE BOLAND	31	F	30	8:29	33	33:06:00	16.9	97	31:08:00	10:01	1:12:43
57	26	SAMUEL FULLMAN	47	M	122	13:06	74	36:51:00	15.1	21	22:59	7:24	1:12:56
58	81	ROBIN WOODS	46	F	66	10:02	39	33:51:00	16.5	82	29:37:00	9:32	1:13:30
59	151	ANTHONY GANDIN	30	M	36	8:38	64	35:53:00	15.6	77	29:07:00	9:23	1:13:38
60	128	SUZZANNA NOFSINGER	45	F	61	9:52	83	37:40:00	14.8	44	26:13:00	8:27	1:13:45
61	155	JASON HURDLOW	38	M	73	10:34	45	34:16:00	16.3	76	29:05:00	9:22	1:13:55
62	50	PAIGE BUEHLER	43	F	5	7:20	44	34:04:00	16.4	105	32:41:00	10:32	1:14:05
63	161	DONALD ELGER	55	M	134	14:11	26	31:47:00	17.6	65	28:10:00	9:04	1:14:08
64	159	JOHN SCHMITT	30	M	109	12:37	68	36:13:00	15.4	38	25:19:00	8:09	1:14:09
65	165	NATHAN WINDER	30	M	108	12:36	84	37:41:00	14.8	25	23:54	7:42	1:14:11
66	164	THOMAS WOOD	32	M	103	12:18	77	36:58:00	15.1	35	25:12:00	8:07	1:14:28
67	27	MILLY XUN	17	F	29	8:29	62	35:39:00	15.7	88	30:21:00	9:46	1:14:29
68	176	NICOLE JOHNSON	19	F	13	7:50	69	36:14:00	15.4	90	30:36:00	9:51	1:14:40
69	75	ANGELA COMSTOCK	28	F	12	7:44	73	36:48:00	15.2	94	31:00:00	9:59	1:15:32
70	183	ALAN ROBERTS	54	M	34	8:32	60	35:37:00	15.7	100	31:31:00	10:09	1:15:40
71	133	PAUL WESTON	55	M	112	12:47	56	35:20:00	15.8	64	27:48:00	8:57	1:15:55
72	65	NANCY YORINKS	42	F	85	11:18	102	39:32:00	14.1	34	25:09:00	8:06	1:15:59
73	144	DEBBIE HULBERT	57	F	76	10:38	61	35:38:00	15.7	83	29:46:00	9:35	1:16:02
74	127	MADISON MYERS	23	F	59	9:47	50	34:43:00	16.1	101	31:34:00	10:10	1:16:04
75	87	MARK ROBINSON	47	M	116	12:56	51	34:56:00	16	72	28:56:00	9:19	1:16:48
76	59	LISA BELKNAP	39	F	62	9:53	72	36:43:00	15.2	87	30:19:00	9:46	1:16:55
77	122	LISA PEARSON	30	F	23	8:24	99	39:26:00	14.2	80	29:27:00	9:29	1:17:17
78	72	RODNEY STORY	37	M	132	14:09	85	37:43:00	14.8	47	26:21:00	8:29	1:18:13
79	35	SHEILA HEYNS	39	F	126	13:27	80	37:24:00	14.9	63	27:44:00	8:56	1:18:35
80	42	SEAN WEST	43	M	80	10:54	87	37:55:00	14.7	84	29:52:00	9:37	1:18:41
81	113	GINA STURDY	38	F	140	15:26	90	38:22:00	14.5	36	25:12:00	8:07	1:19:00
82	189	ANDREW HALL	31	M	90	11:24	81	37:32:00	14.9	86	30:14:00	9:44	1:19:10
83	34	LEONARDO RIVERA	25	M	82	11:05	93	38:47:00	14.4	79	29:22:00	9:28	1:19:14
84	91	SERENA CARLSON	32	F	131	14:00	86	37:50:00	14.7	62	27:41:00	8:55	1:19:31
85	101	MICHAEL LEMAN	29	M	86	11:18	107	40:30:00	13.8	73	29:01:00	9:21	1:20:49
86	92	AMANDA HENRICHS	24	F	93	11:28	76	36:52:00	15.1	104	32:36:00	10:30	1:20:56
87	62	KAY MEYER	39	F	120	13:05	112	41:33:00	13.4	52	26:36:00	8:34	1:21:14
88	103	STACEY DUNN	30	F	51	9:34	128	44:25:00	12.6	58	27:15:00	8:47	1:21:14
89	70	PAUL OSMUN	41	M	117	13:01	104	39:57:00	14	68	28:25:00	9:09	1:21:23
90	82	DENISE CARL	33	F	71	10:27	105	40:10:00	13.9	93	30:59:00	9:59	1:21:36
91	107	JULIE BROWN	35	F	40	8:58	97	39:03:00	14.3	113	33:45:00	10:52	1:21:46
92	78	AMY BUMPUS	44	F	52	9:35	100	39:28:00	14.1	107	32:57:00	10:37	1:22:00
93	132	RHONDA JARED	60	F	102	12:16	91	38:27:00	14.5	99	31:30:00	10:09	1:22:13
94	36	KAMYAB KARIMI	44	M	133	14:11	94	38:49:00	14.4	78	29:22:00	9:28	1:22:22
95	68	BILL BELKNAP	39	M	125	13:24	88	38:11:00	14.6	95	31:00:00	9:59	1:22:35
96	138	JENNIFER RAMIREZ	38	F	130	13:43	89	38:20:00	14.6	92	30:56:00	9:58	1:22:59
97	25	BUTCH FEALY	36	F	88	11:21	117	42:52:00	13	75	29:03:00	9:21	1:23:16
98	60	JULIE BOWLLEN	35	F	79	10:47	98	39:18:00	14.2	112	33:16:00	10:43	1:23:21
99	121	REX THORNTON	45	M	26	8:27	108	40:38:00	13.7	117	34:16:00	11:02	1:23:21
100	112	BEN STURGES	58	M	68	10:11	110	41:28:00	13.5	103	32:28:00	10:27	1:24:07

PLACE	BIB#	NAME	AGE	Gender	Swim Rank	Swim	Bike Rank	Bike	MPH	Run Rank	RUN	Pace	Time
101	29	EMILY BENSON	26	F	114	12:54	79	37:19:00	15	116	34:02:00	10:58	1:24:15
102	30	ERIKA RADER	27	F	115	12:55	82	37:33:00	14.9	114	33:47:00	10:53	1:24:15
103	160	BETHANY CALENE	31	F	123	13:10	114	42:09:00	13.2	74	29:02:00	9:21	1:24:21
104	67	JOHN VISGER	38	M	96	11:57	103	39:36:00	14.1	106	32:57:00	10:37	1:24:30
105	80	JOICE CARY	53	F	98	12:04	119	43:05:00	13	81	29:37:00	9:32	1:24:46
106	116	JACLYN SINCLAIR	28	F	107	12:35	109	41:12:00	13.5	98	31:12:00	10:03	1:24:59
107	40	MARCIE DIAZ	44	F	118	13:03	96	38:59:00	14.3	115	33:58:00	10:56	1:26:00
108	105	LOREE DARK	53	F	53	9:40	113	41:51:00	13.3	119	34:55:00	11:15	1:26:26
109	31	DEBORAH MAURO-BENDER	50	F	95	11:31	106	40:17:00	13.9	120	35:08:00	11:19	1:26:56
110	135	NATALIE URBIHA	41	F	111	12:43	92	38:33:00	14.5	123	35:48:00	11:32	1:27:04
111	38	CARRIE GIOVANNINI	42	F	129	13:41	131	45:15:00	12.3	70	28:46:00	9:16	1:27:42
112	77	TRACY LAWSON	47	F	77	10:44	136	46:39:00	12	89	30:24:00	9:47	1:27:47
113	114	PENNY THURMAN	51	F	110	12:38	101	39:28:00	14.1	125	36:06:00	11:37	1:28:12
114	95	JILL DIAMOND	29	F	144	16:29	127	44:22:00	12.6	61	27:30:00	8:51	1:28:21
115	86	NICK LYON	25	M	101	12:14	122	43:26:00	12.8	108	33:01:00	10:38	1:28:41
116	71	JULI OSMUN	41	F	119	13:04	130	44:54:00	12.4	91	30:43:00	9:54	1:28:41
117	147	BEN WALDEN	31	M	22	8:22	129	44:29:00	12.5	124	36:02:00	11:36	1:28:53
118	73	LEXIE HAMMA	29	F	3	7:04	126	44:05:00	12.7	132	37:49:00	12:11	1:28:58
119	109	MAISIE WALTERS	28	F	70	10:21	134	45:45:00	12.2	109	33:06:00	10:40	1:29:12
120	110	KASEE HILDENBRAND	35	F	75	10:37	132	45:24:00	12.3	111	33:12:00	10:41	1:29:13
121	32	JEREMIAH NEALON	30	M	135	14:22	124	43:54:00	12.7	102	31:48:00	10:15	1:30:04
122	136	MELISSA THAYER	27	F	89	11:23	123	43:47:00	12.7	122	35:18:00	11:22	1:30:28
123	102	MELISSA STUCKEY	21	F	94	11:28	139	48:01:00	11.6	96	31:05:00	10:01	1:30:34
124	61	SHAWN MCFARLAND	41	M	67	10:06	71	36:38:00	15.2	138	44:16:00	14:15	1:31:00
125	118	ANNA ODASH	26	F	99	12:04	125	44:03:00	12.7	126	36:29:00	11:45	1:32:36
126	129	GEOFFREY STILLER	41	M	137	14:29	111	41:31:00	13.4	127	36:46:00	11:50	1:32:46
127	33	JENNIFER BLEDSOE	39	F	91	11:26	120	43:10:00	12.9	135	38:49:00	12:30	1:33:25
128	84	HEIDI STEWART	46	F	121	13:05	121	43:10:00	12.9	133	38:05:00	12:16	1:34:20
129	94	DONALD KLINE	29	M	113	12:51	95	38:57:00	14.3	137	42:40:00	13:44	1:34:28
130	74	ANDREA FRASURE	23	F	100	12:12	138	47:51:00	11.7	118	34:29:00	11:06	1:34:32
131	134	ANDREA BARNES	27	F	105	12:26	133	45:33:00	12.3	128	36:53:00	11:53	1:34:52
132	44	KELLY COLLETT	39	F	104	12:25	115	42:13:00	13.2	136	40:28:00	13:02	1:35:06
133	90	DENISE FAERBER	51	F	139	15:01	116	42:37:00	13.1	131	37:46:00	12:10	1:35:24
134	140	CHRISTINA THORNTON	45	F	128	13:35	135	45:55:00	12.2	129	37:18:00	12:01	1:36:48
135	119	KIMBERLY MCKINNEY	34	F	142	16:05	140	48:23:00	11.5	110	33:10:00	10:41	1:37:38
136	85	IVY WANG	29	F	127	13:30	137	46:44:00	11.9	130	37:38:00	12:07	1:37:52
137	76	JANE KINYOUN-WESTON	51	F	49	9:30	118	43:01:00	13	142	47:03:00	15:09	1:39:34
138	47	KATIE POTASKY	21	F	136	14:29	143	52:16:00	10.7	121	35:10:00	11:19	1:41:55
139	39	KENITRA HAMMAC	31	F	124	13:15	142	51:13:00	10.9	134	38:34:00	12:25	1:43:02
140	46	KYLE OWENS	27	M	146	17:34	141	49:59:00	11.2	139	45:09:00	14:32	1:52:42
141	43	CRAIG STEIN	45	M	138	14:47	144	52:53:00	10.6	141	46:43:00	15:03	1:54:23
142	45	CYNTHIA STANLEY	40	F	147	18:03	145	52:55:00	10.5	143	52:53:00	17:02	2:03:51
143	41	ROBERT WAKEFIELD	74	M	145	17:27	146	59:05:00	9.4	144	55:23:00	17:50	2:11:55
144	37	APRIL BUVEL	30	F	143	16:17	147	1:11:57	7.8	140	46:15:00	14:53	2:14:29