

2016 Palouse Sprint Triathlon
Sept 10, 2016
Moscow, ID

Place	No.	C Name	City, State	Ag	S	DivP	DivTl	Swim	Pace	T1	Bike	Rate	T2	Run	Pace	Time
1.	114	SHANNON HORN	Post Falls, ID	44	M	1	8	6:53	13:45	0:37	24:59	22.3	0:30	19:13	6:11	52:09
2.	103	JON LEE	Pullman, WA	27	M	1	6	7:02	14:03	1:06	26:00	21.5	0:17	18:48	6:03	53:10
3.	64	ERIC SAWYER	Moscow, ID	39	M	1	9	7:53	15:46	0:30	24:59	22.3	0:42	20:05	6:28	54:07
4.	73	ROB SAWYER	Lewiston, ID	41	M	2	8	8:15	16:29	0:33	26:27	21.1	0:32	22:06	7:07	57:51
5.	12	BRYCE GRAVEL	Pullman, WA	30	M	1	11	8:45	17:30	1:48	27:09	20.6	0:16	21:47	7:01	59:43
6.	43	WADE HOILAND	Pullman, WA	60	M	1	3	8:40	17:19	0:46	27:48	20.1	0:34	22:15	7:10	1:00:01
7.	25	BRETT MYERS	Pullman, WA	46	M	1	4	9:15	18:30	1:36	26:28	21.1	1:10	21:36	6:57	1:00:02
8.	52	JASON BROWN	Garfield, WA	40	M	3	8	8:29	16:58	0:39	26:22	21.2	0:42	23:59	7:44	1:00:09
9.	9	JARED KROGH	Pullman, WA	37	M	2	9	8:03	16:05	0:46	27:36	20.2	0:34	23:31	7:35	1:00:27
10.	74	STEFFEN WERNER	Moscow, ID	49	M	2	4	7:36	15:12	0:52	26:21	21.2	0:49	24:57	8:02	1:00:33
11.	6	NATHAN SPAIN	Moscow, ID	43	M	4	8	8:22	16:43	0:49	27:48	20.1	0:54	23:03	7:26	1:00:53
12.	79	WADE MORRIS	Potlatch, ID	40	M	5	8	9:06	18:12	1:14	27:10	20.5	0:41	22:59	7:24	1:01:09
13.	126	TEAM ENGINEOPS		93	M	1	11	9:04	18:08				0:20	22:34	7:16	1:01:26
14.	91	CHRIS CHAPMAN	Pullman, WA	47	M	3	4	8:03	16:06	1:05	26:34	21.0	1:04	24:44	7:58	1:01:28
15.	104	NATE MEAGHER	Viola, ID	22	M	1	2	10:22	20:43	1:22	27:37	20.2	1:23	20:53	6:44	1:01:34
16.	131	TEAM NO EAR BUDS		90	M	2	11	7:03	14:05				0:25	24:51	8:00	1:01:42
17.	120	TIMOTHY OLSON	Plains, MT	56	M	1	3	9:28	18:56	0:58	26:40	20.9	0:58	24:24	7:52	1:02:26
18.	96	MIKE THOMSEN	Moscow, ID	56	M	2	3	8:01	16:02	0:57	26:01	21.5	1:02	26:36	8:34	1:02:35
19.	122	TEAM ALLKAPPS		92	M	3	11	14:13	28:25				0:20	22:01	7:05	1:04:09
20.	46	ERIK LAMB	Spokane, WA	35	M	3	9	7:57	15:54	1:02	29:17	19.1	1:13	24:49	8:00	1:04:15
21.	49	JAMES BECKER	Moscow, ID	57	M	3	3	10:19	20:37	2:12	30:48	18.1	0:33	22:06	7:07	1:05:55
22.	128	TEAM EVERY METER COUN		94	M	4	11	9:17	18:33				0:21	24:23	7:51	1:05:57
23.	31	MONICA BANDO	Pullman, WA	40	F	1	5	8:05	16:09	1:52	31:28	17.7	0:22	24:41	7:57	1:06:24
24.	80	LANCE HAMMA	Moscow, ID	33	M	2	11	6:58	13:56	1:17				27:09	8:45	1:06:38
25.	118	JULIA REESE	Princeton, ID	20	F	1	6	8:14	16:27	0:58	28:08	19.8	0:41	28:55	9:19	1:06:53
26.	89	NICK GROW	Spokane, WA	29	M	2	6	11:03	22:05	1:10	29:54	18.7	0:35	24:18	7:50	1:06:57
27.	130	TEAM GTS		90	M	5	11	9:57	19:54				0:23	24:03	7:45	1:08:29
28.	70	NICHOLAS KRASSELT	Lewiston, ID	36	M	4	9	9:08	18:16	1:50				27:25	8:50	1:08:31
29.	40	DANIEL MULLIN	Moscow, ID	51	M	1	5	11:05	22:09	2:07	31:33	17.7	0:24	23:45	7:39	1:08:52
30.	121	TEAM TEAM ROBERTS		92	M	6	11	10:14	20:28				0:21	24:53	8:01	1:08:54
31.	39	TONY THURBER	Pullman, WA	27	M	3	6	8:49	17:37	1:02				28:18	9:07	1:08:56
32.	18	MARIE ERIKSSON	Moscow, ID	46	F	1	7	7:18	14:36	1:38	34:04	16.4	0:58	25:44	8:17	1:09:40
33.	50	BRIAN LAMB	Pullman, WA	65	M	1	1	8:39	17:18	1:51	32:03	17.4	1:19	26:15	8:27	1:10:04
34.	115	CRAIG LARSON	Lewiston, ID	25	M	4	6	11:05	22:10	2:35	33:35	16.6	0:28	22:30	7:15	1:10:11
35.	20	THOMAS WILLIAMS	Pullman, WA	54	M	2	5	10:33	21:05	2:04	30:52	18.1	1:31	25:30	8:13	1:10:27
36.	58	TORREY LAWRENCE	Viola, ID	42	M	6	8	7:36	15:11	1:21	31:45	17.6	1:21	28:43	9:15	1:10:42
37.	68	JEFFREY PERRY	Pullman, WA	27	M	5	6	9:06	18:11	2:36	33:02	16.9	0:20	25:46	8:18	1:10:48
38.	94	DAVID PIMENTEL	Moscow, ID	53	M	3	5	10:17	20:34	2:17				23:36	7:36	1:10:59
39.	92	LYNN DEVER	Tensed, ID	59	F	1	4	10:22	20:43	2:14	32:35	17.1	1:15	24:40	7:57	1:11:03
40.	111	HEATHER WILSON	Moscow, ID	22	F	2	6	11:57	23:53	2:19				21:17	6:51	1:11:23
41.	109	JUDY DROWN	Moscow, ID	22	F	3	6	7:40	15:19	2:21	34:59	16.0	0:25	27:10	8:45	1:12:32
42.	10	BRIDGETTE SAUNDERS	Moscow, ID	36	F	1	7	8:30	16:59	2:05	34:11	16.3	1:13	26:37	8:34	1:12:33
43.	63	AMY GLASS	Boise, ID	27	F	1	11	9:38	19:16	2:18				27:00	8:42	1:12:34
44.	85	THERESA CARTER	Princeton, ID	52	F	1	4	9:35	19:10	1:59	30:33	18.3	1:08	29:32	9:31	1:12:45
45.	78	LYMAN DROWN	Lake Stevens, WA	31	M	3	11	7:16	14:31	2:28	33:04	16.9	0:43	29:44	9:34	1:13:11
46.	51	HELEN SCHEIBE	Moscow, ID	32	F	1	8	11:57	23:54	2:58				25:32	8:14	1:13:12
47.	15	TYLER MCCOY	Shawnee, KS	32	M	4	11	7:24	14:47	1:31	33:38	16.6	1:03	29:46	9:35	1:13:19
48.	53	STEVEN MULLINAX	Kirkland, WA	37	M	5	9	10:08	20:16	1:36	36:09	15.4	0:26	25:04	8:04	1:13:20
49.	105	MARIA CORCORAN	Pullman, WA	58	F	2	4	9:53	19:45	1:50	32:48	17.0	0:56	28:04	9:02	1:13:29

50.	82	TAYLOR WALKER	Powell Butte, OR	22	F	4	6	11:33	23:05	2:29	33:20	16.7	0:40	25:40	8:16	1:13:40
51.	32	AARON SCHLUETER	Moscow, ID	38	M	6	9	11:43	23:25	2:09				25:58	8:22	1:13:43
52.	81	JASON SCHEIBE	Moscow, ID	34	M	5	11	12:28	24:56	3:24	33:25	16.7	0:49	23:40	7:37	1:13:44
53.	72	JIM BOUDREAU	Moscow, ID	51	M	4	5	10:06	20:12	2:59	31:08	17.9	1:15	28:28	9:10	1:13:53
54.	113	JARED JONES	Pinehurst, ID	35	M	7	9	12:51	25:42	3:15	33:49	16.5	1:25	23:06	7:26	1:14:24
55.	84	JAIME YOUNG	Moscow, ID	22	F	5	6	8:12	16:23	1:59	33:51	16.5	0:38	29:56	9:38	1:14:34
56.	59	LINDA MULLIN	Moscow, ID	50	F	2	4	12:49	25:37	1:59	32:22	17.2	0:31	27:02	8:42	1:14:40
57.	5	MEGAN WILSON	Nezperce, ID	49	F	2	7	10:46	21:31	1:53	33:13	16.8	1:12	27:54	8:59	1:14:55
58.	33	NATHAN WINDER	Grangeville, ID	35	M	8	9	12:18	24:35	3:17	33:02	16.9	1:25	25:00	8:03	1:14:59
59.	90	CAP PERRY	Oakesdale, WA	46	M	4	4	9:23	18:45	1:33	28:52	19.3	0:33	34:44	11:11	1:15:02
60.	86	MORGAN COLBURN	Spokane, WA	29	F	2	11	9:39	19:18	1:32				30:17	9:45	1:15:15
61.	23	MICHAEL ARMSTRONG	Pullman, WA	40	M	7	8	10:34	21:07	2:47	35:36	15.7	1:04	25:28	8:12	1:15:25
62.	41	LACEY FREI	Moscow, ID	33	F	2	8	11:44	23:27	2:06				28:13	9:05	1:15:27
63.	132	SCOTT WHITTAKER	Moscow, ID	51	M	5	5	9:41	19:22	2:20				29:40	9:33	1:15:31
64.	97	SUSAN STAUFFER	Moscow, ID	48	F	3	7	8:11	16:22	1:49	32:30	17.2	1:55	31:22	10:06	1:15:44
65.	24	DARCELL MYERS	Pullman, WA	47	F	4	7	10:14	20:27	2:32	34:58	16.0	1:23	26:41	8:36	1:15:45
66.	19	JESSICA MORROW	Pullman, WA	25	F	3	11	9:54	19:47	3:45	34:26	16.2	1:58	26:09	8:25	1:16:09
67.	127	TEAM AWESOME		94	M	7	11	13:22	26:44				0:22	24:15	7:48	1:16:17
68.	125	TEAM THE CARTER BOYS		92	M	8	11	9:02	18:04				0:25	25:51	8:19	1:16:32
69.	119	ERIN KAY- YINGER	Spokane, WA	36	F	2	7	7:43	15:26	1:19	36:43	15.2	1:33	29:41	9:34	1:16:57
70.	21	CAROLE WILLIAMS	Pullman, WA	58	F	3	4	9:54	19:48	1:59	32:26	17.2	1:12	31:57	10:17	1:17:26
71.	60	SARAH EMERICH	Clarkston, WA	32	F	3	8	10:43	21:25	2:04	32:22	17.2	1:50	30:42	9:53	1:17:39
72.	45	ANNA SOBCZYK	Genesee, ID	18	F	1	5	8:23	16:46	3:42	39:14	14.2	1:28	25:00	8:03	1:17:45
73.	34	CAROLINA SANCHEZ	Pullman, WA	27	F	4	11	12:10	24:19	3:00	32:47	17.0	0:45	29:32	9:31	1:18:11
74.	2	ANDREW HALL	Moscow, ID	36	M	9	9	12:07	24:13	2:43				31:08	10:02	1:18:13
75.	65	ALYSSA MARRE	Pullman, WA	25	F	5	11	11:42	23:24	3:24	33:57	16.4	1:37	28:01	9:01	1:18:38
76.	124	TEAM CHALLENGE ACCEPT		92	M	9	11						0:28	38:46	12:29	1:18:51
77.	129	TEAM SALMON RIVER RUN		91	M	10	11	10:00	19:59				0:22	33:45	10:52	1:18:52
78.	1	NATHAN PALMER	Moscow, ID	34	M	6	11	11:02	22:04	2:34	33:56	16.4	0:42	30:44	9:54	1:18:55
79.	13	SHEILA HEYNS	Moscow, ID	44	F	2	5	13:18	26:35	2:30	31:31	17.7	1:16	31:04	10:00	1:19:36
80.	38	CRAIGHTON VANCE	Viola, ID	24	M	2	2	9:21	18:41	2:24	33:10	16.8	1:01	33:45	10:52	1:19:38
81.	116	LIZ LARSON	Lewiston, ID	25	F	6	11	11:22	22:43	3:00				29:56	9:38	1:21:24
82.	98	KINDRA HIBBARD	Lewiston, ID	39	F	3	7	11:36	23:12	2:28				29:29	9:30	1:21:59
83.	61	BRANDON WOLFF	Kootenai, ID	17	M	1	1	12:54	25:48	3:29	37:29	14.9	0:56	27:20	8:48	1:22:06
84.	112	JENNIFER JONES	Pinehurst, ID	32	F	4	8	10:58	21:56	2:38	40:23	13.8	0:32	28:15	9:06	1:22:44
85.	28	CATHERINE HARNER	Moscow, ID	33	F	5	8	11:49	23:37	3:08	36:00	15.5	1:02	31:21	10:06	1:23:18
86.	48	JEFF HEAD	Moscow, ID	31	M	7	11	14:31	29:01	3:20	36:40	15.2	0:33	29:00	9:20	1:24:01
87.	107	SARAH DAVIS	Clarkston, WA	28	F	7	11	9:45	19:30	3:14	38:34	14.5	1:06	31:40	10:12	1:24:17
88.	99	RENEE MICHALSON	Hayden, ID	19	F	2	5	12:16	24:32	2:41	33:58	16.4	0:58	35:20	11:23	1:25:11
89.	11	MEREDITH METSKER	Moscow, ID	25	F	8	11							30:14	9:44	1:26:06
90.	95	SHARLENE LUNDAL	Spokane, WA	75	F	1	1	10:53	21:46	3:47	34:46	16.1	1:38	35:13	11:20	1:26:14
91.	67	JESSICA WILLOUGHBY	Pullman, WA	30	F	6	8	12:39	25:17	3:44	41:44	13.4	1:36	26:49	8:38	1:26:29
92.	77	ARDEN SKOGLUND	Moscow, ID	30	M	8	11	12:22	24:43	4:42	37:00	15.1	1:04	31:38	10:11	1:26:44
93.	123	TEAM WAS I SUPPOSED T		92	M	11	11	11:45	23:29					28:42	9:15	1:27:17
94.	17	MADALYN MARLATT	Renton, WA	42	F	3	5	10:10	20:20	1:39	35:35	15.7	1:50	38:55	12:32	1:28:07
95.	117	SCOTT STOLL	Clarkston, WA	30	M	9	11	9:40	19:20	2:58	40:49	13.7	0:42	34:16	11:02	1:28:22
96.	44	KATE GROSS	Pullman, WA	47	F	5	7	14:51	29:42	2:32	36:29	15.3	1:56	32:54	10:36	1:28:40
97.	55	ELLIE BROWN	Garfield, WA	42	F	4	5	16:19	32:37	1:58	37:17	15.0	1:33	31:51	10:15	1:28:55
98.	76	MARY SKOGLUND	Moscow, ID	27	F	9	11	10:19	20:37	2:57	41:53	13.3	0:49	33:33	10:48	1:29:28
99.	37	CHRISTIAN VANCE	Moscow, ID	28	M	6	6	13:39	27:17	3:26				33:45	10:52	1:29:57
100.	4	JENNILYN HALL	Moscow, ID	32	F	7	8	12:04	24:07	3:20	39:25	14.2	0:32	34:59	11:16	1:30:17
101.	133	IRIS MAYES	Moscow, ID	49	F	6	7	11:21	22:42	3:05	37:03	15.1	1:44	37:46	12:10	1:30:57
102.	71	ANNALYN MCKEE	Pullman, WA	18	F	3	5	14:47	29:34	4:32	42:08	13.2	0:57	29:06	9:22	1:31:28
103.	30	SHANNAH MULLINAX	Kirkland, WA	35	F	4	7	10:31	21:01	2:00	41:39	13.4	1:01	38:00	12:14	1:33:09
104.	69	OLIVIA CALZA	Moscow, ID	25	F	10	11	11:00	22:00	3:25	42:29	13.1	1:08	36:19	11:42	1:34:18
105.	106	KRISTEN BROWN	Lewiston, ID	35	F	5	7	12:04	24:08	3:30	40:57	13.6	1:24	36:54	11:53	1:34:47

106.	14	ETHAN OLSON	Lewiston, ID	32 M	10	11	14:47	29:34	2:32	36:14	15.4	0:53	40:37	13:05	1:35:01
107.	108	JASON HALSTEAD	Lewiston, ID	40 M	8	8	14:37	29:13	2:41				39:48	12:49	1:35:03
108.	102	JOE GUENTHNER	Moscow, ID	64 M	2	3	11:37	23:14	4:29	35:51	15.6	3:07	40:29	13:02	1:35:32
109.	47	CATHY BUTT	Coeur D Alene, ID	50 F	3	4	12:11	24:21	3:15	36:58	15.1	1:40	42:00	13:31	1:36:02
110.	66	CASSANDRA HEIDE	Colville, WA	54 F	4	4	13:53	27:45	2:28	38:58	14.3	1:06	39:48	12:49	1:36:10
111.	22	JESSIE ARMSTRONG	Pullman, WA	38 F	6	7	12:08	24:15	2:16	49:29	11.3	0:37	32:16	10:23	1:36:43
112.	35	JESSICA LEVY	Pullman, WA	24 F	6	6	18:24	36:47	2:42	41:32	13.4	1:29	33:01	10:38	1:37:06
113.	62	KRISTIN WOLFF	Kootenai, ID	42 F	5	5	11:22	22:44	4:27	46:30	12.0	1:05	34:42	11:10	1:38:04
114.	29	HERLINDE BECK	Clarkston, WA	63 F	1	1	11:22	22:44	4:23	42:16	13.2	1:52	39:20	12:40	1:39:10
115.	36	JESSE KNIGHT	Uniontown, WA	30 M	11	11	12:16	24:31	3:18	42:44	13.1	1:30	40:06	12:55	1:39:51
116.	8	ANITA THORSTEINSON	Unknown, XX	45 F	7	7	13:14	26:27	3:15	44:09	12.6	1:12	41:02	13:13	1:42:50
117.	75	SARAH HOLT	Pullman, WA	19 F	4	5	10:49	21:37	3:29	1:00:48	9.2	0:39	28:07	9:03	1:43:48
118.	110	SARRENITY DICKSON	Pullman, WA	18 F	5	5	10:40	21:20	4:50	42:18	13.2	0:54	45:19	14:35	1:43:58
119.	100	DOUGLAS SCRIMSHAW	Pullman, WA	62 M	3	3	12:30	24:59	3:40	36:28	15.3	4:05	49:06	15:49	1:45:46
120.	93	OLIVIA GORDON	Unknown, XX	37 F	7	7	15:14	30:27	3:03	50:25	11.1	2:13	36:06	11:38	1:46:59
121.	54	JANE KINYOUN-WESTON	Moscow, ID	56 F	4	4	12:45	25:30	4:32	41:28	13.5	2:42	52:42	16:58	1:54:07
122.	42	HANNAH KNECHT	Moscow, ID	34 F	8	8	13:08	26:16	5:25	51:14	10.9	1:01	45:25	14:37	1:56:11
123.	57	MELODY MILLER	Pullman, WA	25 F	11	11	17:23	34:46	5:03	1:11:05	7.9	2:26	35:49	11:32	2:11:43