

2018 Palouse Triathlon
September 8, 2018
Moscow, IDAHO

OVERALL RESULTS

Place	No.	C Name	City, State	Ag	S	DivP	DivTl	Swim	Pace	T1	Bike	Rate	T2	Run	Pace	Time
1.	202	TEAM IDAHO VANDAL CYC		93	M	1	18	6:49	13:38	0:35	24:04	23.2	0:11	18:57	6:06	50:34
2.	203	SHANNON HORN		44	M	1	10	6:44	13:27	0:42	23:56	23.3	0:20	19:26	6:16	51:05
3.	89	ERIC SAWYER		41	M	2	10	7:49	15:38	0:32	24:15	23.0	0:27	19:36	6:19	52:37
4.	90	ROB SAWYER		43	M	3	10	7:52	15:43	0:28	24:47	22.5	0:29	20:32	6:37	54:05
5.	84	BRIAN HANNIBAL		29	M	1	5	8:37	17:14	0:54	23:23	23.9	1:08	22:41	7:18	56:40
6.	72	GREGORY GALLAGHER		49	M	1	5	7:32	15:03	1:23	25:55	21.5	0:43	21:52	7:03	57:22
7.	85	JEREMY SAGE		40	M	4	10	7:44	15:27	0:51	24:45	22.6	0:46	23:56	7:42	57:59
8.	92	WILLIAM GREENE		50	M	1	2	8:11	16:21	0:40	24:54	22.4	0:21	24:06	7:46	58:10
9.	76	KEVIN RUDER		22	M	1	4	8:12	16:23	1:01	26:30	21.1	0:37	22:26	7:13	58:42
10.	207	TEAM TEAM C4		95	M	2	18	6:54	13:47	0:35	29:18	19.0	0:18	21:49	7:02	58:51
11.	87	NATE SPAIN		45	M	2	5	8:45	17:30	0:46	26:43	20.9	0:28	22:12	7:09	58:52
12.	2	CHRISTOPHER HUNDHAUSEN		48	M	3	5	8:10	16:20	1:04	26:25	21.1	0:13	23:07	7:27	58:57
13.	214	TEAM TRI WHILE YOU'RE		92	M	3	18	8:29	16:58	0:46				26:12	8:26	59:08
14.	4	JARED KROGH		39	M	1	6	7:50	15:40	0:41	26:13	21.3	0:33	24:01	7:44	59:16
15.	73	JASON BROWN		42	M	5	10	8:19	16:37	0:59	25:36	21.8	0:36	23:56	7:42	59:24
16.	91	WADE HOILAND		62	M	1	3	8:47	17:33	0:50	27:06	20.6	0:32	22:20	7:12	59:32
17.	215	LUKE GREENSIDES		29	M	2	5	9:46	19:32	1:00	28:09	19.8	0:23	21:08	6:49	1:00:24
18.	93	BRETT MYERS		48	M	4	5	9:17	18:33	1:18	27:07	20.6	0:53	22:05	7:07	1:00:38
19.	212	TEAM LAMBO'S		92	M	4	18	7:58	15:55	0:35	29:44	18.8	0:20	22:15	7:10	1:00:49
20.	88	AILEEN HELSEL		30	F	1	6	8:53	17:46	1:06	28:45	19.4	0:43	22:04	7:07	1:01:29
21.	206	TEAM UNIVERSITY OF ID		90	M	5	18	6:44	13:27	0:36	29:29	18.9	0:18	24:38	7:56	1:01:43
22.	216	TEAM MOSCOW FAMILY DE		94	M	6	18	8:42	17:23	1:52	31:55	17.5	0:18	19:21	6:14	1:02:04
23.	94	STEVEN LUTZ		62	M	2	3	8:44	17:28	1:09	26:59	20.7	0:51	25:14	8:08	1:02:55
24.	211	TEAM SENIORITIS		90	M	7	18	7:49	15:38	0:39	28:21	19.7	0:19	25:55	8:21	1:03:01
25.	210	TEAM TEAM NIAC		91	M	8	18	8:26	16:52	0:43	28:55	19.3	0:19	24:47	7:59	1:03:09
26.	75	TONY THURBER		29	M	3	5	8:21	16:41	1:00	28:32	19.6	0:40	25:16	8:08	1:03:47
27.	69	MARIE ERIKSSON		48	F	1	3	7:06	14:12	1:08	30:18	18.4	0:43	25:55	8:21	1:05:07
28.	82	DAVID HOY		34	M	1	3	9:40	19:19	1:32	30:01	18.6	0:40	25:15	8:08	1:07:05
29.	80	WADE MORRIS		42	M	6	10	9:32	19:04	1:31	30:34	18.3	0:51	25:07	8:05	1:07:33
30.	74	JANET RACHLOW WITHAM		53	F	1	6	8:59	17:58	1:21	30:17	18.4	0:47	26:18	8:28	1:07:39
31.	10	BRAD MARTIN		43	M	7	10	10:01	20:02	1:52	32:47	17.0	0:23	22:46	7:20	1:07:46
32.	53	CHRIS BINGLEY		45	M	5	5	9:36	19:12	1:59	31:39	17.6	1:02	23:53	7:42	1:08:07
33.	36	MICHELLE PERRI		22	F	1	7	11:01	22:01	1:20	32:28	17.2	0:34	22:58	7:24	1:08:18
34.	96	DAVID PIMENTEL		55	M	1	3	10:05	20:10	2:10	33:04	16.9	0:20	22:51	7:22	1:08:29
35.	83	TRAVIS STURGES		29	M	4	5	7:07	14:13	1:07	31:46	17.6	0:32	27:59	9:01	1:08:29
36.	209	TEAM ALREADY IN SECON		94	M	9	18	6:43	13:25	0:45	36:22	15.4	0:23	24:43	7:58	1:08:52
37.	1	BRIDGETTE SAUNDERS		38	F	1	9	8:40	17:20	1:04	31:56	17.5	0:38	26:48	8:38	1:09:04
38.	7	HEATHER HOWARD		36	F	2	9	11:46	23:32	1:23	33:12	16.8	0:31	22:41	7:18	1:09:31
39.	58	MICAH RUSSELL		39	M	2	6	9:52	19:43	1:58	32:28	17.2	0:58	24:52	8:00	1:10:05
40.	213	TEAM ISMART		94	M	10	18				32:24	17.2	0:21	30:04	9:41	1:10:21
41.	78	JESSICA SELF		34	F	2	6	10:15	20:30	2:36	32:14	17.3	1:40	23:42	7:38	1:10:25
42.	71	LYMAN DROWN		33	M	2	3	7:16	14:32	1:39	32:21	17.2	1:23	27:58	9:00	1:10:35
43.	218	TEAM ROBERTS		92	M	11	18	10:55	21:50	0:31	35:36	15.7	0:17	23:40	7:37	1:10:57
44.	64	CHALESE HAFEN		28	F	1	4	11:55	23:50	1:45	32:41	17.1	1:30	23:38	7:37	1:11:27
45.	217	TEAM BEER RUN		93	M	12	18	9:20	18:39	0:34	31:59	17.5	0:18	29:25	9:28	1:11:33
46.	6	NATHAN PALMER		36	M	3	6	11:14	22:28	2:41	29:44	18.8	1:29	26:28	8:31	1:11:34
47.	77	THOMAS WILLIAMS		56	M	2	3	9:59	19:57	2:13	32:35	17.1	1:13	25:51	8:20	1:11:47
48.	11	NATHAN WINDER		37	M	4	6	11:36	23:12	2:08	32:29	17.2	0:59	24:55	8:02	1:12:06
49.	51	JULIE SAWYER		42	F	1	8	9:08	18:16	1:42	33:58	16.4	0:32	26:53	8:40	1:12:10
50.	67	SHELLY RUSPAKKA REMIEN		35	F	3	9	6:53	13:45	2:09	33:40	16.6	0:56	28:37	9:13	1:12:13

51.	61	MARK SPEARS	55	M	3	3	12:44	25:28	1:13	29:31	18.9	1:13	27:35	8:53	1:12:14
52.	9	HANA JOHNSON	42	F	2	8	9:15	18:30	2:53	33:18	16.8	0:35	26:53	8:39	1:12:52
53.	205	TEAM 2WULFSANDALAM	94	M	13	18	6:50	13:39	0:35	37:56	14.7	0:18	27:24	8:49	1:12:59
54.	14	TINA BASS	44	F	3	8	11:11	22:22	1:05	33:09	16.8	0:38	27:09	8:45	1:13:10
55.	3	AMY ARLINT	39	F	4	9	9:03	18:06	2:20	34:27	16.2	0:27	28:18	9:07	1:14:33
56.	228	ANN LIMA	36	F	5	9	10:02	20:04	1:23	36:35	15.3	0:56	25:47	8:18	1:14:42
57.	56	MARIA CORCORAN	60	F	1	3	10:19	20:38	1:30	32:02	17.4	1:11	29:48	9:36	1:14:47
58.	42	RAMA RUDOLPH	21	M	2	4	11:05	22:09	2:02	37:04	15.1	2:02	22:42	7:19	1:14:53
59.	47	MATTEA HOY	27	F	2	4	10:32	21:03	2:33	36:21	15.4	1:11	24:42	7:57	1:15:17
60.	5	ALI KRETSCHMER	34	F	3	6	9:18	18:36	1:56	41:15	13.5	0:20	22:30	7:15	1:15:18
61.	59	MEGAN WILSON	51	F	2	6	10:53	21:45	1:42	33:53	16.5	0:57	28:05	9:03	1:15:27
62.	50	STEPHAN FLORES	61	M	3	3	9:10	18:20	2:57	33:36	16.6	1:26	28:24	9:09	1:15:30
63.	34	KALYN LEWIS	24	F	2	7	7:29	14:58	2:12	34:29	16.2	1:14	30:17	9:45	1:15:39
64.	201	TEAM THE ROOKIES	92	M	14	18	7:12	14:23	0:47	44:47	12.5	0:21	23:04	7:26	1:16:09
65.	8	MICHAEL ARMSTRONG	42	M	8	10	10:24	20:48	2:48	36:18	15.4	0:59	25:44	8:17	1:16:11
66.	44	KATIE STODICK	39	F	6	9	11:52	23:43	2:52	32:44	17.1	1:36	27:11	8:45	1:16:13
67.	95	KATIE SMITH	32	F	4	6	11:17	22:34	2:16	35:38	15.7	0:14	27:00	8:42	1:16:24
68.	49	CHRISTOPHER SALCIDO	19	M	1	2	10:22	20:43	2:31	38:50	14.4	0:23	24:25	7:52	1:16:28
69.	33	JOSHUA NISHIMOTO	31	M	3	3	7:34	15:07	3:59	37:15	15.0	0:15	28:18	9:07	1:17:18
70.	52	DARCELL MYERS	49	F	2	3	10:54	21:48	2:10	34:58	16.0	0:55	28:24	9:09	1:17:19
71.	63	SARAH ROBERTS	38	F	7	9	13:47	27:33	2:28	35:48	15.6	0:42	24:57	8:02	1:17:39
72.	220	TEAM PALOUSE RIVER RO	96	M	15	18	10:40	21:19	0:49	39:42	14.1	0:19	26:57	8:41	1:18:25
73.	16	PATRICK JOHNSON	44	M	9	10				33:15	16.8	2:09	25:05	8:05	1:18:48
74.	19	ANDREW HALL	38	M	5	6	12:42	25:23	2:07	31:55	17.5	0:18	32:05	10:20	1:19:04
75.	54	LAURA WOLD-MORFORD	33	F	5	6	10:28	20:55	4:04	34:54	16.0	1:55	27:52	8:58	1:19:10
76.	41	MICHELLE KINKADE	44	F	4	8	12:06	24:11	2:43	35:30	15.7	1:03	28:49	9:17	1:20:08
77.	30	JACQUELINE DAVIS	22	F	3	7	11:31	23:01	2:25	35:16	15.8	0:39	30:40	9:52	1:20:28
78.	15	DANIEL WINDER	35	M	6	6	16:50	33:40	2:56	31:51	17.5	0:33	28:29	9:10	1:20:37
79.	37	LAURA MISCOE	28	F	3	4	10:55	21:50	2:54	36:55	15.1	0:38	29:39	9:33	1:20:59
80.	40	KASEE HILDENBRAND	42	F	5	8	11:29	22:58	2:38	33:01	16.9	1:06	33:12	10:41	1:21:24
81.	79	CHARLES CAESSENS	40	M	10	10	11:35	23:09	1:55	37:18	15.0	0:28	30:32	9:50	1:21:46
82.	25	AMY RIPLEY	43	F	6	8	9:31	19:01	2:41	38:18	14.6	0:44	30:37	9:52	1:21:49
83.	60	DEBBIE HULBERT	65	F	1	2	10:47	21:33	1:31	36:10	15.4	0:21	33:02	10:38	1:21:49
84.	39	GABRIELA LEONG	23	F	4	7	9:13	18:25	2:46	43:43	12.8	0:52	26:45	8:37	1:23:15
85.	62	HERLINDE D BECK	65	F	2	2	11:34	23:07	3:16	33:25	16.7	2:15	34:30	11:07	1:24:57
86.	45	ELLIE BROWN	44	F	7	8	15:46	31:32	1:25	33:17	16.8	1:14	33:26	10:46	1:25:06
87.	70	LOGAN RENGGLI	27	F	4	4	9:03	18:06	2:44	36:21	15.4	0:43	36:39	11:48	1:25:28
88.	13	JESSIE ARMSTRONG	40	F	8	8	12:02	24:04	2:04	40:17	13.9	0:26	31:36	10:11	1:26:23
89.	43	JASON FLOYD	28	M	5	5	9:08	18:16	3:23	39:10	14.2	0:29	34:20	11:03	1:26:28
90.	222	TEAM THE WIE CANS	90	M	16	18	15:36	31:12	0:48	34:49	16.0	0:20	36:46	11:50	1:28:17
91.	18	NATALIE IVERSON	22	F	5	7	9:58	19:56	3:45	44:52	12.4	1:01	30:47	9:55	1:30:21
92.	24	JOANNE IVERSON	51	F	3	6	11:41	23:22	4:15	42:36	13.1	1:04	30:49	9:56	1:30:23
93.	68	ANDREW PEACOCK	24	M	3	4	7:58	15:56	4:30	46:23	12.0	0:29	31:12	10:03	1:30:30
94.	55	JULIA PARKER	51	F	4	6	10:23	20:46	3:53	40:17	13.9	1:23	34:39	11:09	1:30:33
95.	219	TINA HILDING	54	F	5	6	9:54	19:48	3:12	36:34	15.3	0:44	40:45	13:07	1:31:07
96.	35	LINNEA PEACOCK	22	F	6	7	7:20	14:40	3:21	44:57	12.4	0:47	34:45	11:11	1:31:08
97.	12	JENNILYN HALL	34	F	6	6	11:59	23:58	3:33	39:00	14.3	0:28	36:21	11:42	1:31:20
98.	17	PAT DEHAN	66	M	1	1	9:38	19:15	4:03	40:03	13.9	1:07	38:43	12:28	1:33:31
99.	226	ROSS MARTIN	22	M	4	4	13:38	27:16	3:32	45:44	12.2	0:32	31:21	10:06	1:34:45
100.	225	HAILEY GRIFFITH	23	F	7	7	8:43	17:26	8:25	43:42	12.8	2:36	31:23	10:06	1:34:47
101.	223	TEAM 9:02 A.M.	96	M	17	18				35:49	15.6	0:26	45:01	14:30	1:37:24
102.	65	DEBBIE WHITELEY	59	F	1	1	15:35	31:10	3:04	44:30	12.5	1:29	34:03	10:58	1:38:39
103.	81	KRISTA BATEMAN	60	F	2	3	14:02	28:04	3:58	37:12	15.0	1:55	42:39	13:44	1:39:44
104.	28	JOHN COLE	52	M	2	2	11:33	23:05	3:48	39:19	14.2	2:09	44:00	14:10	1:40:47
105.	20	FAITH LUTZE	54	F	6	6	15:20	30:39	3:06	44:40	12.5	0:19	38:11	12:18	1:41:33
106.	29	AMANDA WELLS	35	F	8	9	12:37	25:13	5:01	50:36	11.0	0:49	35:37	11:28	1:44:37
107.	27	KARNA BURRY	45	F	3	3	15:02	30:03	5:57	45:14	12.3	1:23	38:13	12:18	1:45:47
108.	221	TEAM SMOOTH SNALIN'	90	M	18	18	7:42	15:23	1:31	54:00	10.3	0:42	44:57	14:29	1:48:50
109.	227	JOHN ROEHRMAN	18	M	2	2	14:17	28:34	4:00	48:37	11.5	1:38	45:04	14:31	1:53:34

