

## 2019 Palouse Triathlon Combined Overall Results

| Place | No. | NAME                  | Cate | Sex | SWIM  | T1   | BIKE     | MPH  | T2   | RUN      | M Pace | Total time |
|-------|-----|-----------------------|------|-----|-------|------|----------|------|------|----------|--------|------------|
| 1     | 33  | BEN GREENFIELD        | 38   | M   | 7:06  | 0:35 | 24:09:00 | 23.1 | 0:28 | 20:09    | 6:29   | 52:26:00   |
| 2     | 108 | ERIC SAWYER           | 42   | M   | 8:32  | 0:22 | 23:54    | 23.4 | 0:27 | 19:39    | 6:20   | 52:53:00   |
| 3     | 32  | ROB SAWYER            | 44   | M   | 8:50  | 0:22 |          |      |      | 20:01    | 6:27   | 53:57:00   |
| 4     | 103 | LUKE GREENSIDES       | 31   | M   | 9:10  | 0:31 | 26:39:00 | 20.9 | 0:26 | 20:52    | 6:43   | 57:37:00   |
| 5     | 107 | NATE SPAIN            | 46   | M   | 8:45  | 0:35 | 26:07:00 | 21.4 | 0:29 | 22:09    | 7:08   | 58:03:00   |
| 6     | 31  | JARED KROGH           | 41   | M   | 7:47  | 0:28 | 26:00:00 | 21.5 | 1:01 | 23:06    | 7:27   | 58:21:00   |
| 7     | 151 | SETH ROSE             | 27   | M   | 7:39  | 1:12 | 25:57:00 | 21.5 | 0:56 | 23:27    | 7:33   | 59:09:00   |
| 8     | 10  | TEAM TEAM SLOTHS      | 94   | M   | 8:03  | 0:29 | 29:58:00 | 18.6 | 0:21 | 20:41    | 6:40   | 59:30:00   |
| 9     | 12  | TEAM GOOD OL' OFFICE  | 90   | M   | 7:13  | 0:31 | 27:42:00 | 20.1 | 0:21 | 24:21:00 | 7:51   | 1:00:07    |
| 10    | 105 | WADE HOILAND          | 63   | M   | 9:46  | 0:36 | 27:11:00 | 20.5 | 0:29 | 22:55    | 7:23   | 1:00:55    |
| 11    | 14  | TEAM OVER THE HILL GA | 90   | M   | 9:37  | 0:19 | 25:24:00 | 22   | 0:24 | 25:59:00 | 8:22   | 1:01:41    |
| 12    | 84  | CAMERON BROWN         | 25   | M   | 8:40  | 1:51 | 29:45:00 | 18.8 | 0:41 | 21:18    | 6:52   | 1:02:12    |
| 13    | 87  | JOY ADAMS             | 36   | F   | 8:43  | 1:15 |          |      |      | 24:10:00 | 7:47   | 1:02:52    |
| 14    | 3   | TEAM JKM              | 92   | M   | 7:58  | 0:18 | 29:56:00 | 18.6 | 0:13 | 25:26:00 | 8:12   | 1:03:49    |
| 15    | 90  | JASON HELSEL          | 33   | M   | 11:12 | 2:22 | 27:09:00 | 20.6 | 0:49 | 22:54    | 7:23   | 1:04:24    |
| 16    | 100 | STEFFEN WERNER        | 52   | M   | 8:53  | 0:27 | 28:16:00 | 19.7 | 0:22 | 27:32:00 | 8:52   | 1:05:27    |
| 17    | 18  | TEAM TEAM BEER RUN    | 93   | M   | 8:53  | 0:17 | 27:14:00 | 20.5 |      |          |        | 1:06:29    |
| 18    | 96  | ALLIE RUST            | 33   | F   | 8:57  | 1:20 | 30:10:00 | 18.5 | 0:45 | 25:41:00 | 8:16   | 1:06:51    |
| 19    | 17  | TEAM TEAM GROPP       | 94   | M   | 8:12  | 3:14 | 34:22:00 | 16.2 | 0:21 | 20:54    | 6:44   | 1:07:01    |
| 20    | 104 | KATHERINE YAHVAH      | 34   | F   | 7:35  | 1:17 | 32:25:00 | 17.2 | 0:38 | 25:16:00 | 8:08   | 1:07:09    |
| 21    | 69  | TAYLOR ROGERS         | 27   | M   | 8:20  | 2:26 | 31:57:00 | 17.5 | 0:49 | 24:10:00 | 7:47   | 1:07:41    |
| 22    | 92  | ANN LIMA              | 37   | F   | 10:06 | 1:10 | 30:42:00 | 18.2 | 0:49 | 24:58:00 | 8:02   | 1:07:42    |
| 23    | 4   | TEAM RICKETY SPLITS   | 92   | M   | 10:31 | 1:38 | 28:45:00 | 19.4 | 0:28 | 26:42:00 | 8:36   | 1:08:03    |
| 24    | 42  | ADAM CARTER           | 15   | M   | 8:13  | 2:32 | 33:07:00 | 16.9 | 0:27 | 23:51    | 7:41   | 1:08:07    |
| 25    | 98  | JANET RACHLOW WITHAM  | 54   | F   | 9:39  | 0:51 | 29:49:00 | 18.7 | 0:36 | 27:39:00 | 8:54   | 1:08:32    |
| 26    | 5   | TEAM ALREADY IN SECON | 90   | M   | 7:13  | 0:22 | 35:38:00 | 15.7 | 0:23 | 26:18:00 | 8:28   | 1:09:51    |
| 27    | 8   | TEAM NIAC ATTACK      | 90   | M   | 10:23 | 0:29 |          |      |      | 29:15:00 | 9:25   | 1:09:52    |
| 28    | 34  | AMRAH CANUL           | 29   | M   | 13:36 | 2:35 | 30:57:00 | 18   | 1:02 | 21:48    | 7:01   | 1:09:55    |
| 29    | 15  | TEAM THE TRY-ATHLETES | 95   | M   | 17:00 | 0:34 |          |      |      | 18:45    | 6:02   | 1:10:31    |
| 30    | 93  | THERESA CARTER        | 55   | F   | 10:33 | 1:11 | 29:17:00 | 19.1 | 0:46 | 29:09:00 | 9:23   | 1:10:55    |
| 31    | 89  | JULIE SAWYER          | 43   | F   | 9:16  | 1:24 | 32:05:00 | 17.4 | 0:30 | 27:44:00 | 8:56   | 1:10:57    |

|    |                         |      |       |      |          |      |      |          |       |         |
|----|-------------------------|------|-------|------|----------|------|------|----------|-------|---------|
| 32 | 86 ANNETTE PETERSON     | 30 F | 10:47 | 2:09 | 33:20:00 | 16.7 | 0:30 | 24:23:00 | 7:51  | 1:11:07 |
| 33 | 46 GABE JENSEN          | 25 M | 11:41 | 3:38 | 27:29:00 | 20.3 | 2:06 | 26:23:00 | 8:30  | 1:11:15 |
| 34 | 77 LYMAN DROWN          | 34 M | 7:36  | 1:25 | 34:11:00 | 16.3 | 0:48 | 27:35:00 | 8:53  | 1:11:33 |
| 35 | 94 CRAIG LOVELACE       | 29 M | 10:01 | 2:50 | 29:55:00 | 18.7 | 1:49 | 27:39:00 | 8:54  | 1:12:12 |
| 36 | 83 MICHAEL BOWEN        | 64 M | 12:21 | 0:59 | 31:49:00 | 17.5 | 0:56 | 26:16:00 | 8:28  | 1:12:19 |
| 37 | 40 OMAR AL-HASSAWI      | 36 M | 11:11 | 1:52 | 30:48:00 | 18.1 | 1:26 | 27:17:00 | 8:47  | 1:12:33 |
| 38 | 30 NATHAN PALMER        | 37 M | 11:47 | 1:54 | 31:07:00 | 17.9 | 1:13 | 26:55:00 | 8:40  | 1:12:54 |
| 39 | 29 NATHAN WINDER        | 38 M | 12:11 | 1:50 | 31:23:00 | 17.8 | 1:04 | 26:48:00 | 8:38  | 1:13:15 |
| 40 | 23 MARIA CORCORAN       | 61 F | 10:29 | 1:26 | 32:23:00 | 17.2 | 1:07 | 28:06:00 | 9:03  | 1:13:28 |
| 41 | 81 SARAH ROBERTS        | 39 F | 11:04 | 2:19 | 34:27:00 | 16.2 | 0:32 | 25:23:00 | 8:10  | 1:13:43 |
| 42 | 65 MEGAN SCHLUSSLER     | 32 F | 10:14 | 1:42 | 33:59:00 | 16.4 | 0:34 | 27:31:00 | 8:52  | 1:13:58 |
| 43 | 91 THOMAS WILLIAMS      | 58 M | 10:16 | 2:18 | 32:55:00 | 17   | 1:05 | 27:32:00 | 8:52  | 1:14:05 |
| 44 | 80 CAT HARNER           | 36 F | 11:19 | 1:42 | 31:23:00 | 17.8 | 0:25 | 29:22:00 | 9:27  | 1:14:08 |
| 45 | 61 MEGAN WILSON         | 53 F | 10:56 | 1:36 | 33:30:00 | 16.7 | 0:46 | 27:25:00 | 8:50  | 1:14:11 |
| 46 | 97 SANDI KLINGLER       | 51 F | 12:26 | 1:59 | 29:23:00 | 19   | 1:01 | 29:26:00 | 9:29  | 1:14:13 |
| 47 | 75 LYNN DEVER           | 62 F | 11:54 | 2:37 | 33:27:00 | 16.7 | 0:53 | 25:52:00 | 8:20  | 1:14:41 |
| 48 | 66 CHRISTINA HILDING    | 55 F | 10:18 | 1:57 | 33:48:00 | 16.5 | 0:30 | 29:08:00 | 9:23  | 1:15:40 |
| 49 | 73 AMY RIPLEY           | 44 F | 9:00  | 2:11 |          |      |      | 28:20:00 | 9:08  | 1:16:33 |
| 50 | 19 TEAM ISMART          | 96 M | 7:18  | 0:25 | 32:30:00 | 17.2 | 1:21 | 35:48:00 | 11:32 | 1:17:19 |
| 51 | 76 TERRA PHELPS         | 38 F | 11:25 | 1:51 | 32:23:00 | 17.2 | 0:39 | 31:30:00 | 10:09 | 1:17:45 |
| 52 | 60 ANGELA TITUS         | 38 F | 11:21 | 2:03 | 34:05:00 | 16.4 | 0:29 | 30:03:00 | 9:41  | 1:17:59 |
| 53 | 78 LAURA WOLD-MORFORD   | 34 F | 11:05 | 2:31 | 33:22:00 | 16.7 | 0:49 | 30:34:00 | 9:51  | 1:18:18 |
| 54 | 16 TEAM TEAM ASPEN PARK | 90 M | 12:16 | 0:30 | 37:59:00 | 14.7 | 0:19 | 27:34:00 | 8:53  | 1:18:37 |
| 55 | 47 RYAN LAW             | 61 F | 11:06 | 1:40 | 32:25:00 | 17.2 | 1:07 | 32:22:00 | 10:25 | 1:18:38 |
| 56 | 63 BROOKE DURNIN        | 24 F | 10:17 | 2:44 | 37:16:00 | 15   | 1:35 | 27:42:00 | 8:55  | 1:19:32 |
| 57 | 79 MICHAEL ARMSTRONG    | 44 M | 11:50 | 2:08 | 38:22:00 | 14.5 | 0:44 | 26:30:00 | 8:32  | 1:19:32 |
| 58 | 85 DONNA ALBAITERO      | 46 F | 11:07 | 3:26 | 33:56:00 | 16.4 | 0:59 | 31:30:00 | 10:09 | 1:20:57 |
| 59 | 28 SHEILA HEYNS         | 48 F | 15:12 | 1:41 | 31:51:00 | 17.5 | 1:05 | 31:26:00 | 10:08 | 1:21:14 |
| 60 | 70 HERLINDE ""LYN BECK  | 66 F | 12:07 | 1:58 | 32:56:00 | 16.9 | 1:20 | 33:05:00 | 10:39 | 1:21:24 |
| 61 | 2 TEAM LAMB-O-GHINIS    | 92 M | 9:45  | 0:22 | 28:13:00 | 19.8 | 0:30 | 43:38:00 | 14:03 | 1:22:25 |
| 62 | 49 JUAN ALBAITERO       | 49 M | 10:54 | 4:01 | 32:06:00 | 17.4 | 2:13 | 33:17:00 | 10:43 | 1:22:30 |
| 63 | 56 KRISTEN BROWN        | 39 F | 10:24 | 1:58 | 34:17:00 | 16.3 | 1:39 | 34:19:00 | 11:03 | 1:22:35 |
| 64 | 43 MAGGIE CARR          | 15 F | 9:01  | 1:43 | 38:36:00 | 14.5 | 0:45 | 32:44:00 | 10:33 | 1:22:47 |
| 65 | 38 JAMIE JACOBSON       | 25 F | 7:29  | 1:56 | 38:02:00 | 14.7 | 1:07 | 34:46:00 | 11:12 | 1:23:17 |

|    |     |                        |      |       |      |          |      |      |          |       |         |
|----|-----|------------------------|------|-------|------|----------|------|------|----------|-------|---------|
| 66 | 74  | DEBBIE HULBERT         | 66 F | 11:44 | 1:14 | 36:32:00 | 15.3 | 0:29 | 33:56:00 | 10:56 | 1:23:53 |
| 67 | 1   | TEAM ""IT'LL BE FUN!"" | 92 M | 14:14 | 0:36 | 42:08:00 | 13.2 | 0:26 | 26:56:00 | 8:40  | 1:24:18 |
| 68 | 25  | JANIE JONES            | 48 F | 11:12 | 2:46 | 40:35:00 | 13.8 | 0:55 | 29:13:00 | 9:24  | 1:24:38 |
| 69 | 53  | BONNIE SCHULTZ         | 61 F | 15:10 | 1:35 | 35:05:00 | 15.9 | 0:46 | 32:29:00 | 10:27 | 1:25:03 |
| 70 | 62  | KRISTIN NESBITT        | 22 F | 11:52 | 2:58 | 43:03:00 | 13   | 0:59 | 26:36:00 | 8:34  | 1:25:27 |
| 71 | 106 | TODD STRADER           | 38 M | 13:00 | 1:16 | 40:08:00 | 13.9 | 0:17 | 30:56:00 | 9:58  | 1:25:35 |
| 72 | 101 | SANDRA RHOADES         | 36 F | 10:54 | 3:05 | 40:00:00 | 14   | 0:39 | 31:06:00 | 10:01 | 1:25:41 |
| 73 | 72  | VONDA MILLER           | 47 F | 13:54 | 2:27 | 35:58:00 | 15.5 | 2:36 | 30:55:00 | 9:58  | 1:25:48 |
| 74 | 68  | ERIC HILL              | 49 M | 11:54 | 4:04 |          |      |      | 32:58:00 | 10:37 | 1:26:52 |
| 75 | 13  | TEAM SLIDING INTO MAS  | 90 M | 10:17 | 0:27 | 42:47:00 | 13   | 0:20 | 33:20:00 | 10:44 | 1:27:09 |
| 76 | 6   | TEAM TRY               | 96 M | 13:28 | 0:32 | 34:59:00 | 16   | 2:03 | 37:10:00 | 11:58 | 1:28:10 |
| 77 | 54  | MIKE SACCO             | 67 M | 11:40 | 1:57 | 36:14:00 | 15.4 | 2:20 | 37:06:00 | 11:57 | 1:29:15 |
| 78 | 26  | JORDYN SAWYER          | 15 F | 10:29 | 1:39 | 39:22:00 | 14.2 | 0:18 | 38:05:00 | 12:16 | 1:29:51 |
| 79 | 9   | TEAM PAPAGOGODOTCOM    | 90 M | 8:22  | 0:36 | 46:47:00 | 11.9 | 0:35 | 36:35:00 | 11:47 | 1:32:53 |
| 80 | 59  | SAVANNAH ROGERS        | 25 F | 14:35 | 4:34 | 35:31:00 | 15.7 | 1:49 | 36:51:00 | 11:52 | 1:33:18 |
| 81 | 71  | RENEE-CHANTAL STUCK    | 32 F | 13:47 | 2:36 | 38:35:00 | 14.5 | 1:53 | 36:29:00 | 11:45 | 1:33:18 |
| 82 | 48  | JORDYN NAFSINGER       | 28 F | 15:58 | 0:35 | 39:57:00 | 14   | 0:43 | 36:20:00 | 11:42 | 1:33:31 |
| 83 | 140 | RACHEL ARNZEN          | 20 F | 12:58 | 4:57 | 44:33:00 | 12.5 | 0:40 | 30:42:00 | 9:53  | 1:33:47 |
| 84 | 150 | DANA SHAW              | 35 F | 8:36  | 7:01 | 40:57:00 | 13.6 | 1:02 | 37:29:00 | 12:04 | 1:35:03 |
| 85 | 55  | JESSICA WILLOUGHBY     | 33 F | 13:01 | 2:43 | 49:53:00 | 11.2 | 1:01 | 28:37:00 | 9:13  | 1:35:12 |
| 86 | 142 | KRISTA BATEMAN         | 62 F | 14:09 | 2:18 | 34:52:00 | 16   | 1:34 | 42:55:00 | 13:49 | 1:35:47 |
| 87 | 22  | HEATHER STRADER        | 38 F | 12:14 | 5:34 | 44:08:00 | 12.6 | 0:31 | 37:04:00 | 11:56 | 1:39:29 |
| 88 | 20  | HAYLEE FISHBACK        | 33 F | 14:28 | 3:19 | 40:42:00 | 13.7 | 3:58 | 37:04:00 | 11:56 | 1:39:30 |
| 89 | 21  | SARAH DAVIS            | 32 F | 11:30 | 6:15 | 38:38:00 | 14.4 | 6:04 | 37:04:00 | 11:56 | 1:39:30 |
| 90 | 143 | JENNIFER GLEASON       | 48 F | 18:00 | 1:12 | 42:10:00 | 13.2 | 1:16 | 37:04:00 | 11:56 | 1:39:39 |
| 91 | 27  | JULIA PARKER           | 52 F | 14:54 | 5:01 | 42:17:00 | 13.2 | 3:52 | 35:40:00 | 11:29 | 1:41:42 |
| 92 | 141 | DOUGLAS SCRIMSHAW      | 66 M | 14:19 | 2:45 | 35:46:00 | 15.6 | 2:57 | 47:30:00 | 15:18 | 1:43:16 |
| 93 | 58  | TINA FERNANDEZ         | 49 F | 14:23 | 2:04 | 48:16:00 | 11.6 | 1:37 | 37:10:00 | 11:58 | 1:43:27 |
| 94 | 24  | AMANDA WELLS           | 36 F | 13:06 | 4:05 | 52:11:00 | 10.7 | 0:54 | 33:29:00 | 10:47 | 1:43:43 |
| 95 | 7   | TEAM TEAM HA!          | 96 M | 12:34 | 0:34 | 50:14:00 | 11.1 | 0:49 | 40:38:00 | 13:05 | 1:44:47 |
| 96 | 11  | TEAM CROSSPOINT CHICA  | 96 M | 13:00 | 0:26 | 59:15:00 | 9.4  | 0:26 | 35:16:00 | 11:21 | 1:48:21 |
| 97 | 52  | SARAH LARSON           | 54 F | 13:33 | 3:17 | 40:46:00 | 13.7 | 1:44 | 49:17:00 | 15:52 | 1:48:35 |
| 98 | 44  | MARILEA CANUL          | 16 F | 16:45 | 3:40 | 51:40:00 | 10.8 | 3:08 | 35:11:00 | 11:20 | 1:50:21 |
| 99 | 36  | LISA TAYLOR            | 51 F | 14:35 | 3:46 | 45:50:00 | 12.2 | 1:07 | 47:16:00 | 15:13 | 1:52:33 |

|     |                         |      |       |      |          |      |      |          |       |         |
|-----|-------------------------|------|-------|------|----------|------|------|----------|-------|---------|
| 100 | 35 KALEIGH FERGUSON     | 31 F | 23:42 | 1:20 | 45:19:00 | 12.3 | 1:35 | 43:37:00 | 14:03 | 1:55:32 |
| 101 | 50 SISTER MADONNA BUDER | 89 F | 15:51 | 5:27 | 44:12:00 | 12.6 | 2:04 | 1:00:48  | 19:34 | 2:08:19 |
| 102 | 37 HANNAH BAKER         | 37 F | 15:22 | 5:07 |          |      |      | 1:01:35  | 19:50 | 2:22:02 |