

OVERALL SPRINT TRIATHLON RESULTS

2022 PALOUSE TRIATHLON

MOSCOW, ID 09/10/2022 7:00 am Sunny, 55-65 degrees.

Directed by:

Sponsored by:

Place	No.	C Name	City, State	Ag	S	DivP	DivTl	Swim	Pace	T1	Bike	Rate	T2	Run	Pace	Time
1.	193	KROGH JARED		43	M	1	9	6:59	13:57	0:50	24:33	22.7	0:35	22:11	7:09	55:07
2.	236	SAWYER ROB		47	M	1	4	8:23	16:45	0:53	25:45	21.7	0:38	22:01	7:06	57:38
3.	171	LEVY HANNAH		26	F	1	7	7:35	15:09	1:22	27:50	20.1	0:56	20:38	6:39	58:20
4.	132	TEAM (ALMOST) TEAM		94	M	1	14	8:35	17:09	0:46	26:56	20.7	0:39	22:17	7:11	59:12
5.	162	STARK JONATHAN		20	M	1	3	7:34	15:07	3:03	28:18	19.7	1:35	18:50	6:04	59:18
6.	200	SAGE JEREMY		44	M	2	9	8:02	16:04	1:32	25:40	21.7	0:42	23:39	7:37	59:33
7.	246	FISHBURN ZACH		25	M	1	5	11:28	22:56	3:06	27:10	20.5	0:26	17:34	5:39	59:41
8.	160	MCDONALD REED		39	M	1	11	7:28	14:56	1:15	26:37	21.0	0:57	24:12	7:48	1:00:28
9.	172	JENDRO PETE		40	M	3	9	10:04	20:07	1:47	25:49	21.6	1:01	22:30	7:15	1:01:09
10.	121	ALTURAS ANALYT TEAM		93	M	2	14	9:39	19:17	0:55	26:02	21.4	0:21	24:21	7:50	1:01:15
11.	126	FORMER GLORY TEAM		94	M	3	14	6:52	13:44	0:42	27:46	20.1	0:25	27:07	8:44	1:02:50
12.	131	SEQUOIAS TEAM		96	M	4	14				30:33	18.3	0:21	26:14	8:27	1:04:55
13.	202	MOYE TYLER		25	M	2	5	7:50	15:39	2:06	34:45	16.1	0:17	20:53	6:44	1:05:49
14.	230	JOHNSON KARL		38	M	2	11	11:02	22:04	1:11	31:27	17.8	1:01	22:17	7:11	1:06:56
15.	249	ADAMS JOY		38	F	1	13	8:58	17:55	2:12	29:55	18.7	1:10	24:45	7:58	1:06:58
16.	185	ERIKSSON MARIE		52	F	1	3	7:45	15:30	1:18	30:54	18.1	0:55	26:13	8:27	1:07:03
17.	133	TEAM LINSKOTT TEAM		99	M	5	14	13:15	26:29	0:50	30:50	18.1				1:07:08
18.	129	MOSCOW BREWING TEAM		93	M	6	14	9:57	19:54							1:07:37
19.	208	GOODWIN MIA		27	F	2	7	6:11	12:21	1:26	33:18	16.8	0:36	26:38	8:35	1:08:06
20.	226	PIMENTEL DAVID		59	M	1	1	10:44	21:28	2:27	32:43	17.1	0:31	21:52	7:03	1:08:15
21.	128	KAK TEAM		96	M	7	14	7:26	14:52	0:55	35:51	15.6	0:22	23:49	7:40	1:08:22
22.	175	ZUBA JIM		60	M	1	4	10:20	20:39	1:39	29:57	18.6	1:05	25:28	8:12	1:08:27
23.	198	HAMMA LANCE		39	M	3	11	6:59	13:57	1:38	32:58	16.9	0:19	26:39	8:35	1:08:31
24.	156	EILAND BRAYDEN		26	M	3	5	8:25	16:49	2:10	28:33	19.6	1:10	28:26	9:09	1:08:41
25.	257	LUETTGEN GARRETT		39	M	4	11	11:22	22:43	1:59	29:40	18.8	1:20	24:29	7:53	1:08:46
26.	218	YAHVAH KATHERINE		37	F	2	13	7:05	14:09	2:04	32:53	17.0	0:50	26:15	8:27	1:09:04
27.	241	OLSON TIMOTHY		62	M	2	4	10:19	20:37	1:08	27:00	20.7	1:20	29:25	9:29	1:09:11
28.	124	FAST, FURIOUS, TEAM		94	M	8	14	8:37	17:13	0:37	28:06	19.9	0:28	31:57	10:17	1:09:42
29.	203	LEONARD CASSANDRA		26	F	3	7	10:19	20:38	1:44	33:05	16.9	1:24	23:22	7:32	1:09:52
30.	122	ELITE FITNESS TEAM		98	M	9	14	17:05	34:10	0:56	29:45	18.8	0:16	21:54	7:03	1:09:55
31.	169	RACHLOW WITHAM JANET		57	F	1	5	9:10	18:19	1:23	31:24	17.8	0:41	28:15	9:06	1:10:51
32.	199	LAMB BRIAN		71	M	10	14	9:30	19:00	2:37	30:05	18.6	0:40	28:12	9:05	1:11:02
33.	173	NORTHROP ANDREW		36	M	5	11	9:45	19:29	3:30	29:25	19.0	1:58	27:17	8:47	1:11:54
34.	245	ISHO NOAIL		25	M	4	5	8:45	17:29	3:34	31:24	17.8	1:38	26:46	8:37	1:12:04
35.	192	BAYLESS STEPHANIE		28	F	4	7	7:26	14:51	2:06	34:11	16.3	1:04	27:22	8:49	1:12:06
36.	207	COWAN BENJAMIN		42	M	4	9	10:43	21:25	2:24	32:10	17.4	0:52	26:18	8:28	1:12:25
37.	219	SPENDLOVE JOLENE		31	F	1	7	10:03	20:06	3:07	31:33	17.7	1:05	27:03	8:43	1:12:50
38.	228	GAYLER RICHARD		62	M	3	4	13:35	27:10	2:17	31:41	17.6	0:37	24:55	8:02	1:13:04
39.	196	RAVENSCROFT MATTHEW		37	M	6	11	12:37	25:13	2:46	30:26	18.3	0:33	27:37	8:54	1:13:57
40.	170	WIETGREFE DAVID		39	M	7	11	7:42	15:23	1:55	30:03	18.6	1:43	32:40	10:31	1:14:00
41.	220	HARNER CATHERINE		39	F	3	13	10:32	21:04	1:54	32:11	17.3	1:45	28:34	9:12	1:14:54
42.	250	KEEFE ROB		46	M	2	4	12:40	25:20	3:35	32:17	17.3	0:55	25:30	8:13	1:14:55
43.	206	HUDSON AMY		35	F	4	13	10:50	21:40	2:22	32:10	17.4	1:23	28:19	9:07	1:15:02
44.	221	WILSON BENJAMIN		33	M	1	3	11:22	22:43	2:49	31:55	17.5	1:34	27:55	8:59	1:15:33
45.	188	JOSLYN ROBERT		36	M	8	11	11:37	23:13	1:59	30:00	18.6	1:46	30:33	9:50	1:15:52

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Place	No.	C Name	City, State	Ag	S	DivP	DivTl	Swim	Pace	T1	Bike	Rate	T2	Run	Pace	Time
46.	242	RENZINI EMILY		29	F	5	7	6:29	12:57	2:06	33:45	16.5	0:29	33:40	10:50	1:16:26
47.	267	MELISSA SNOW		38	F	5	13	9:34	19:07	4:28	34:33	16.2	0:46	27:14	8:46	1:16:32
48.	261	PALMER NATHAN		40	M	5	9	11:32	23:04	3:12	31:36	17.7	1:15	29:01	9:21	1:16:33
49.	209	BALL CHELSEY		35	F	6	13	8:46	17:31	3:09	34:45	16.1	1:07	29:01	9:21	1:16:46
50.	189	ZOLLINGER KORISSA		35	F	7	13	11:09	22:17	2:09	35:20	15.8	0:55	27:39	8:54	1:17:10
51.	214	HALTINNER KRISTIN		42	F	1	6	9:13	18:26	3:38	35:00	15.9	0:49	29:13	9:25	1:17:51
52.	197	MARTIN CATHLEEN		38	F	8	13	12:22	24:43	2:32	34:06	16.4	0:35	28:26	9:10	1:17:59
53.	243	WILLIAMS THOMAS		60	M	4	4	10:22	20:43	2:52	34:47	16.0	1:15	29:06	9:22	1:18:19
54.	265	WALLACE RAY		53	M	1	1	9:18	18:36	2:20	34:40	16.1	1:25	30:42	9:53	1:18:22
55.	259	RUSPAKKA SHELLY		39	F	9	13	7:12	14:23	1:37	37:37	14.8	0:58	31:10	10:02	1:18:32
56.	262	GARTON TIMOTHY		43	M	6	9	15:29	30:57	3:25	35:32	15.7	0:22	24:09	7:47	1:18:56
57.	164	WILSON MEGAN		55	F	2	5	11:17	22:33	2:06	35:57	15.5	0:50	28:56	9:19	1:19:04
58.	260	CARROLL ASPEN		41	F	2	6	12:08	24:15	3:22	35:06	15.9	0:49	27:59	9:01	1:19:22
59.	212	CROSSLER ROBERT		44	M	7	9	11:11	22:21	3:30	34:13	16.3	0:54	29:41	9:33	1:19:27
60.	165	BROWN JOHANNA		36	F	10	13	13:57	27:54	1:44	31:53	17.5	1:10	31:04	10:00	1:19:46
61.	125	FITTS FAM TEAM		98	M	11	14	17:11	34:21	1:09	33:24	16.7	0:26	28:23	9:08	1:20:31
62.	182	QUEEN JULIE		42	F	3	6	10:19	20:37	2:41	33:06	16.9	0:25	34:33	11:08	1:21:02
63.	178	ROHRBACHER MICHAEL		36	M	9	11	11:29	22:57	2:25	30:31	18.3	1:33	36:44	11:50	1:22:39
64.	174	SWOBODA-COLBER SKYE		31	M	2	3	11:01	22:02	2:11	35:23	15.8	1:51	32:37	10:30	1:23:03
65.	263	STAFFORD ROB		48	M	3	4	12:08	24:16	3:24	35:19	15.8	1:51	30:24	9:47	1:23:05
66.	183	HARRIS DEREK		44	M	8	9	15:58	31:55	3:47	32:02	17.4	1:53	30:03	9:41	1:23:41
67.	195	JOHNSTON KAYLA		31	F	2	7	12:27	24:54	3:28	37:23	14.9	0:35	30:02	9:40	1:23:54
68.	253	BURNS NICK		31	M	3	3	6:58	13:55	2:41	33:28	16.7	1:33	39:18	12:39	1:23:57
69.	229	BOUCHARD JACQUES		38	M	10	11	16:59	33:58	1:12	38:31	14.5	0:29	27:43	8:56	1:24:52
70.	248	REICH BENJAMIN		24	M	2	3	10:28	20:55	1:01	43:47	12.7	0:17	29:48	9:36	1:25:19
71.	204	POOL HALEY		24	F	1	2	11:27	22:53	1:23	42:34	13.1	0:56	29:50	9:36	1:26:08
72.	134	THE INCREDIGIR TEAM		96	M	12	14	10:25	20:49	0:57	43:47	12.7	0:30	30:35	9:51	1:26:13
73.	223	HULBERT DEBBIE		68	F	1	2	10:58	21:56				0:29	35:54	11:34	1:26:20
74.	215	BALES SUSILA		54	F	2	3	11:57	23:54	3:08	35:56	15.5	1:26	34:08	11:00	1:26:33
75.	256	WOLD-MORFORD LAURA		37	F	11	13	10:36	21:12	2:31	39:53	14.0	0:31	33:39	10:50	1:27:08
76.	231	KLEIN EMILY		35	F	12	13	9:06	18:12	2:43	43:03	13.0	0:37	32:53	10:35	1:28:20
77.	251	BARRINGTON ANN		31	F	3	7	7:51	15:41	4:04	38:36	14.5	2:03	36:45	11:50	1:29:16
78.	252	WILLIAMS AVA		31	F	4	7	7:49	15:37	4:10	41:43	13.4	0:41	34:57	11:15	1:29:17
79.	205	SCHMIDT JANET		66	F	2	2	14:49	29:37	4:20	37:32	14.9	1:07	32:25	10:26	1:30:11
80.	227	LEVY CAMIE		59	F	3	5	9:46	19:31	3:22	39:55	14.0	0:37	37:37	12:07	1:31:16
81.	268	JENNA WINTERS		30	F	5	7	13:06	26:11	5:04	36:41	15.2	1:44	35:20	11:23	1:31:53
82.	234	SWORAN AMY		61	F	1	2	18:11	36:22				0:58	31:46	10:14	1:32:32
83.	240	KERSTING-LARK TONDA		42	M	9	9	19:36	39:12	1:26	41:56	13.3	0:31	29:16	9:26	1:32:44
84.	123	EYE POPPERS TEAM		98	M	13	14	7:49	15:38	0:48	47:58	11.6	0:36	36:01	11:36	1:33:10
85.	210	FIELDS WILLMA		43	F	4	6	16:49	33:37	1:18	43:56	12.7	0:50	30:46	9:55	1:33:39
86.	187	ELGER DON		66	M	1	1	17:08	34:15	3:23	32:33	17.2	2:11	38:42	12:28	1:33:55
87.	222	SACCO MIKE		70	M	14	14	10:56	21:52	2:32	37:11	15.0	1:52	41:32	13:23	1:34:02
88.	201	BUTT CATHY		56	F	4	5	13:03	26:06	3:01	37:36	14.8	1:38	40:12	12:57	1:35:29
89.	238	WOTTON ABIGAIL		30	F	6	7	10:04	20:08	4:04	42:28	13.1	0:38	38:18	12:20	1:35:31
90.	239	KERSTING-LARK DULCE		33	F	7	7	19:14	38:27	1:23	37:21	14.9	3:25	35:02	11:17	1:36:23

OVERALL SPRINT TRIATHLON RESULTS
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Place	No.	C	Name	City, State	Ag	S	DivP	DivTl	Swim	Pace	T1	Bike	Rate	T2	Run	Pace	Time
=====	=====	=	=====	=====	==	=	=====	=====	=====	=====	=====	=====	=====	=====	=====	=====	=====
91.	247		QUIA-PARK KAINOA		25	F	6	7	15:50	31:40	3:36	42:30	13.1	1:54	33:12	10:42	1:37:00
92.	186		PETERSEN ALICIA		41	F	5	6	14:32	29:03	3:51	40:02	13.9	1:38	37:54	12:12	1:37:53
93.	233		CHABOT JIM		49	M	4	4	16:23	32:46	1:11	46:13	12.1	1:03	33:22	10:45	1:38:10
94.	166		BENNEFIELD MICHELLE		40	F	6	6	11:01	22:01	3:15	49:41	11.2	0:43	34:41	11:10	1:39:19
95.	191		RICHARDSON HEATHER		36	F	13	13	13:18	26:35	3:02	49:57	11.2	0:34	34:55	11:15	1:41:45
96.	177		WHITELEY DEBBIE		63	F	2	2	16:22	32:44	4:54	39:13	14.2	3:03	38:24	12:22	1:41:54
97.	211		LUNDAL SHARLENE		81	F	1	1	12:08	24:15	2:37	40:22	13.8	2:44	44:40	14:23	1:42:28
98.	167		ROGERS SAVANNAH		28	F	7	7	12:32	25:03	9:26	38:13	14.6	2:01	41:19	13:18	1:43:29
99.	235		SWORAN DAMIAN		27	M	5	5	19:46	39:32	4:24	45:31	12.3	4:08	30:38	9:52	1:44:25
100.	190		MCCARTHY-GRANT MEGHAN		50	F	3	3	14:02	28:03	4:30	47:05	11.9	1:30	39:33	12:44	1:46:39
101.	225		KINSEY KENZIE		21	F	2	2	8:12	16:23	4:31	1:05:09	8.6	0:50	34:10	11:00	1:52:50
102.	217		ANDERSON CANYON		24	M	3	3	17:17	34:33	5:57	46:29	12.0	0:55	43:05	13:52	1:53:41
103.	266		FAITH LUTZE		58	F	5	5	15:02	30:04	3:01	52:55	10.5	0:48	42:33	13:42	1:54:16
104.	224		MARTINEZ MICHAEL		39	M	11	11	17:04	34:08	2:58	4:04	137.	3:38	1:30:28	29:07	1:58:10
Sep-12-2022			6:39:58am														

104 records processed.

