

OVERALL SPRINT TRIATHLON RESULTS

2023 PALOUSE TRIATHLON

MOSCOW, ID 09/09/2023 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.	36	ERIC SAWYER	Moscow, ID	46 M	1	4	8:26	16:51	0:28	24:45	22.6	0:39	19:54	6:25	54:10
2.	32	JARED KROGH	Pullman, WA	44 M	1	8	7:27	14:54	0:28	25:02	22.3	0:33	22:17	7:11	55:46
3.	15	ROB SAWYER	Lewiston, ID	48 M	2	4	8:30	16:59	0:23	25:28	21.9	0:26	22:59	7:24	57:44
4.	35	JEREMY SAGE	Missoula, MT	45 M	3	4	8:12	16:23	0:48	25:36	21.8	0:49	23:43	7:38	59:06
5.	3	TEAM STILL KICKIN'	Moscow, ID	94 M	1	11	7:32	15:03	0:29	27:16	20.5	0:27	23:33	7:35	59:14
6.	29	JONATHAN STARK	Moscow, ID	21 M	1	2	8:08	16:15	1:24	29:22	19.0	0:28	20:01	6:27	59:20
7.	40	NATE SPAIN	Moscow, ID	50 M	1	4	9:29	18:57	0:44	26:01	21.5	0:40	22:40	7:18	59:33
8.	4	TEAM TRI HARDER!	Moscow, ID	94 M	2	11	7:51	15:42	0:25	26:56	20.7	0:22	25:41	8:16	1:01:13
9.	45	TORREY STEPHENSON	Moscow, ID	29 M	1	1	9:37	19:13	1:04	29:30	18.9	0:45	21:17	6:51	1:02:11
10.	11	TEAM MOSCOW BREWING		93 M	3	11	11:09	22:17	0:28				21:17	6:51	1:02:14
11.	44	STEVEN MULLINAX	Kirkland, WA	44 M	2	8	9:39	19:18	0:27	29:05	19.2	1:19	24:47	7:59	1:05:16
12.	30	MIA GOODWIN	Moscow, ID	28 F	1	5	6:47	13:33	1:04	30:47	18.1	0:36	26:51	8:39	1:06:03
13.	38	JAMES PROCTOR	Spokane, WA	58 M	1	3	10:09	20:17	0:32	28:04	19.9	1:14	26:09	8:25	1:06:06
14.	43	GARRETT LUETTGEN	Bryn Mawr, PA	40 M	3	8	10:47	21:34	1:31	29:01	19.2	0:59	23:55	7:42	1:06:11
15.	7	TEAM TWO PROFS WALK I	Moscow, ID	96 M	4	11	9:09	18:18	1:40	32:33	17.1	0:23	23:15	7:29	1:06:59
16.	41	JIM ZUBA	Moscow, ID	61 M	1	2	9:55	19:50	1:14	28:56	19.3	1:10	25:47	8:18	1:07:00
17.	9	TEAM ALTURAS ANALYTIC	Moscow, ID	93 M	5	11	10:02	20:03	0:24	32:23	17.2	0:23	23:56	7:42	1:07:05
18.	8	TEAM WORTH A TRI	Pullman, WA	96 M	6	11	8:29	16:58	0:26	32:15	17.3	0:24	25:36	8:15	1:07:09
19.	104	MARIE ERIKSSON	Moscow, ID	53 F	1	2	8:21	16:42	0:57	31:41	17.6	0:57	27:56	9:00	1:09:51
20.	105	CURT JOHNSON	Pullman, WA	53 M	2	4	10:35	21:10	2:59	28:27	19.6	1:32	26:45	8:37	1:10:15
21.	52	CAMERON WEDEL	Spokane, WA	34 M	1	3	8:05	16:09	2:28	29:41	18.8	1:05	29:03	9:21	1:10:19
22.	53	TIMOTHY OLSON	Plains, MT	63 M	2	2	11:16	22:31	0:50	27:41	20.2	1:12	30:01	9:40	1:10:58
23.	2	TEAM SEND OUT THE DOG	Pullman, WA	94 M	7	11	8:04	16:07	0:20	30:35	18.2	0:36	32:06	10:20	1:11:39
24.	86	HEIDI SELLMANN	Moscow, ID	24 F	1	3	11:02	22:04	1:47	33:42	16.6	0:26	25:06	8:05	1:12:02
25.	71	GREG STAHL	Boise, ID	50 M	3	4	9:52	19:44	1:37	31:43	17.6	2:27	26:39	8:35	1:12:16
26.	21	BENJAMIN COWAN	Pullman, WA	43 M	4	8	11:13	22:26	1:54	31:36	17.7	0:29	27:06	8:44	1:12:16
27.	16	CHELSEY BALL	Kendrick, ID	36 F	1	6	8:52	17:44	1:40	34:06	16.4	0:35	27:16	8:47	1:12:27
28.	69	ALANA JACKSON	Okanogan, WA	32 F	1	6	13:09	26:17	1:22	32:13	17.3	1:07	24:44	7:58	1:12:33
29.	60	LYNN DEVER	Coeur D Alene, ID	66 F	1	7	10:49	21:38	1:58	32:46	17.0	1:26	25:39	8:16	1:12:37
30.	51	JOLENE SPENDLOVE	Moscow, ID	32 F	2	6	9:45	19:29	1:58	33:40	16.6	0:43	26:53	8:40	1:12:56
31.	63	NATHAN WINDER	Grangeville, ID	42 M	5	8	11:40	23:20	1:48	32:15	17.3	1:10	26:19	8:29	1:13:11
32.	94	JULIE SAWYER		47 F	1	4	10:03	20:06	1:19	32:41	17.1	0:49	28:26	9:09	1:13:17
33.	46	MELISSA SNOW	Moscow, ID	39 F	2	6	9:51	19:41	2:30	33:36	16.6	0:26	27:02	8:42	1:13:24
34.	91	TODD UNGER		57 M	2	3	9:06	18:11	2:24	35:26	15.8	0:36	26:15	8:27	1:13:45
35.	66	PHOEBE UNGER	Moscow, ID	26 F	2	5	10:41	21:22	1:38	36:13	15.4	0:25	25:46	8:18	1:14:41
36.	33	BRONTE SONE	Moscow, ID	29 F	3	5	8:24	16:48	2:04	35:36	15.7	0:48	27:53	8:59	1:14:42
37.	80	KEELE VAN DYKEN	Spokane, WA	32 F	3	6	11:23	22:46	2:16	30:26	18.3	1:27	29:21	9:27	1:14:51
38.	74	BRYN PARKER	Seattle, WA	39 F	3	6	11:34	23:08	2:30	33:51	16.5	0:28	27:07	8:44	1:15:28
39.	25	NATHAN PALMER	Moscow, ID	41 M	6	8	12:44	25:28	3:05	30:07	18.5	1:04	28:36	9:13	1:15:34
40.	14	LANCE HAMMA	Moscow, ID	40 M	7	8	7:44	15:27	1:30	36:16	15.4	0:24	30:01	9:40	1:15:53
41.	47	ROBERT JOSLYN	Moscow, ID	37 M	1	2	10:21	20:41	1:37	29:55	18.7	1:26	33:00	10:38	1:16:17
42.	75	MICHAEL MATTHEWS	Grangeville, ID	37 M	2	2	12:42	25:24	3:17	33:44	16.5	0:37	26:56	8:40	1:17:14
43.	20	CATHERINE HARNER	Moscow, ID	40 F	1	5	11:21	22:41	1:42	33:42	16.6	1:29	29:02	9:21	1:17:15
44.	77	ELIZABETH MARTIN	Moscow, ID	48 F	2	4	14:36	29:11	1:17	32:52	17.0	1:18	27:51	8:58	1:17:51
45.	107	ROB KEEFE	Potlatch, ID	47 M	4	4	13:09	26:17	2:38	35:27	15.7	0:32	26:24	8:30	1:18:08

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MOSCOW, ID 09/09/2023 7:00 am Sunny, 55-65 degrees.

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Sponsored by:

Place	No.	C	Name	City, State	Ag	S	DivP	DivTl	Swim	Pace	T1	Bike	Rate	T2	Run	Pace	Time
46.	54		MARIA CORCORAN	Pullman, WA	65	F	2	7	10:57	21:54	1:33	34:21	16.2	1:17	30:10	9:43	1:18:17
47.	64		DONNA ALBAITERO	Moscow, ID	49	F	3	4	11:25	22:49	3:03	33:30	16.7	1:23	29:14	9:25	1:18:32
48.	67		ANNA MILLAR	Moscow, ID	26	F	4	5	12:59	25:57	1:32	33:56	16.4	1:08	29:26	9:29	1:18:59
49.	89		RYAN SLOAN		34	M	2	3	11:54	23:48	2:50	36:05	15.5	0:32	27:56	9:00	1:19:16
50.	93		CHRISTINE HALL		19	F	1	2	10:46	21:31	3:16	38:31	14.5	0:45	26:13	8:27	1:19:29
51.	55		MEGAN WILSON	Nezperce, ID	56	F	1	3	11:43	23:25	1:26	36:13	15.4	1:02	29:36	9:32	1:19:57
52.	28		BEN BRENNAN	Kent, WA	40	M	8	8	10:58	21:55	2:18	33:39	16.6	1:28	32:43	10:32	1:21:05
53.	19		ASHLEY KERR	Moscow, ID	38	F	4	6	12:15	24:30	2:46	37:13	15.0	0:38	28:37	9:13	1:21:27
54.	57		SUSANNA SOVDE	Spokane, WA	23	F	2	3	10:59	21:58	1:27	36:32	15.3	1:09	32:25	10:26	1:22:31
55.	23		ASPEN CARROLL	Nine Mile Falls, WA	42	F	2	5	14:23	28:45	2:51	35:31	15.7	0:29	29:39	9:33	1:22:51
56.	92		TRACY STARK		56	F	2	3	14:30	28:59	1:43	35:26	15.8	0:32	31:49	10:15	1:23:58
57.	106		STACEY KINGSBURY	Moscow, ID	56	F	3	3	14:02	28:03	2:25	33:15	16.8	2:02	32:23	10:26	1:24:05
58.	59		MARISSA COLLIER	Moscow, ID	33	F	4	6	11:26	22:51	3:05	42:23	13.2	1:19	27:07	8:44	1:25:17
59.	39		LIZETTE OHLUND	Meridian, ID	18	F	2	2	9:16	18:31	1:49	38:56	14.3	1:32	34:45	11:11	1:26:16
60.	5		TEAM NOT PREPARED FOR	Moscow, ID	96	M	8	11	11:14	22:27	0:30	46:40	12.0	0:27	27:31	8:52	1:26:19
61.	83		RUSSELL SLY	Lewiston, ID	55	M	3	3	16:03	32:06	4:04	33:49	16.5	2:15	30:38	9:52	1:26:48
62.	37		MEGHAN SHUTTE	Moscow, ID	34	F	5	6	8:37	17:14	3:51	39:49	14.0	0:54	33:51	10:54	1:27:01
63.	17		EMILY KLEIN	Pullman, WA	36	F	5	6	9:57	19:54	2:22	42:17	13.2	0:46	31:44	10:13	1:27:04
64.	56		DEBBIE HULBERT	Moscow, ID	69	F	3	7	11:42	23:24	1:16	39:37	14.1	0:28	36:14	11:40	1:29:16
65.	65		JUAN ALBAITERO	Moscow, ID	52	M	4	4	11:16	22:31	3:41	32:51	17.0	2:29	39:03	12:34	1:29:17
66.	48		ERIN STANDLEY	Moscow, ID	42	F	3	5	15:20	30:39	1:06	41:48	13.4	0:48	30:36	9:51	1:29:35
67.	81		JANET SCHMIDT	Pullman, WA	67	F	4	7	15:39	31:17	3:39	36:35	15.3	1:00	32:44	10:33	1:29:36
68.	34		NOAH SHIRLEY	Toppenish, WA	21	M	2	2	16:34	33:07	0:36	46:41	12.0	0:57	25:51	8:20	1:30:36
69.	6		TEAM SLAM	Moscow, ID	96	M	9	11	11:29	22:57	0:38	45:00	12.4	0:46	33:41	10:51	1:31:32
70.	72		KRISTINE REDMAN	Moscow, ID	33	F	6	6	12:34	25:07	2:57	40:50	13.7	1:01	34:32	11:07	1:31:51
71.	27		KRISTY OLSEN	Pullman, WA	45	F	4	4	11:10	22:19	2:12	45:38	12.2	0:36	32:31	10:28	1:32:04
72.	22		JENNILYN HALL	Moscow, ID	39	F	6	6	12:26	24:51	3:57	40:35	13.8	0:42	34:43	11:11	1:32:20
73.	50		CAMIE LEVY	Moscow, ID	60	F	1	1	10:53	21:45	1:49	41:42	13.4	0:37	40:15	12:58	1:35:15
74.	31		ABBEY THOENSEN	Pullman, WA	21	F	3	3	13:22	26:43	1:04	43:39	12.8	0:32	37:03	11:56	1:35:37
75.	1		TEAM HAPPY TRY-HARDS	Moscow, ID	94	M	10	11	7:57	15:53	0:29	51:37	10.8	2:55	33:38	10:50	1:36:35
76.	82		MARTHA JONES	Spokane, WA	68	F	5	7	20:03	40:05	0:31	34:03	16.4	1:29	42:13	13:35	1:38:16
77.	61		MIKE SACCO	Spokane, WA	71	M	11	11	11:44	23:27	1:47	38:02	14.7	1:49	45:49	14:45	1:39:07
78.	42		MEGHAN MCCARTHY-GRANT	Wasilla, AK	51	F	2	2	10:25	20:49	5:13	45:04	12.4	1:35	39:16	12:39	1:41:31
79.	85		DERRICK CRAWFORD	Pullman, WA	33	M	3	3	16:40	33:20	3:49	48:51	11.4	1:09	31:40	10:12	1:42:06
80.	84		ELIZABETH BOUSLEY	Spokane, WA	67	F	6	7	16:52	33:43	2:36	40:03	13.9	0:59	42:23	13:39	1:42:51
81.	79		REBECCA TILLEY	La Grande, OR	68	F	7	7	15:05	30:09	3:42	46:13	12.1	1:51	46:22	14:56	1:53:10
82.	62		LAUREN PERKINSON	Tacoma, WA	29	F	5	5	15:12	30:24	3:54	52:29	10.6	3:23	40:41	13:06	1:55:38
83.	87		TRACY GARTON	Moscow, ID	42	F	4	5	21:34	43:07	1:23	44:22	12.6	1:37	46:52	15:06	1:55:46
84.	88		REBECCA KEIR	Vancouver, WA	42	F	5	5	21:49	43:38	1:07	44:26	12.6	1:33	46:53	15:06	1:55:46

Sep-09-2023 12:45:29pm

84 records processed.

