

2016 Snake River Triathlon (500y S - 15m B - 2.5m R)

March 11/12 - 2016

Hells Gate State Park - Asotin Co. Aquatic Center

OVERALL RESULTS

Place	No.	C Name	City, State	Ag	S	DivP	DivTl	Swim	Pace	T1	Bike	Rate	T2	Run	Pace	Time
1.	1335	BEN GREENFIELD	Spokane, WA	34	M	1	5									1:00:41
2.	1345	JAKE MEYER	Ellensburg, WA	27	M	1	3	6:45	13:29	0:15	39:06	23.0	0:19	17:15	6:54	1:03:38
3.	1329	MARK ALLEN	Genesee, ID	54	M	1	5	8:39	17:18	0:13	41:49	21.5	0:36	18:17	7:19	1:09:33
4.	1355	CRAIG THORSEN	Spokane, WA	49	M	1	5	9:01	18:01	0:30	41:19	21.8	0:47	20:27	8:11	1:12:01
5.	1360	LIZ WYLIE	Walla Walla, WA	45	F	1	4	8:42	17:24	0:59	44:13	20.4	0:47	17:51	7:09	1:12:31
6.	1347	TIM OLSON	Plains, MT	56	M	1	4	8:59	17:57	0:31	42:53	21.0	0:43	19:36	7:51	1:12:40
7.	1346	ANDY OCKWELL	Clarkston, WA	31	M	2	5	9:42	19:24	0:16	44:46	20.1				1:13:25
8.	1333	JASON BROWN	Garfield, WA	40	M	1	3	8:04	16:08	0:27	44:12	20.4				1:13:44
9.	1330	TROY BAKER	Pendleton, OR	48	M	2	5	7:38	15:15	0:21	44:36	20.2	1:06	20:31	8:13	1:14:09
10.	1351	MARK ROBINSON	Pullman, WA	51	M	2	5	10:01	20:02	0:15	44:30	20.2	0:50	19:08	7:39	1:14:42
11.	1312	KATRINA LEDGERWOOD	Spokane, WA	38	F	1	6	7:14	14:28	0:15	47:01	19.1				1:15:09
12.	1325	CHERYL THORNEY	Walla Walla, WA	31	F	1	5	9:49	19:37	0:17	42:24	21.2	0:48	22:54	9:10	1:16:10
13.	1343	BRANDON LATTIN	Pasco, WA	27	M	2	3				49:07	18.3				1:16:47
14.	1354	JOSEPH THORNTON	Spokane, WA	58	M	2	4	9:18	18:36	0:22	45:49	19.6	0:55	20:40	8:16	1:17:02
15.	1311	MICHELLE KING	Lewiston, ID	39	F	2	6	8:59	17:58	0:18	50:14	17.9	0:30	19:30	7:48	1:19:29
16.	1359	MEGAN REESE	Pullman, WA	25	F	1	4	6:36	13:11	0:16	49:40	18.1	0:35	22:50	9:08	1:19:56
17.	1314	ANDREA MILLER	St John, WA	54	F	1	7	10:39	21:17	0:21	47:56	18.8	0:40	20:22	8:09	1:19:56
18.	1310	HAILEY JOHNSON	Genesee, ID	21	F	1	2	6:04	12:07	0:22	50:01	18.0	1:03	22:39	9:04	1:20:07
19.	1353	DAVID SPERRY	Clarkston, WA	52	M	3	5	9:36	19:11	0:18	44:56	20.0				1:20:31
20.	1336	DON GREGGAIN	Clarkston, WA	58	M	3	4	8:48	17:35	0:24	49:22	18.2	0:57	21:03	8:25	1:20:31
21.	1306	AMY HARTFORD	Walla Walla, WA	50	F	2	7	10:26	20:52	0:23	48:34	18.5	1:00	21:19	8:32	1:21:41
22.	1320	SHARON ROBINSON	Pullman, WA	52	F	3	7	12:58	25:56	0:22	48:11	18.7				1:23:01
23.	1322	SHELLY RUSPAKKA REMIEN	Moscow, ID	33	F	2	5	6:36	13:12	0:38	53:54	16.7	0:50	21:18	8:32	1:23:14
24.	1298	RHONDA DAVIS	Lewiston, ID	45	F	2	4									1:23:34
25.	1323	ELIZABETH SHEPARD	Yakima, WA	55	F	1	3	8:02	16:03	0:27	46:58	19.2	1:07	27:20	10:56	1:23:52
26.	1342	CURT JOHNSON	Genesee, ID	45	M	3	5				51:01	17.6	1:15	23:06	9:15	1:23:53
27.	1304	TWILA GLOCKNER	Lewiston, ID	36	F	3	6	8:16	16:31	0:21	51:14	17.6	0:56	23:17	9:19	1:24:01
28.	1328	MARCY ZARAGOZA	Spokane, WA	40	F	1	1	9:20	18:40	0:23	51:31	17.5	1:30	21:33	8:38	1:24:14
29.	1327	MEGAN WILSON	Nezperce, ID	49	F	3	4	10:45	21:29	0:17	51:10	17.6	0:44	21:37	8:39	1:24:31
30.	1302	SARAH EMERICH	Clarkston, WA	31	F	3	5	10:04	20:08	0:15	51:24	17.5	0:58	22:13	8:53	1:24:52
31.	1350	MIKE REISENAUER	Colton, WA	46	M	4	5	10:55	21:49	0:17	51:32	17.5	0:30	22:50	9:08	1:26:02
32.	1308	BRANDI JEFFRIES	Clarkston, WA	31	F	4	5	10:24	20:48	0:18	53:07	16.9	0:40	22:45	9:06	1:27:12
33.	1319	JENNIFER RAYKOVICH	Lewiston, ID	34	F	5	5	12:32	25:03	0:27	52:06	17.3	1:17	21:58	8:47	1:28:17
34.	1331	BILL BEUTLER	Clarkston, WA	62	M	1	1	11:51	23:42	0:16	53:26	16.8	0:37	22:18	8:56	1:28:26
35.	1340	ARNOLD JAHN	Spokane, WA	51	M	4	5	14:53	29:45	0:24	48:46	18.5	1:29	23:14	9:18	1:28:44
36.	1357	MIKE LLOYD SR		54	M	5	5	10:22	20:44	0:25	52:19	17.2	1:30	24:12	9:41	1:28:47
37.	1362	TAMMY BONNEY	Moscow, ID	46	F	4	4	9:25	18:50	0:17	54:46	16.4				1:28:55
38.	1348	ANDREW RAULERSON	Ellensburg, WA	31	M	3	5	12:08	24:15	0:30	53:22	16.9	1:20	23:23	9:22	1:30:40
39.	1334	KELLY GLENN	Coeur D Alene, ID	56	M	4	4	13:24	26:48	0:19	49:53	18.0	1:25	26:44	10:42	1:31:44
40.	1358	MIKE LLOYD JR		30	M	4	5	10:00	20:00	0:26	56:28	15.9	0:54	24:15	9:42	1:32:01
41.	1363	JUSTIN COVEY	Lewiston, ID	29	M	3	3	21:35	43:09	0:16	46:47	19.2	0:48	23:17	9:19	1:32:41
42.	1324	KARA THONNEY	Walla Walla, WA	35	F	4	6	13:08	26:16	0:18	50:46	17.7	0:38	30:04	12:02	1:34:52
43.	1352	COLE ROBINSON	Lewiston, ID	31	M	5	5	11:28	22:56	0:27	1:04:14	14.0	0:28	18:22	7:21	1:34:57
44.	1315	MILA NELSON	Ellensburg, WA	25	F	2	4	10:01	20:01	0:27	54:57	16.4	1:33	28:43	11:30	1:35:40
45.	1349	TOM REISENAUER	Colbert, WA	42	M	2	3	10:17	20:33	0:20	52:02	17.3	1:13	32:08	12:52	1:35:58
46.	1326	DEBBIE WHITELEY	Lewiston, ID	57	F	2	3	13:43	27:26	0:28	52:48	17.1	1:15	27:52	11:09	1:36:04
47.	1297	CHRISTINE DAVIDSON	Clarkston, WA	51	F	4	7	11:18	22:35	0:17	59:45	15.1	0:32	24:16	9:43	1:36:06
48.	1303	MEGAN EVANS	Spokane, WA	21	F	2	2	8:33	17:05	0:24	59:49	15.0	1:00	26:21	10:33	1:36:06
49.	1356	CHELSEA LUNA		25	F	3	4	13:49	27:37	0:29	57:55	15.5	1:04	25:21	10:09	1:38:35
50.	1332	MIKE BONNEY	Moscow, ID	66	M	1	2	10:38	21:16	0:20	1:01:19	14.7	0:32	27:10	10:52	1:39:57
51.	1299	LYNN DEVLEMING	Clarkston, WA	60	F	1	1	12:52	25:44	0:31	56:14	16.0	2:49	31:27	12:35	1:43:51

52. 1305	PENNY HARKER	Clarkston, WA	36 F	5	6	10:26	20:52	0:29	1:05:31	13.7	0:26	28:39	11:28	1:45:29
53. 1361	MIKE DEYO	Orofino, ID	65 M	2	2	21:37	43:14	0:22	54:14	16.6	1:27	27:52	11:09	1:45:30
54. 1344	SAKER MEDAVARAPU	Lewiston, ID	45 M	5	5	20:37	41:13	0:27	56:43	15.9	1:07	27:30	11:00	1:46:23
55. 1295	KRISTEN BROWN	Lewiston, ID	35 F	6	6	10:46	21:32	0:16	1:05:09	13.8	0:37	30:45	12:18	1:47:32
56. 1301	AMBER ELLIS-WORLIE	Clarkston, WA	27 F	4	4	13:14	26:27	0:24	1:09:59	12.9	0:40	25:02	10:01	1:49:17
57. 1307	SHELLY JAHN	Spokane, WA	53 F	5	7	12:04	24:07	0:31	1:03:04	14.3	2:10	32:13	12:53	1:50:00
58. 1338	TRISTAN HARKER	Clarkston, WA	11 M	1	1	12:29	24:57	0:26	1:15:37	11.9	0:33	29:20	11:44	1:58:23
59. 1339	JONATHAN HARKER	Clarkston, WA	41 M	3	3	9:27	18:54	3:27	1:15:25	11.9	1:03	29:02	11:37	1:58:23
60. 1321	MARYLOU ROBINSON	Lewiston, ID	56 F	3	3	17:05	34:09	0:25	1:15:06	12.0	0:46	28:11	11:17	2:01:30
61. 1318	ELIZABETH PRESTON	Post Falls, ID	54 F	6	7	17:28	34:56	0:25	1:23:29	10.8	0:56	31:53	12:46	2:14:11
62. 1313	BEVERLY MANDY	Rathdrum, ID	54 F	7	7	15:16	30:31	0:28	1:26:32	10.4	0:35	37:49	15:08	2:20:39

SPRINT RELAY TEAM RESULTS

Place	No.	T	R	Team	Swim	Pace	T1	Bike	Rate	T2	Run	Pace	Time
1.	1341	C	A	JEFFORDS WOODBURY						0:08	16:39	6:40	1:10:17

OVERALL FEMALE SPRINT RESULTS - TOP 3

Place	No.	C	Name	City, State	Ag	S	TIME
1.	1360		LIZ WYLIE	Walla Walla, WA	45	F	1:12:31
2.	1312		KATRINA LEDGERWOOD	Spokane, WA	38	F	1:15:09
3.	1325		CHERYL THONNEY	Walla Walla, WA	31	F	1:16:10

FEMALE SPRINT AGE GROUP: 20 - 24

Place	No.	C	Name	City, State	Ag	S	TIME
1.	1310		HAILEY JOHNSON	Genesee, ID	21	F	1:20:07
2.	1303		MEGAN EVANS	Spokane, WA	21	F	1:36:06

FEMALE SPRINT AGE GROUP: 25 - 29

Place	No.	C	Name	City, State	Ag	S	TIME
1.	1359		MEGAN REESE	Pullman, WA	25	F	1:19:56
2.	1315		MILA NELSON	Ellensburg, WA	25	F	1:35:40
3.	1356		CHELSEA LUNA		25	F	1:38:35
4.	1301		AMBER ELLIS-WORLIE	Clarkston, WA	27	F	1:49:17

FEMALE SPRINT AGE GROUP: 30 - 34

Place	No.	C	Name	City, State	Ag	S	TIME
1.	1325		CHERYL THONNEY	Walla Walla, WA	31	F	1:16:10
2.	1322		SHELLY RUSPAKKA REMIEN	Moscow, ID	33	F	1:23:14
3.	1302		SARAH EMERICH	Clarkston, WA	31	F	1:24:52
4.	1308		BRANDI JEFFRIES	Clarkston, WA	31	F	1:27:12
5.	1319		JENNIFER RAYKOVICH	Lewiston, ID	34	F	1:28:17

FEMALE SPRINT AGE GROUP: 35 - 39

Place	No.	C	Name	City, State	Ag	S	TIME
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1.	1312	KATRINA LEDGERWOOD	Spokane, WA	38	F	1:15:09
2.	1311	MICHELLE KING	Lewiston, ID	39	F	1:19:29
3.	1304	TWILA GLOCKNER	Lewiston, ID	36	F	1:24:01
4.	1324	KARA THONNEY	Walla Walla, WA	35	F	1:34:52
5.	1305	PENNY HARKER	Clarkston, WA	36	F	1:45:29
6.	1295	KRISTEN BROWN	Lewiston, ID	35	F	1:47:32

FEMALE SPRINT AGE GROUP: 40 - 44

Place	No.	C Name	City, State	Ag	S	TIME
1.	1328	MARCY ZARAGOZA	Spokane, WA	40	F	1:24:14

FEMALE SPRINT AGE GROUP: 45 - 49

Place	No.	C Name	City, State	Ag	S	TIME
1.	1298	RHONDA DAVIS	Lewiston, ID	45	F	1:23:34
2.	1327	MEGAN WILSON	Nezperce, ID	49	F	1:24:31
3.	1362	TAMMY BONNEY	Moscow, ID	46	F	1:28:55

FEMALE SPRINT AGE GROUP: 50 - 54

Place	No.	C Name	City, State	Ag	S	TIME
1.	1314	ANDREA MILLER	St John, WA	54	F	1:19:56
2.	1306	AMY HARTFORD	Walla Walla, WA	50	F	1:21:41
3.	1320	SHARON ROBINSON	Pullman, WA	52	F	1:23:01
4.	1297	CHRISTINE DAVIDSON	Clarkston, WA	51	F	1:36:06
5.	1307	SHELLY JAHN	Spokane, WA	53	F	1:50:00
6.	1318	ELIZABETH PRESTON	Post Falls, ID	54	F	2:14:11
7.	1313	BEVERLY MANDY	Rathdrum, ID	54	F	2:20:39

FEMALE SPRINT AGE GROUP: 55 - 59

Place	No.	C Name	City, State	Ag	S	TIME
1.	1323	ELIZABETH SHEPARD	Yakima, WA	55	F	1:23:52
2.	1326	DEBBIE WHITELEY	Lewiston, ID	57	F	1:36:04
3.	1321	MARYLOU ROBINSON	Lewiston, ID	56	F	2:01:30

FEMALE SPRINT AGE GROUP: 60 - 64

Place	No.	C Name	City, State	Ag	S	TIME
1.	1299	LYNN DEVLEMING	Clarkston, WA	60	F	1:43:51

OVERALL MALE SPRINT RESULTS - TOP 3

Place	No.	C Name	City, State	Ag	S	TIME
1.	1335	BEN GREENFIELD	Spokane, WA	34	M	1:00:41
2.	1345	JAKE MEYER	Ellensburg, WA	27	M	1:03:38
3.	1329	MARK ALLEN	Genesee, ID	54	M	1:09:33

MALE SPRINT AGE GROUP: 25 - 29

Place	No.	C Name	City, State	Ag	S	TIME
1.	1345	JAKE MEYER	Ellensburg, WA	27	M	1:03:38
2.	1343	BRANDON LATTIN	Pasco, WA	27	M	1:16:47
3.	1363	JUSTIN COVEY	Lewiston, ID	29	M	1:32:41

MALE SPRINT AGE GROUP: 30 - 34

Place	No.	C Name	City, State	Ag	S	TIME
1.	1346	ANDY OCKWELL	Clarkston, WA	31	M	1:13:25
2.	1348	ANDREW RAULERSON	Ellensburg, WA	31	M	1:30:40
3.	1358	MIKE LLOYD JR		30	M	1:32:01
4.	1352	COLE ROBINSON	Lewiston, ID	31	M	1:34:57

MALE SPRINT AGE GROUP: 40 - 44

Place	No.	C Name	City, State	Ag	S	TIME
1.	1333	JASON BROWN	Garfield, WA	40	M	1:13:44
2.	1349	TOM REISENAUER	Colbert, WA	42	M	1:35:58
3.	1339	JONATHAN HARKER	Clarkston, WA	41	M	1:58:23

MALE SPRINT AGE GROUP: 45 - 49

Place	No.	C Name	City, State	Ag	S	TIME
1.	1355	CRAIG THORSEN	Spokane, WA	49	M	1:12:01
2.	1330	TROY BAKER	Pendleton, OR	48	M	1:14:09
3.	1342	CURT JOHNSON	Genesee, ID	45	M	1:23:53
4.	1350	MIKE REISENAUER	Colton, WA	46	M	1:26:02
5.	1344	SAKER MEDAVARAPU	Lewiston, ID	45	M	1:46:23

MALE SPRINT AGE GROUP: 50 - 54

Place	No.	C Name	City, State	Ag	S	TIME
1.	1329	MARK ALLEN	Genesee, ID	54	M	1:09:33
2.	1351	MARK ROBINSON	Pullman, WA	51	M	1:14:42
3.	1353	DAVID SPERRY	Clarkston, WA	52	M	1:20:31
4.	1340	ARNOLD JAHN	Spokane, WA	51	M	1:28:44
5.	1357	MIKE LLOYD SR		54	M	1:28:47

MALE SPRINT AGE GROUP: 55 - 59

Place	No.	C Name	City, State	Ag S	TIME
1.	1347	TIM OLSON	Plains, MT	56 M	1:12:40
2.	1354	JOSEPH THORNTON	Spokane, WA	58 M	1:17:02
3.	1336	DON GREGGAIN	Clarkston, WA	58 M	1:20:31
4.	1334	KELLY GLENN	Coeur D Alene, ID	56 M	1:31:44

MALE SPRINT AGE GROUP: 60 - 64

Place	No.	C Name	City, State	Ag S	TIME
1.	1331	BILL BEUTLER	Clarkston, WA	62 M	1:28:26

MALE SPRINT AGE GROUP: 65 - 69

Place	No.	C Name	City, State	Ag S	TIME
1.	1332	MIKE BONNEY	Moscow, ID	66 M	1:39:57
2.	1361	MIKE DEYO	Orofino, ID	65 M	1:45:30