

# 2015 Snake River Triathlon

Sponsored by Lewis and Clark Orthopaedics

Managed by LCSC Cross Country

March 20/21, 2015

## OVERALL RESULTS

Place	No.	C	Name	City, State	Ag	S	DivP	DivTl	Swim	Pace	T1	Bike	Rate	T2	Run	Pace	Time
1.	334		DANIEL DEAN MAZZA	Missoula, MT	22	M	1	5	5:43	20:05	0:16	31:53	24.5	0:29	11:57	5:59	50:16
2.	313		GREGORY GALLAGHER	Spokane, WA	45	M	1	9	6:10	21:41	0:17	34:44	22.5	0:27	12:31	6:16	54:07
3.	291		JAVIN BERG	Dixie, WA	47	M	2	9	9:09	32:13	0:19	33:48	23.1	0:25	12:39	6:20	56:19
4.	335		JAKE MEYER	Ellensburg, WA	26	M	1	2	6:40	23:27	0:15	35:07	22.2	0:22	14:08	7:04	56:30
5.	285		CHRISTOPHER ALFIERO	Missoula, MT	23	M	2	5	7:05	24:55	0:17	37:10	21.0	0:36	12:01	6:01	57:07
6.	288		JEREMY ANGLIN	Spokane Valley, WA	39	M	1	4	8:50	31:04	0:18	34:24	22.7	0:33	14:18	7:09	58:20
7.	370		JASON VOGEL	83501, ID	44	M	1	5	6:52	24:08	0:16	35:50	21.8	0:40	14:50	7:25	58:26
8.	378		ERICA ZIEMER	Spokane, WA	43	F	1	4	7:22	25:54	0:21	36:36	21.3	0:38	14:45	7:23	59:41
9.	287		MARK ALLEN	Genesee, ID	54	M	1	7	8:34	30:07	0:17	35:34	21.9	0:31	14:49	7:25	59:43
10.	358		STEVEN SCHRAMM	Lewiston, ID	26	M	2	2	8:32	30:02	0:21	37:55	20.6	0:42	12:56	6:28	1:00:23
11.	324		JAY HESSE	Lewiston, ID	45	M	3	9	6:57	24:28	0:19	37:28	20.8				1:00:33
12.	369		CRAIG THORSEN	Spokane, WA	48	M	4	9	8:44	30:45	0:29	35:21	22.1	0:57	16:21	8:11	1:01:50
13.	363		CARL STRONG	Spokane, WA	34	M	1	3	7:35	26:41	0:18	39:34	19.7	0:38	14:34	7:17	1:02:37
14.	299		CHRIS CHAPMAN	Pullman, WA	46	M	5	9	7:31	26:27				0:37	15:44	7:52	1:02:46
15.	339		BRETT MYERS	Pullman, WA	44	M	2	5	8:26	29:41	0:20	39:30	19.7	0:58	14:28	7:14	1:03:40
16.	333		EMILY LOREK	Missoula, MT	23	F	1	5	6:25	22:36	0:17	42:31	18.3	0:25	14:15	7:08	1:03:51
17.	375		LIZ WYLIE	Walla Walla, WA	44	F	2	4	8:41	30:34	0:21	40:12	19.4	0:51	13:54	6:57	1:03:58
18.	330		KEVIN KALBFLEISCH	Lewiston, ID	55	M	1	4	7:34	26:36				0:50	17:23	8:42	1:03:59
19.	345		GILIA PATERSON	Missoula, MT	20	F	2	5	7:52	27:40	0:20	42:17	18.4	0:30	13:03	6:32	1:04:01
20.	360		DAVID SPERRY	Clarkston, WA	51	M	2	7	8:30	29:56	0:21	38:58	20.0	1:04	15:49	7:55	1:04:40
21.	331		SCOTT KUHTA	Spokane, WA	48	M	6	9	8:44	30:44	0:20	40:14	19.4	1:10	14:18	7:09	1:04:45
22.	325		RYAN HIGGINS	Clarkston, WA	39	M	2	4	7:31	26:26	0:19	40:05	19.5	0:47	16:22	8:11	1:05:01
23.	367		CHERYL THONNEY	College Place, WA	30	F	1	11	9:55	34:55	0:20	36:23	21.4	0:46	17:57	8:59	1:05:19
24.	371		JOHN WEBER	Coeur D'Alene, ID	16	M	1	1	8:22	29:25	0:21	42:19	18.4	0:48	13:52	6:56	1:05:40
25.	354		MARK ROBINSON	Pullman, WA	50	M	3	7	10:15	36:03	0:20	38:35	20.2	1:02	15:40	7:50	1:05:50
26.	314		NATALIE GALLAGHER	Spokane, WA	45	F	1	10	9:55	34:54	0:25	39:33	19.7	0:47	15:20	7:40	1:05:58
27.	368		JOSEPH THORNTON	Spokane, WA	57	M	2	4	9:18	32:45	0:20	40:12	19.4	0:53	15:23	7:42	1:06:05
28.	307		DON DOTSON	Clarkston, WA	53	M	4	7	7:58	28:03	0:21	41:04	19.0	1:16	15:36	7:48	1:06:13
29.	341		ANDY OCKWELL	Clarkston, WA	30	M	2	3	9:06	32:02	0:16	41:55	18.6	0:44	14:43	7:22	1:06:42
30.	332		KATRINA LEDGERWOOD	Spokane, WA	37	F	1	5	7:19	25:43	0:18	42:36	18.3	0:47	16:19	8:10	1:07:16
31.	349		BRANDON RAPEZ-BETTY	Spokane, WA	34	M	3	3	9:01	31:45	0:20	42:54	18.2	0:36	16:09	8:05	1:08:59
32.	344		TIM OLSON	Plains, MT	55	M	3	4	10:18	36:14	0:22	40:51	19.1	0:47	16:57	8:29	1:09:12
33.	316		DON GREGGAIN	Clarkston, WA	57	M	4	4	8:22	29:26	0:20	42:44	18.3	0:50	17:02	8:31	1:09:17
34.	298		THERESA CARTER	Princeton, ID	50	F	1	8	8:52	31:12	0:26	42:37	18.3	0:42	17:37	8:49	1:10:12
35.	319		DAN HANKS	Coeur D Alene, ID	36	M	3	4	9:05	31:58	0:27	44:15	17.6	0:36	16:23	8:12	1:10:45
36.	373		MEGAN WILSON	Nezperce, ID	48	F	2	10	10:28	36:52	0:21	42:41	18.3	0:44	16:55	8:28	1:11:08
37.	318		THERESA HAMPSON	Walla Walla, WA	53	F	2	8	7:46	27:18	0:22	45:42	17.1	0:45	17:34	8:47	1:12:07
38.	315		TWILA GLOCKNER	Lewiston, ID	35	F	2	5	8:23	29:29	0:25	45:45	17.1	1:12	18:08	9:04	1:13:51
39.	301		LORI CLARKE	Clarkston, WA	62	F	1	2	8:09	28:42	0:23	45:30	17.1	0:45	19:13	9:37	1:13:58
40.	379		SARAH LUTH	Seattle, WA	19	F	1	2	11:06	39:03	0:16	48:37	16.0	0:18	13:59	7:00	1:14:14
41.	376		MARCY ZARAGOZA	Spokane, WA	39	F	3	5	9:11	32:20	0:25	46:43	16.7	1:17	17:04	8:32	1:14:38
42.	362		JESSICA STERNER	Cda, ID	30	F	2	11	10:24	36:36	0:17	40:45	19.1	1:09	22:17	11:09	1:14:49
43.	305		KRISTA DAVIDSON	Walla Walla, WA	51	F	3	8	9:48	34:29	0:21	46:58	16.6	1:04	16:48	8:24	1:14:56
44.	351		TOM REISENAUER	Colbert, WA	41	M	3	5	9:31	33:30	0:22	43:29	17.9	1:10	20:33	10:17	1:15:03
45.	309		SARAH EMERICH	Clarkston, WA	30	F	3	11				45:45	17.1	0:51	17:32	8:46	1:15:04
46.	355		RHEA ROSS	Chewelah, WA	31	F	4	11	10:24	36:35	0:19	46:19	16.8	0:33	17:35	8:48	1:15:07
47.	306		LYNN DEVER	Tensed, ID	58	F	1	5	10:14	36:02	0:25	46:54	16.6	0:43	16:57	8:29	1:15:11

48.	328	BRANDI JEFFRIES	Clarkston, WA	30 F	5	11	10:49	38:05	0:27	45:55	17.0	0:54	17:45	8:53	1:15:49
49.	338	KAREN MULLIKIN	Clarkston, WA	46 F	3	10	10:02	35:17	0:22	47:12	16.5	1:07	17:18	8:39	1:15:58
50.	322	AMY HARTFORD	Walla Walla, WA	49 F	4	10	10:26	36:44	0:27	47:24	16.5	0:59	17:35	8:48	1:16:50
51.	320	JONATHAN HARKER	Pomeroy, WA	40 M	4	5	10:09	35:45	0:23	43:55	17.8	1:07	21:56	10:58	1:17:29
52.	359	ELIZABETH SHEPARD	Yakima, WA	54 F	4	8	8:03	28:21	0:26	46:22	16.8	0:54	21:46	10:53	1:17:29
53.	361	MARCI STAPLETON	Nezperce, ID	52 F	5	8	12:22	43:32	0:24	47:46	16.3	0:51	16:16	8:08	1:17:37
54.	340	DARCELL MYERS	Pullman, WA	46 F	5	10	9:37	33:50	0:20	50:26	15.5	0:49	17:02	8:31	1:18:13
55.	303	JORDAN DALGARN	Medical Lake, WA	24 M	3	5	12:47	44:59	0:17	45:57	17.0	0:30	19:02	9:31	1:18:31
56.	374	LAURA WOLD	Moscow, ID	30 F	6	11	9:54	34:51	0:23	49:45	15.7	1:18	17:14	8:37	1:18:32
57.	357	JESSICA SCHLEE	Asotin, WA	31 F	7	11	10:23	36:32	0:19	49:08	15.9	0:43	18:07	9:04	1:18:38
58.	289	SUSILA BALES	Moscow, ID	47 F	6	10	11:33	40:38	0:30	48:50	16.0	1:19	17:40	8:50	1:19:50
59.	327	HAILEY JAHN	Spokane, WA	24 F	3	5	10:32	37:03	0:27	49:30	15.8	1:37	17:47	8:54	1:19:50
60.	293	BILL BEUTLER	Clarkston, WA	61 M	1	4	12:41	44:37	0:19	48:48	16.0	0:27	18:40	9:20	1:20:54
61.	292	LAURA BERG	Dixie, WA	44 F	3	4	9:48	34:29	0:22	49:26	15.8	1:05	20:26	10:13	1:21:04
62.	352	MIKE REISENAUER	Colton, WA	45 M	7	9	10:56	38:28	0:19	49:19	15.8	0:25	20:22	10:11	1:21:19
63.	317	KATE GROSS	Pullman, WA	45 F	7	10	12:40	44:35	0:28	48:34	16.1	1:10	18:40	9:20	1:21:29
64.	382	SHAUN GRASSEL	Lewiston, ID	43 M	5	5	11:21	39:58	0:22	48:48	16.0	1:13	20:15	10:08	1:21:57
65.	311	CATELYN FAKE	Allentown, NJ	18 F	2	2	9:57	35:02	0:24	52:06	15.0	0:42	19:01	9:31	1:22:09
66.	347	VICKI POFFENBERGER	Lewiston, ID	58 F	2	5	12:08	42:42	0:19	52:21	14.9	0:47	17:22	8:41	1:22:54
67.	302	JOJO DALGARN	Medical Lake, WA	21 M	4	5				50:40	15.4	0:36	17:41	8:51	1:23:08
68.	365	CINDY TASKILA	Newman Lake, WA	59 F	3	5	11:15	39:35	0:24	49:45	15.7	1:11	21:10	10:35	1:23:43
69.	310	MEGAN EVANS	Walla Walla, WA	20 F	4	5	8:05	28:27	0:21	53:19	14.6	0:24	21:51	10:56	1:23:58
70.	364	JOHN STROUPE	Lewiston, ID	52 M	5	7	18:28	65:00	0:21	45:20	17.2	0:42	19:21	9:41	1:24:09
71.	337	BRYAN MULLIKIN	Clarkston, WA	53 M	6	7	15:54	55:58	0:20	50:46	15.4	0:31	16:49	8:25	1:24:18
72.	372	DEBBIE WHITELEY	Lewiston, ID	56 F	4	5	13:43	48:15	0:25	47:03	16.6	1:22	22:07	11:04	1:24:38
73.	304	CHRISTINE DAVIDSON	Clarkston, WA	50 F	6	8	11:13	39:28	0:23	54:54	14.2	0:41	17:37	8:49	1:24:46
74.	295	KRISTINA BRINKERHOFF	Lewiston, ID	40 F	4	4	12:53	45:19	0:22	51:28	15.2	1:02	19:17	9:39	1:24:59
75.	377	DAN ZENNER	Moscow, ID	61 M	2	4	20:38	72:38	0:36	45:56	17.0	1:02	16:50	8:25	1:25:00
76.	300	NATASHA CHEELEY	Coeur D'Alene, ID	24 F	5	5	9:05	31:57	0:20	54:46	14.2	0:52	20:04	10:02	1:25:05
77.	326	ARNOLD JAHN	Spokane, WA	50 M	7	7	19:38	69:06	0:37	43:53	17.8	1:17	19:52	9:56	1:25:15
78.	321	SHELLEY HARRISON	Lewiston, ID	35 F	4	5	13:12	46:29	0:23	52:47	14.8	0:26	19:23	9:42	1:26:08
79.	343	KAREN OLSON	Plains, MT	54 F	7	8	11:00	38:42	0:22	54:20	14.4	0:37	21:48	10:54	1:28:05
80.	366	DAVE TASKILA	Newman Lake, WA	63 M	3	4	9:31	33:28	0:26	53:24	14.6	1:29	24:03	12:02	1:28:51
81.	329	EMILY JULIAN	Lewiston, ID	32 F	8	11	9:00	31:42	0:20	55:39	14.0	0:48	23:27	11:44	1:29:12
82.	296	KRISTEN BROWN	Lewiston, ID	34 F	9	11	11:01	38:47	0:23	56:05	13.9	0:26	23:13	11:37	1:31:06
83.	294	RICHARD BIGELOW	Clarkston, WA	37 M	4	4				48:48	16.0	1:22	32:57	16:29	1:31:15
84.	353	LANAE ROBESON	Clarkston, WA	32 F	10	11	8:05	28:25	0:29	56:21	13.8	0:47	25:39	12:50	1:31:20
85.	348	ALICIA QUACKENBUSH	Walla Walla, WA	52 F	8	8	16:35	58:22	0:25	51:14	15.2	1:32	22:28	11:14	1:32:11
86.	286	BRENDA ALLEN	Genesee, ID	48 F	8	10	12:25	43:42	0:27	57:14	13.6	1:07	22:37	11:19	1:33:48
87.	336	LORRIE MINDT	Great Falls, MT	45 F	9	10	12:12	42:56	0:32	1:01:06	12.8	2:41	22:48	11:24	1:39:16
88.	312	HENRY FUNK	Lewiston, ID	22 M	5	5	10:52	38:15	0:19	1:02:43	12.4	0:25	25:02	12:31	1:39:19
89.	350	CLINT REHN	Walla Walla, WA	67 M	1	1	18:01	63:24	0:35	55:41	14.0	1:39	23:28	11:44	1:39:22
90.	356	KRIS SAL DANA	Juliaetta, ID	48 F	10	10	14:55	52:30	0:24	58:19	13.4	2:04	24:23	12:12	1:40:02
91.	381	CRAIG KERNAN	Lewiston, ID	46 M	8	9	16:57	59:40	0:22	1:01:21	12.7	0:40	22:36	11:18	1:41:53
92.	346	DAVID PHILLIPS	Great Falls, MT	48 M	9	9	10:43	37:44	0:24	1:01:30	12.7	2:49	28:21	14:11	1:43:46
93.	290	LYNNE BECK	Clarkston, WA	62 F	2	2	11:50	41:40	0:50	1:03:51	12.2	2:31	28:17	14:09	1:47:17
94.	380	MARY LOU ROBINSON	Lewiston, ID	55 F	5	5	16:28	57:56	0:24	1:09:27	11.2	1:29	22:51	11:26	1:50:36
95.	284	ROBIN ALBERS	Clarkston, WA	39 F	5	5	13:08	46:13	0:24	1:20:30	9.7	0:51	25:45	12:53	2:00:35
96.	323	CHEONA HAUGEN	Clarkston, WA	31 F	11	11	15:44	55:23	0:25	1:32:17	8.5	0:34	28:56	14:28	2:17:55
97.	308	CHUCK EIXENBERGER	Rathdrum, ID	63 M	4	4	19:28	68:32	0:32	1:16:52	10.1	3:17	39:15	19:38	2:19:22