

2015 PALOUSE TRIATHLON

Moscow, ID - September 12, 2015

Race Director: Steve McGeehan

Chip Timing: LCSC Cross Country (208)792-2308

OVERALL RESULTS

Place	No.	C NAME	City, State	Age	S	Rank	SWIM	Rank	BIKE+Tl	Rate	Rank	RUN	Pace	Rank	TIME
1.	147	SHANNON HORN	POST FALLS, ID	44	M	4	6:50	1	24:59	22.3	1	19:14	6:12	1	51:02
2.	146	SAM STOLMEIER	SNOHOMISH, WA	22	M	2	6:27	2	25:18	22.1	4	21:11	6:49	2	52:55
3.	145	MICHAEL MCGEEHAN	EUGENE, OR	25	M	1	6:26	7	26:04	21.4	3	20:44	6:41	3	53:13
4.	154	ERIC SAWYER	MOSCOW, ID	38	M	10	7:47	3	25:20	22.0	2	20:20	6:33	4	53:26
5.	148	CHRISTOPHER DOHRMAN	PLUMMER, ID	39	M	19	8:09	4	25:34	21.8	8	21:42	6:59	5	55:24
6.	157	ROB SAWYER	LEWISTON, ID	40	M	23	8:27	5	25:37	21.8	7	21:32	6:56	6	55:35
7.	159	WADE HOILAND	PULLMAN, WA	59	M	24	8:31	9	26:52	20.8	10	21:47	7:01	7	57:09
8.	150	JEREMY SAGE	PULLMAN, WA	37	M	14	8:00	6	25:54	21.6	22	23:35	7:36	8	57:28
9.	11	SCOTT CAMPBELL	PULLMAN, WA	40	M	8	7:15	14	28:56	19.3	5	21:19	6:52	9	57:30
10.	149	CHRIS HUNDHAUSEN	PULLMAN, WA	46	M	13	7:59	8	26:41	20.9	20	22:53	7:22	10	57:32
11.	164	ANTHONY ROUBAL	NORTH BEND, NE	28	M	51	9:58							11	58:32
12.	50	WADE MORRIS	POTLATCH, ID	40	M	45	9:37	10	27:22	20.4	14	22:28	7:14	12	59:25
13.	156	JULIE THAYER	PULLMAN, WA	38	F	21	8:20	23	29:51	18.7	17	22:36	7:17	13	1:00:46
14.	126	CLIFFORD GORDON	RICHLAND, WA	49	M	43	9:26	11	27:46	20.1	25	23:49	7:40	14	1:01:00
15.	29	BRETT MYERS	PULLMAN, WA	45	M	42	9:20	18	29:26	19.0	15	22:30	7:15	15	1:01:15
16.	31	CAP PERRY	OAKESDALE, WA	46	M	33	9:08	17	29:23	19.0	19	22:49	7:21	16	1:01:19
17.	155	NATHAN SPAIN	MOSCOW, ID	42	M	29	8:49	15	29:03	19.2	23	23:37	7:37	17	1:01:28
18.	153	ERIK LAMB	SPOKANE, WA	35	M	11	7:50	19	29:42	18.8	26	23:59	7:43	18	1:01:30
19.	120	BRYCE GRAVEL	PULLMAN, WA	29	M	22	8:27	22	29:51	18.7	21	23:27	7:33	19	1:01:44
20.	151	JARED KROGH	PULLMAN, WA	37	M	18	8:06	16	29:18	19.1	32	24:58	8:03	20	1:02:21
21.	162	MATTHEW WILSON	MOSCOW, ID	23	M	37	9:15	29	31:28	17.7	13	22:22	7:12	21	1:03:04
22.	28	W. MATTHEW SILVERS	CHENEY, WA	36	M	50	9:57	26	30:53	18.1	11	22:16	7:10	22	1:03:05
23.	26	RYAN HIGGINS	CLARKSTON, WA	40	M	16	8:03	21	29:49	18.7	39	26:19	8:29	23	1:04:09
24.	136	AILEEN HELSEL	PULLMAN, WA	27	F	38	9:15	41	33:01	16.9	16	22:32	7:16	24	1:04:47
25.	152	MIKE THOMSEN	MOSCOW, ID	55	M						53	27:48	8:57	25	1:04:56
26.	138	JEROME CAMPBELL	PULLMAN, WA	16	M	94	12:33	27	30:58	18.0	6	21:31	6:56	26	1:05:01
27.	127	BARBARA COSENS	MOSCOW, ID	60	F	31	8:59	24	30:28	18.3	42	26:27	8:31	27	1:05:53
28.	124	JULIA REESE	MOSCOW, ID	19	F	12	7:55	12	28:32	19.6	72	29:57	9:39	28	1:06:23
29.	141	MARK ROBINSON	PULLMAN, WA	51	M	69	10:55	20	29:46	18.8	38	25:58	8:22	29	1:06:38
30.	25	MARIE ERIKSSON	MOSCOW, ID	45	F	7	7:08	55	33:54	16.5	36	25:45	8:18	30	1:06:46
31.	121	LANCE HAMMA	MOSCOW, ID	33	M	6	7:00	43	33:09	16.8	44	26:50	8:38	31	1:06:58
32.	91	FORREST DICKISON	MOSCOW, ID	23	M	89	12:10	50	33:29	16.7	9	21:46	7:01	32	1:07:24
33.	144	RIGGIN THORNILEY	PULLMAN, WA	22	M	104	13:24	30	31:39	17.6	18	22:48	7:21	33	1:07:50
34.	135	ANDREA MILLER	SAINT JOHN, WA	54	F	54	10:02	46	33:14	16.8	30	24:37	7:56	34	1:07:52
35.	129	SHELLEY PRESSLEY	MOSCOW, ID	46	F	27	8:47	32	31:47	17.6	49	27:21	8:48	35	1:07:54
36.	137	THOMAS WILLIAMS	PULLMAN, WA	54	M	82	11:39	38	32:47	17.0	31	24:51	8:00	36	1:09:16
37.	96	LUKE DUPIN	COEUR D'ALENE, ID	32	M	74	11:11	52	33:39	16.6	29	24:28	7:53	37	1:09:17
38.	123	TORREY LAWRENCE	VIOLA, ID	42	M	9	7:26	49	33:26	16.7	61	28:29	9:11	38	1:09:20
39.	125	BRIAN LAMB	PULLMAN, WA	64	M	28	8:49	48	33:25	16.7	48	27:17	8:47	39	1:09:30
40.	142	NATHAN WINDER	GRANGEVILLE, ID	34	M	91	12:18	44	33:11	16.8	27	24:16	7:49	40	1:09:44
41.	105	LINDA KIMBALL	SPOKANE, WA	57	F	20	8:11	62	35:05	15.9	43	26:42	8:36	41	1:09:57
42.	117	JESSE WEAVER	PULLMAN, WA	24	M	71	10:59	42	33:01	16.9	41	26:23	8:30	42	1:10:22
43.	107	CATHERINE HARNER	MOSCOW, ID	32	F	58	10:19	53	33:48	16.5	40	26:22	8:30	43	1:10:28
44.	132	MARIA CORCORAN	PULLMAN, WA	57	F	49	9:51	40	32:56	16.9	55	27:49	8:58	44	1:10:35
45.	27	BRIDGETTE SAUNDERS	MOSCOW, ID	35	F	26	8:38	60	34:59	16.0	47	27:09	8:45	45	1:10:44

OVERALL RESULTS

2015 Palouse Triathlon

Moscow, ID 09/12/2015 7:00 am Sunny, 65-75 degrees.

Directed by: Steve McGeehan

Place	No.	C	NAME	City, State	Age	S	Rank	SWIM	Rank	BIKE+T1	Rate	Rank	RUN	Pace	Rank	TIME
46.	110		MEGAN WILSON	NEZPERCE, ID	49	F	64	10:42	45	33:11	16.8	46	27:01	8:42	46	1:10:53
47.	122		SHELLY RUSPAKKA REMIEN	MOSCOW, ID	33	F						59	28:18	9:07	47	1:11:09
48.	62		JOANNA ELDER	MOSCOW, ID	32	F	102	13:08	56	34:03	16.4	28	24:22	7:51	48	1:11:32
49.	103		EVAN JURAS	PULLMAN, WA	25	M	59	10:20	66	35:57	15.5	34	25:24	8:11	49	1:11:40
50.	77		SAMUEL LOFTUS	MOSCOW, ID	20	M	30	8:50	34	32:15	17.3	79	30:45	9:54	50	1:11:49
51.	128		TONY THURBER	PULLMAN, WA	26	M	47	9:41	31	31:44	17.6	75	30:25	9:48	51	1:11:49
52.	98		TROY PITTMAN	PULLMAN, WA	26	M	17	8:05	54	33:51	16.5	73	29:59	9:40	52	1:11:54
53.	139		JERRY HILL	SPOKANE, WA	58	M	110	13:57	28	31:22	17.8	45	26:51	8:39	53	1:12:09
54.	108		JASON BROWN	GARFIELD, WA	40	M	41	9:20	33	32:00	17.4	84	31:19	10:05	54	1:12:38
55.	73		MEGAN REESE	PULLMAN, WA	25	F	5	6:54	47	33:16	16.8	89	32:36	10:30	55	1:12:45
56.	167		JACOB BECHLER	MOSCOW, ID	21	M	107	13:40	64	35:30	15.7	24	23:39	7:37	56	1:12:48
57.	161		JILL LEANESS	MOSCOW, ID	26	F	35	9:11		-Time		119	1:28:05	28:21	57	1:12:50
58.	166		JOSEPH BECHARD	MOSCOW, ID	25	M	119	15:49	39	32:52	17.0	33	25:05	8:05	58	1:13:45
59.	46		JARED JONES	PINEHURST, ID	35	M	95	12:45	80	38:48	14.4	12	22:22	7:12	59	1:13:53
60.	43		SHEILA HEYNS	MOSCOW, ID	44	F	106	13:31	36	32:35	17.1	56	27:53	8:59	60	1:13:57
61.	32		DARCELL MYERS	PULLMAN, WA	46	F	63	10:34	70	36:46	15.2	50	27:25	8:50	61	1:14:43
62.	40		MIKE LOWRY	MOSCOW, ID	38	M	78	11:22	51	33:35	16.6	70	29:50	9:37	62	1:14:46
63.	41		MIKE ARMSTRONG	PULLMAN, WA	40	M	60	10:21	85	39:52	14.0	35	25:36	8:15	63	1:15:48
64.	134		CAROLE WILLIAMS	PULLMAN, WA	58	F	52	9:59	57	34:10	16.3	86	31:49	10:15	64	1:15:57
65.	80		MORGAN COLBURN	SPOKANE, WA	28	F	62	10:31	59	34:37	16.1	80	31:01	9:59	65	1:16:08
66.	78		SARAH EMERICH	CLARKSTON, WA	31	F	76	11:14	68	36:19	15.4	63	28:46	9:16	66	1:16:18
67.	111		ANNA SOBCZYK	GENESEE, ID	17	F	40	9:17	94	41:26	13.5	37	25:54	8:21	67	1:16:36
68.	79		JACOB KIMBALL	SPOKANE, WA	15	M	15	8:01	81	39:14	14.2	67	29:24	9:28	68	1:16:38
69.	165		NATHAN PALMER	MOSCOW, ID	33	M	66	10:48	61	35:01	15.9	83	31:19	10:05	69	1:17:07
70.	65		WILLIAM LARSON	PULLMAN, WA	37	M	57	10:19	37	32:39	17.1	103	34:50	11:13	70	1:17:47
71.	118		SHARON ROBINSON	WA, WA	52	F	116	14:53	58	34:12	16.3	66	29:07	9:23	71	1:18:11
72.	115		SUSILA BALES	MOSCOW, ID	48	F	67	10:49	73	37:56	14.7	69	29:41	9:34	72	1:18:25
73.	140		GUY SMITH	BELLINGHAM, WA	49	M	83	11:41	76	38:16	14.6	62	28:30	9:11	73	1:18:26
74.	104		SARA PEPPER	MOSCOW, ID	53	F	48	9:50	75	38:15	14.6	77	30:38	9:52	74	1:18:42
75.	47		JENNIFER JONES	PINEHURST, ID	32	F	73	11:08	86	39:52	14.0	51	27:43	8:56	75	1:18:42
76.	57		MARY SKOGLUND	MOSCOW, ID	26	F	55	10:06	84	39:51	14.0	64	29:00	9:20	76	1:18:56
77.	35		AMIE WOLBRECHT	MOSCOW, ID	41	F	70	10:56	83	39:50	14.0	58	28:18	9:07	77	1:19:03
78.	53		CORRINNA MCGRATH	PULLMAN, WA	34	F	105	13:28	69	36:19	15.4	68	29:24	9:28	78	1:19:10
79.	94		KEITH COOPER	OAKESDALE, WA	39	M	75	11:13	63	35:22	15.8	92	32:54	10:36	79	1:19:28
80.	116		ANGELA TAYLOR	PULLMAN, WA	40	F	103	13:22	35	32:27	17.2	97	33:49	10:53	80	1:19:37
81.	82		MICHELLE LIN	LIBERTY LAKE, WA	33	F	72	11:03							81	1:19:42
82.	160		ALEXA BROUGHTON	MOSCOW, ID	33	F	34	9:09	100	42:55	13.0	54	27:49	8:58	82	1:19:52
83.	52		CRAIGHTON VANCE	MOSCOW, ID	24	M	46	9:37	65	35:46	15.6	102	34:35	11:08	83	1:19:57
84.	99		LISA PEARSON	PULLMAN, WA	34	F	36	9:14	79	38:47	14.4	87	32:01	10:19	84	1:20:01
85.	102		WILL MORRISON	PULLMAN, WA	30	M	53	9:59	87	39:54	14.0	74	30:18	9:46	85	1:20:10
86.	38		GABE WATROUS	IDAHO FALLS, ID	16	M	68	10:51	78	38:32	14.5	82	31:10	10:02	86	1:20:33
87.	74		DEBORAH BELL	MOSCOW, ID	63	F	32	9:04	71	37:32	14.9	99	34:01	10:57	87	1:20:36
88.	92		BRENDA ARMSTRONG	KELLOGG, ID	61	F	118	15:18	25	30:32	18.3	104	34:52	11:14	88	1:20:41
89.	37		DEBBIE HULBERT	MOSCOW, ID	62	F	65	10:43	67	36:00	15.5	100	34:08	10:59	89	1:20:49
90.	133		ANNA ODASH	PULLMAN, WA	30	F	80	11:27	93	41:06	13.6	60	28:24	9:09	90	1:20:56

OVERALL RESULTS

2015 Palouse Triathlon

Moscow, ID 09/12/2015 7:00 am Sunny, 65-75 degrees.

Directed by: Steve McGeehan

Place	No.	C	NAME	City, State	Age	S	Rank	SWIM	Rank	BIKE+T1	Rate	Rank	RUN	Pace	Rank	TIME
91.	97		CAROLYN WATLING	SPOKANE VALLEY, WA	23	F	3	6:45	104	43:45	12.8	81	31:05	10:01	91	1:21:34
92.	66		JARED GREEN	COLFAX, WA	35	M	98	12:49	97	41:45	13.4	52	27:45	8:56	92	1:22:18
93.	95		HELEN SCHEIBE	MOSCOW, ID	32	F	99	13:01	89	40:24	13.8	65	29:03	9:21	93	1:22:27
94.	87		CHRISTOPHER CARY	SPOKANE, WA	48	M	109	13:51	72	37:43	14.8	85	31:23	10:06	94	1:22:56
95.	81		JOSEPHINE SPAIN	MOSCOW, ID	18	F	39	9:15	91	40:52	13.7	95	33:41	10:51	95	1:23:47
96.	51		JENNIFER PIONTEK	PULLMAN, WA	28	F	97	12:48	96	41:42	13.4	71	29:53	9:37	96	1:24:22
97.	93		SID ARMSTRONG	KELLOGG, ID	62	M	113	14:44	82	39:24	14.2	78	30:42	9:53	97	1:24:49
98.	112		PAUL WESTON	MOSCOW, ID	59	M	108	13:50	74	38:03	14.7	93	33:00	10:38	98	1:24:52
99.	86		KATELYN COLE	HAYDEN, ID	22	F	61	10:21	99	42:18	13.2	90	32:39	10:31	99	1:25:17
100.	85		CHRISTINE DAVIDSON	CLARKSTON, WA	50	F	92	12:20	101	42:55	13.0	76	30:32	9:50	100	1:25:46
101.	84		TAMSIN JOLLEY	PULLMAN, WA	50	F	77	11:17	95	41:39	13.4	94	33:39	10:50	101	1:26:34
102.	68		ALYSSA MARRE	PULLMAN, WA	24	F	81	11:38	111	47:33	11.7	57	27:59	9:01	102	1:27:09
103.	59		LYDIA BAXTER-POTTER	PULLMAN, WA	26	F	93	12:28	92	41:03	13.6	96	33:46	10:52	103	1:27:16
104.	70		WALTER PAPPIN	MOSCOW, ID	28	M	96	12:48	90	40:43	13.7	98	33:53	10:55	104	1:27:23
105.	83		MEREDITH METSKER	MOSCOW, ID	24	F	56	10:17	108	44:50	12.4	88	32:26	10:27	105	1:27:32
106.	42		JESSIE ARMSTRONG	PULLMAN, WA	38	F	86	11:48	98	42:00	13.3	101	34:32	11:07	106	1:28:19
107.	71		AMANDA WELLS	GENESEE, ID	32	F	85	11:45	106	44:29	12.5	91	32:45	10:33	107	1:28:58
108.	88		DEBRA WHITELEY	LEWISTON, ID	57	F	115	14:50	77	38:25	14.5	106	36:13	11:40	108	1:29:27
109.	44		KATHY MERCADO	KELLOGG, ID	56	F	101	13:02	88	40:04	13.9	109	37:29	12:04	109	1:30:34
110.	49		JEANNE LEFFINGWELL	MOSCOW, ID	61	F	44	9:35	109	46:41	12.0	107	36:13	11:40	110	1:32:28
111.	60		CHRIS EDER	BELLINGHAM, WA	51	F	88	12:04	105	43:53	12.7	108	36:51	11:52	111	1:32:47
112.	54		SHANNAH MULLINAX	KIRKLAND, WA	34	F	79	11:24	107	44:37	12.5	110	38:18	12:20	112	1:34:18
113.	45		JESS WATROUS	IDAHO FALLS, ID	43	F	114	14:44	102	43:25	12.9	112	38:53	12:31	113	1:37:01
114.	48		MATT WATROUS	IDAHO FALLS, ID	43	M	112	14:42	103	43:27	12.8	111	38:53	12:31	114	1:37:01
115.	61		KARAH BURGESS	BOTHELL, WA	36	F	100	13:02							115	1:40:51
116.	67		JESSICA LEVY	PULLMAN, WA	24	F	111	14:05	115	56:32	9.9	105	35:25	11:24	116	1:46:02
117.	89		ELEANOR DIZON	PULLMAN, WA	28	F	90	12:16	113	53:02	10.5	114	41:17	13:18	117	1:46:34
118.	63		FERNANDO DIZON	SANTA ROSA, CA	66	M	117	15:10	112	49:38	11.2	116	45:09	14:32	118	1:49:56
119.	58		LYNNE BECK	CLARKSTON, WA	62	F	84	11:42	114	55:20	10.1	115	43:38	14:03	119	1:50:39
120.	64		HANNAH KNECHT	MOSCOW, ID	33	F	121	19:03	110	47:09	11.8	117	45:53	14:46	120	1:52:04
121.	69		EMILY SMUDDE	PULLMAN, WA	25	F	120	16:50	116	1:01:41	9.0	113	40:37	13:05	121	1:59:07
122.	72		SARRENITY DICKSON	PULLMAN, WA	17	F	87	11:56	117	1:07:06	8.3	118	54:58	17:42	122	2:13:59
123.	158		EUGENE ALLWINE	MOSCOW, ID	60	M	25	8:38	13	28:43	19.4					