

## 2012 Most Improved Triathletes

Most Improved score are determined by percentage of time improvement. To calculate this we take any time improvements from 2011 to 2012 and divide by 2011 final time. Overall winners have been taken out of the age group rankings for Most Improved. Alphabetical listing follows Age Group Winners. Listing by percentage improvement follows alphabetical listing.

If you competed both years and your time improved from 2011 to 2012 but your name is missing, please contact us! With name changes and other small differences from year to year, we sometimes miss athletes. We apologize and please email [ncueno@ywcamppls.org](mailto:ncueno@ywcamppls.org) with any questions or updates.

### Overall:

	Name, Percentage Improvement
1	Sarah Nelson, 31.0%
2	Michelle Winchester, 26.8%
3	Alexandria Voss, 25.6%

### Top in each Age Group:

Age Group	Name, Percentage Improvement
19 & Under	Kati Nelson, 13.1%
20-24	Anne Dooner, 7.6%
25-29	Laura Mueller, 18.2%
30-34	Lisa Cagle, 16.1%
35-39	Kristina Elfering, 14.7%
40-44	Jane Lundberg, 19.8%
45-49	Pamela Looney, 20.6%
50-54	Ellen Barr, 9.8%
55-59	Dobriila Stancevic, 7.2%
60-64	Mary Kleinberg, 9.8%
65-69	Connie Meek, 8.1%
70-74	Judy Rykken, 3.3%

**Alphabetical Listing of MOST IMPROVED**

Last Name	First Name	USAT Age	2011 Time	2012 Time	Percentage Improvement
Albright	Victoria	38	1:39:49	1:31:24	8.4%
Allenburg	Paula	50	1:38:12	1:36:56	1.3%
Anderson	Amy	31	2:34:31	2:14:01	13.3%
Anderson-Isaacson	Heidi	41	1:36:38	1:31:53	4.9%
Arnold	Bridget	28	1:29:40	1:27:41	2.2%
Axberg	Pam Stegora	49	1:38:10	1:35:29	2.7%
Baker	Karen	26	1:58:19	1:54:55	2.9%
Baldwin	Angela	28	1:48:38	1:44:20	4.0%
Baltes	Doris	56	1:47:56	1:43:19	4.3%
Banchy	Cindy	52	1:43:49	1:36:17	7.3%
Barr	Ellen	54	2:07:04	1:54:36	9.8%
Bauer	Nancy	65	1:44:25	1:38:25	5.7%
Baumann	Ann	35	1:41:42	1:39:33	2.1%
Bautch	Mariah	34	2:32:10	2:31:26	0.5%
Bebchuk	Karen	46	1:18:04	1:15:13	3.7%
Behme	Beth	42	2:01:17	1:53:55	6.1%
Benson	Kristin	43	1:28:57	1:26:44	2.5%
Berdahl	Barbara	42	1:37:13	1:32:16	5.1%
Bergjord	Laura	38	2:04:29	1:48:35	12.8%
Berry	Mary	62	2:27:22	2:25:25	1.3%
Betzer	Ginny	39	1:41:12	1:35:18	5.8%
Beyer	Brenda	53	1:52:46	1:50:46	1.8%
Bonnert	Eileen	50	1:18:38	1:16:40	2.5%
Bordsen	Deb	57	1:53:14	1:46:15	6.2%
Brandt	Catherine	46	1:45:32	1:44:32	0.9%
Brenegan	Heidi	39	1:54:54	1:52:01	2.5%
Brooks	Nickey	41	2:00:04	1:43:03	14.2%
Brown	Heather	27	1:39:50	1:31:41	8.2%
Broz	Pamela	44	1:47:42	1:45:15	2.3%
Burch-Schoff	Cheryl	60	1:52:01	1:50:17	1.5%
Cacich	Lindsey	28	1:45:38	1:45:29	0.1%
Cagle	Lisa	34	1:55:41	1:37:06	16.1%
Calteaux	Tiffany	30	1:42:38	1:32:56	9.5%
Cannon	Kathleen	62	2:10:01	2:04:55	3.9%

**The Power to Soar™**

Carodenuto	Rosemarie	57	2:05:24	2:03:57	1.2%
Carsello	Heidi	42	1:37:59	1:36:29	1.5%
Casey	Anne	34	1:35:19	1:35:10	0.2%
Cook	Amy	40	1:42:46	1:35:23	7.2%
Covert	Sally	41	1:44:40	1:37:27	6.9%
Currell	Jamie	29	1:46:36	1:38:07	8.0%
Czech	Kelly	39	2:07:07	2:06:35	0.4%
Dankowski	Deann	48	1:44:51	1:42:12	2.5%
Deleon	Danielle	21	1:35:56	1:34:45	1.2%
Dooner	Anne	21	1:45:24	1:37:25	7.6%
Durham	Caroline	47	2:09:01	2:05:55	2.4%
Edelman	Kim	44	1:34:54	1:34:48	0.1%
Elfering	Kristina	35	1:54:32	1:37:39	14.7%
Every	Penny	30	1:45:13	1:43:07	2.0%
Farris	Jill	33	1:34:56	1:29:35	5.6%
Fawkes	Terri	39	2:07:07	2:06:34	0.4%
Ferkingstad	Kris	41	2:23:13	2:09:38	9.5%
Ferrie	Alyssa	25	1:54:29	1:53:49	0.6%
Firth	Lisa	44	1:41:25	1:30:41	10.6%
Fischer	Anne-Marie	39	1:41:15	1:35:50	5.3%
Fitzharris-Funk	Jennifer	37	1:19:50	1:15:04	6.0%
Flores Fioravanti	Melissa	33	1:42:23	1:39:31	2.8%
Flugstad	Leslie	41	1:58:49	1:57:17	1.3%
Franks	Molly	35	1:47:33	1:46:18	1.2%
Fuhr	Paula	38	1:27:25	1:24:40	3.1%
Fullenkamp-Taylor	Amy	41	1:57:05	1:55:25	1.4%
Gackle	Kristen	30	1:47:15	1:45:01	2.1%
Gens	Rhea	26	1:45:52	1:43:30	2.2%
George	Susan	56	2:15:43	2:12:16	2.5%
Gerhartz-Wolf	Sandra	42	1:33:38	1:29:30	4.4%
Gibbs	Dori	36	2:08:38	1:51:49	13.1%
Gilliland	Lisa	52	1:36:59	1:36:17	0.7%
Glommen	Beth	56	1:53:15	1:48:30	4.2%
Glueckstein	Carolyn	52	1:39:15	1:39:02	0.2%
Goldenberg	Debbie	41	1:38:52	1:35:25	3.5%
Goodrich	Colleen	46	1:46:43	1:39:48	6.5%
Greenberg	Jane	54	1:44:48	1:40:13	4.4%
Greenwood	Regina	45	1:45:47	1:40:03	5.4%
Hackmann	Winifred	44	2:31:57	2:18:16	9.0%
Haeg	Angela	39	1:28:52	1:25:24	3.9%

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Hahler	Kim	38	1:42:37	1:34:54	7.5%
Hankom	Laurette	46	2:02:20	1:55:26	5.6%
Hansen	Kathryn	54	1:52:27	1:49:35	2.5%
Harris	Keyana	29	1:51:18	1:47:46	3.2%
Harrison	Kari	41	1:37:57	1:34:39	3.4%
Hart	Wanda	40	1:53:46	1:48:25	4.7%
Hedge	Leann	51	1:53:24	1:49:38	3.3%
Hoенack	Laura	30	1:38:50	1:37:19	1.5%
Hoffman	Sarah	28	1:24:05	1:17:32	7.8%
Holmes	Titian	44	1:57:41	1:46:15	9.7%
Hu	Alison	26	1:52:58	1:44:41	7.3%
Humbert	Krista	20	1:35:30	1:35:17	0.2%
Huseby	Janet	50	1:40:06	1:39:25	0.7%
Huseby	Jessica	19	1:41:25	1:37:35	3.8%
Ingersoll	Reilly	15	1:43:01	1:30:30	12.2%
Ingersoll	Shannon	39	1:37:57	1:30:11	7.9%
Jorgensen	Diane	42	2:35:46	2:31:15	2.9%
Jorgensen	Emily	31	1:36:46	1:36:39	0.1%
Juaire	Nancy	41	1:55:23	1:46:41	7.5%
Karlen	Elizabeth	36	1:24:12	1:22:49	1.6%
Kaufman	Ingrid	38	1:31:12	1:30:44	0.5%
Kingsley	Kari	32	1:47:00	1:43:36	3.2%
Klaman	Theresa	57	1:42:34	1:41:12	1.3%
Kleinberg	Mary	60	2:46:21	2:30:06	9.8%
Kohs Gilbertson	Therese	49	1:55:11	1:49:01	5.4%
Krueger	Allison	37	1:52:26	1:41:15	9.9%
Lafave	Laura	40	1:38:57	1:37:23	1.6%
Lahr-Hill	Mary	58	1:41:35	1:40:03	1.5%
Laplant	Mona	43	1:41:37	1:40:46	0.8%
Larson	Kacie	33	1:38:37	1:30:51	7.9%
Lawrence	Jill	40	1:40:54	1:37:35	3.3%
Leshер	Dorothy	43	1:43:01	1:39:08	3.8%
Ley	Lisa	42	1:32:34	1:31:10	1.5%
Lind	Debra	56	1:55:10	1:48:09	6.1%
Lindstrom	Ann	33	1:38:28	1:38:11	0.3%
Loch	Deb	50	1:52:05	1:47:18	4.3%
Lockwood	Brenda	41	1:45:53	1:44:23	1.4%
Looney	Pamela	49	1:55:41	1:31:54	20.6%
Lucero	Rebecca	31	1:56:07	1:39:52	14.0%
Lundberg	Jane	44	2:33:49	2:03:21	19.8%

**The Power to Soar™**

Lundy	Ann	38	1:44:18	1:38:28	5.6%
Lyle	Ashley	26	1:52:57	1:52:05	0.8%
Lynch Jones	Lisa	46	1:33:43	1:29:30	4.5%
Lynch-O'brien	Colleen	51	1:29:50	1:27:15	2.9%
Madden	Alice	51	1:38:47	1:37:17	1.5%
Mahoney	Mary	46	1:43:56	1:42:03	1.8%
Maldonado	Inez	27	2:29:58	2:13:20	11.1%
Markham-Cousins	Carol	57	1:23:34	1:20:25	3.8%
Marschinke	Lisa	45	1:30:50	1:30:04	0.8%
Martinson	Sarah	31	1:39:09	1:32:49	6.4%
Matthews	Angela	41	2:02:47	1:57:49	4.0%
Mattison	Becky	40	1:34:12	1:30:26	4.0%
McDonald	Pat	53	1:35:39	1:30:55	4.9%
McKinley	Susan	41	1:41:50	1:37:13	4.5%
Meek	Connie	66	1:43:58	1:35:30	8.1%
Melquist	Amanda	35	1:37:36	1:36:58	0.6%
Meyer	Heidi	38	1:28:38	1:28:09	0.5%
Mikulich Ellis	Cathy	57	1:42:53	1:40:45	2.1%
Miller	Debra	49	1:49:35	1:42:45	6.2%
Miller	Jennifer	38	1:36:16	1:35:30	0.8%
Miller	Lynne	39	1:17:22	1:15:56	1.9%
Misukanis	Brenda	38	1:45:23	1:45:12	0.2%
Moe	Karen	39	1:52:56	1:42:31	9.2%
Moen	Karen	47	1:41:54	1:36:13	5.6%
Moen	Rachel	39	1:48:51	1:34:56	12.8%
Morgenthaler	Kiaja	32	1:43:27	1:40:01	3.3%
Moses-Thomsen	Emily	17	1:54:58	1:54:38	0.3%
Mossbarger	Sarah	31	2:00:54	2:00:48	0.1%
Muehlhausen	Jenny	40	2:08:39	2:03:28	4.0%
Mueller	Laura	28	2:02:48	1:40:28	18.2%
Nelson	Kati	17	1:47:03	1:33:03	13.1%
Nelson	Lisa	41	1:56:14	1:41:53	12.3%
Nelson	Sandy	50	1:40:21	1:37:29	2.9%
Nelson	Sarah	26	2:45:34	1:54:17	31.0%
Nienaber	Jennifer	40	1:45:35	1:41:52	3.5%
Norgel	Ali	25	1:24:59	1:23:26	1.8%
Norrgard	Barbara	62	1:53:43	1:52:51	0.8%
Novotny	Lydia	29	1:13:41	1:11:18	3.2%
Nowak	Sarah K	33	1:26:17	1:24:46	1.8%
Oberto	Mayra	42	1:43:14	1:40:58	2.2%

**The Power to Soar™**

Offutt	Sarah	26	1:36:49	1:29:03	8.0%
Olshanski	Susan	44	1:56:55	1:56:48	0.1%
Olson	Amanda	34	1:35:50	1:32:31	3.5%
O'Neill	Ariel	18	1:31:06	1:25:48	5.8%
Orfield	Jody	46	1:49:33	1:41:35	7.3%
Ortmeier	Sarah	35	2:05:43	1:49:43	12.7%
Pansch	Stephanie	27	2:01:33	2:01:00	0.5%
Pattee	Nicole	39	1:48:12	1:37:55	9.5%
Peleska	Rachelle	41	1:28:54	1:24:32	4.9%
Petersen	Elisha	30	1:57:56	1:50:06	6.6%
Peterson	Andrea	42	1:58:35	1:47:19	9.5%
Peterson	Hannah	34	1:53:31	1:53:05	0.4%
Phillips	Martha	53	1:57:19	1:54:00	2.8%
Pierce	Diana	58	2:02:14	1:56:24	4.8%
Polski Larson	Amy	44	1:47:22	1:44:01	3.1%
Prew	Bridgette	43	1:31:38	1:30:47	0.9%
Prinsen	Dawn	41	1:20:53	1:20:51	0.0%
Probst	Erin	41	1:39:32	1:27:45	11.8%
Revou	Alisa	56	1:41:03	1:37:18	3.7%
Ricke	Theresa	51	2:01:02	1:52:53	6.7%
Rixen	Jennifer	31	1:48:23	1:41:01	6.8%
Roach	Anne	30	1:30:41	1:29:34	1.2%
Robinson	Emily	33	1:43:52	1:36:32	7.1%
Roloff	Becky	58	1:53:36	1:52:48	0.7%
Rumore	Gina	34	1:21:06	1:19:36	1.8%
Rutherford	Brenna	28	1:21:41	1:19:22	2.8%
Rykken	Judy	74	2:01:56	1:57:51	3.3%
Sailer	Martina	34	1:18:39	1:17:07	1.9%
Sarabia	Mara	29	1:39:14	1:30:24	8.9%
Savage	Teresa	44	1:49:32	1:47:03	2.3%
Scharold	Kellie	35	1:37:35	1:35:09	2.5%
Schomaker	Heidi	40	1:35:27	1:33:21	2.2%
Schuldt	Sheri	50	1:50:23	1:46:51	3.2%
Seine	Amy	40	1:40:28	1:38:06	2.4%
Shane	Katherine	45	1:49:18	1:44:00	4.8%
Sharrow	Diana	28	1:29:57	1:29:41	0.3%
Shaver	Colleen	45	1:34:33	1:32:35	2.1%
Shea	Maggie	48	1:54:52	1:50:40	3.7%
Shipchandler	Rowzat	40	2:03:52	1:57:24	5.2%
Simpson	Greta	31	1:15:02	1:12:17	3.7%

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Slattery	Anne	46	1:53:47	1:45:46	7.0%
Slattery	Elisabeth	57	1:53:23	1:48:26	4.4%
Smith	Adrienne	35	1:39:30	1:35:57	3.6%
Smith	Anne	41	1:22:06	1:21:07	1.2%
Smith	Gail	43	1:31:16	1:31:02	0.3%
Soderstrom	Mary	48	1:42:59	1:36:31	6.3%
Speltz	Dawn	35	1:40:26	1:37:40	2.8%
Stancevic	Dobriła	58	1:52:00	1:43:55	7.2%
Still	Nicole	39	2:05:15	1:47:42	14.0%
Stonehouse	Mallory	26	1:54:26	1:51:47	2.3%
Sullivan	Lucy	31	1:37:23	1:31:03	6.5%
Svebakken	Amanda	34	1:41:34	1:40:14	1.3%
Swartz	Laura	46	1:16:05	1:14:09	2.5%
Sweeney	Deborah	45	1:55:47	1:54:53	0.8%
Syerson	Carol	53	1:37:17	1:33:07	4.3%
Tonjum	Dana	28	1:49:48	1:45:23	4.0%
Trautman	Beth	46	1:18:55	1:17:22	2.0%
Trok	Brenda	33	1:18:28	1:16:49	2.1%
Van Engen	Michelle	29	1:56:17	1:47:46	7.3%
Vandal	Melissa	33	1:45:07	1:38:33	6.2%
Vaughn	Adrienne	33	1:29:23	1:26:58	2.7%
Vaughn	Nicole	37	1:36:58	1:35:59	1.0%
Veit-Carter	Anna	30	1:39:20	1:30:25	9.0%
Villanueva	Aileen	37	2:05:04	1:54:08	8.7%
Voelkel	Rebecca	42	1:49:25	1:48:35	0.8%
Voneschen	Beth	49	1:56:12	1:52:39	3.1%
Voss	Alexandria	22	2:02:35	1:31:16	25.5%
Warneke	Kathryn	61	1:42:05	1:34:47	7.2%
Watson	Nicole	41	1:32:47	1:29:27	3.6%
Weber	Lana	45	1:47:31	1:43:54	3.4%
Weingarten	Linda	46	1:47:54	1:45:36	2.1%
Weinhaus	Maryn	36	1:36:47	1:35:30	1.3%
Wendel	Jacqueline	25	1:41:13	1:38:10	3.0%
Wetteland	Jennifer	34	1:30:14	1:28:24	2.0%
Whitehouse	Sara	34	1:41:00	1:32:37	8.3%
Widmer	Laura	31	1:49:03	1:34:38	13.2%
Wiedeman	Kaitlin	29	1:28:48	1:25:29	3.7%
Wilhelm	Laura	35	1:46:01	1:44:20	1.6%
Wilson	Kit	45	1:41:57	1:40:31	1.4%
Winchester	Michelle	47	2:59:47	2:11:40	26.8%

The Power to Soar™

Yerks	Stacie	32	2:01:24	1:48:10	10.9%
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**Percentage Improvement Listing of MOST IMPROVED**

Last Name	First Name	USAT Age	2011 Time	2012 Time	Percentage Improvement
Nelson	Sarah	26	2:45:34	1:54:17	30.97%
Winchester	Michelle	47	2:59:47	2:11:40	26.76%
Voss	Alexandria	22	2:02:35	1:31:16	25.55%
Looney	Pamela	49	1:55:41	1:31:54	20.56%
Lundberg	Jane	44	2:33:49	2:03:21	19.81%
Mueller	Laura	28	2:02:48	1:40:28	18.19%
Cagle	Lisa	34	1:55:41	1:37:06	16.06%
Elfering	Kristina	35	1:54:32	1:37:39	14.74%
Brooks	Nickey	41	2:00:04	1:43:03	14.17%
Still	Nicole	39	2:05:15	1:47:42	14.01%
Lucero	Rebecca	31	1:56:07	1:39:52	13.99%
Anderson	Amy	31	2:34:31	2:14:01	13.27%
Widmer	Laura	31	1:49:03	1:34:38	13.22%
Nelson	Kati	17	1:47:03	1:33:03	13.08%
Gibbs	Dori	36	2:08:38	1:51:49	13.07%
Moen	Rachel	39	1:48:51	1:34:56	12.79%
Bergjord	Laura	38	2:04:29	1:48:35	12.77%
Zubich	Geri-Anne	45	1:50:40	1:36:34	12.74%
Ortmeier	Sarah	35	2:05:43	1:49:43	12.73%
Nelson	Lisa	41	1:56:14	1:41:53	12.35%
Ingersoll	Reilly	15	1:43:01	1:30:30	12.15%
Probst	Erin	41	1:39:32	1:27:45	11.84%
Maldonado	Inez	27	2:29:58	2:13:20	11.09%
Yerks	Stacie	32	2:01:24	1:48:10	10.90%
Firth	Lisa	44	1:41:25	1:30:41	10.58%
Krueger	Allison	37	1:52:26	1:41:15	9.95%
Barr	Ellen	54	2:07:04	1:54:36	9.81%
Kleinberg	Mary	60	2:46:21	2:30:06	9.77%
Holmes	Titian	44	1:57:41	1:46:15	9.72%
Pattee	Nicole	39	1:48:12	1:37:55	9.50%
Peterson	Andrea	42	1:58:35	1:47:19	9.50%
Ferkingstad	Kris	41	2:23:13	2:09:38	9.48%
Calteaux	Tiffany	30	1:42:38	1:32:56	9.45%



**The Power to Soar™**

Moe	Karen	39	1:52:56	1:42:31	9.22%
Hackmann	Winifred	44	2:31:57	2:18:16	9.01%
Veit-Carter	Anna	30	1:39:20	1:30:25	8.98%
Sarabia	Mara	29	1:39:14	1:30:24	8.90%
Villanueva	Aileen	37	2:05:04	1:54:08	8.74%
Albright	Victoria	38	1:39:49	1:31:24	8.43%
Whitehouse	Sara	34	1:41:00	1:32:37	8.30%
Brown	Heather	27	1:39:50	1:31:41	8.16%
Meek	Connie	66	1:43:58	1:35:30	8.14%
Offutt	Sarah	26	1:36:49	1:29:03	8.02%
Currell	Jamie	29	1:46:36	1:38:07	7.96%
Ingersoll	Shannon	39	1:37:57	1:30:11	7.93%
Larson	Kacie	33	1:38:37	1:30:51	7.88%
Hoffman	Sarah	28	1:24:05	1:17:32	7.79%
Dooner	Anne	21	1:45:24	1:37:25	7.57%
Juaire	Nancy	41	1:55:23	1:46:41	7.54%
Hahler	Kim	38	1:42:37	1:34:54	7.52%
Hu	Alison	26	1:52:58	1:44:41	7.33%
Van Engen	Michelle	29	1:56:17	1:47:46	7.32%
Orfield	Jody	46	1:49:33	1:41:35	7.27%
Banchy	Cindy	52	1:43:49	1:36:17	7.26%
Stancevic	Dobriila	58	1:52:00	1:43:55	7.22%
Cook	Amy	40	1:42:46	1:35:23	7.18%
Warneke	Kathryn	61	1:42:05	1:34:47	7.15%
Robinson	Emily	33	1:43:52	1:36:32	7.06%
Slattery	Anne	46	1:53:47	1:45:46	7.05%
Covert	Sally	41	1:44:40	1:37:27	6.89%
Rixen	Jennifer	31	1:48:23	1:41:01	6.80%
Ricke	Theresa	51	2:01:02	1:52:53	6.73%
Petersen	Elisha	30	1:57:56	1:50:06	6.64%
Sullivan	Lucy	31	1:37:23	1:31:03	6.50%
Goodrich	Colleen	46	1:46:43	1:39:48	6.48%
Martinson	Sarah	31	1:39:09	1:32:49	6.39%
Soderstrom	Mary	48	1:42:59	1:36:31	6.28%
Vandal	Melissa	33	1:45:07	1:38:33	6.25%
Miller	Debra	49	1:49:35	1:42:45	6.24%
Bordsen	Deb	57	1:53:14	1:46:15	6.17%
Lind	Debra	56	1:55:10	1:48:09	6.09%
Behme	Beth	42	2:01:17	1:53:55	6.07%
Fitzharris-Funk	Jennifer	37	1:19:50	1:15:04	5.97%

**The Power to Soar™**

Betzer	Ginny	39	1:41:12	1:35:18	5.83%
O'Neill	Ariel	18	1:31:06	1:25:48	5.82%
Bauer	Nancy	65	1:44:25	1:38:25	5.75%
Hankom	Laurette	46	2:02:20	1:55:26	5.64%
Farris	Jill	33	1:34:56	1:29:35	5.64%
Lundy	Ann	38	1:44:18	1:38:28	5.59%
Moen	Karen	47	1:41:54	1:36:13	5.58%
Greenwood	Regina	45	1:45:47	1:40:03	5.42%
Kohs Gilbertson	Therese	49	1:55:11	1:49:01	5.35%
Fischer	Anne-Marie	39	1:41:15	1:35:50	5.35%
Shipchandler	Rowzat	40	2:03:52	1:57:24	5.22%
Berdahl	Barbara	42	1:37:13	1:32:16	5.09%
McDonald	Pat	53	1:35:39	1:30:55	4.95%
Anderson-Isaacson	Heidi	41	1:36:38	1:31:53	4.92%
Peleska	Rachelle	41	1:28:54	1:24:32	4.91%
Shane	Katherine	45	1:49:18	1:44:00	4.85%
Pierce	Diana	58	2:02:14	1:56:24	4.77%
Hart	Wanda	40	1:53:46	1:48:25	4.70%
McKinley	Susan	41	1:41:50	1:37:13	4.53%
Lynch Jones	Lisa	46	1:33:43	1:29:30	4.50%
Gerhartz-Wolf	Sandra	42	1:33:38	1:29:30	4.41%
Greenberg	Jane	54	1:44:48	1:40:13	4.37%
Slattery	Elisabeth	57	1:53:23	1:48:26	4.37%
Syverson	Carol	53	1:37:17	1:33:07	4.28%
Baltes	Doris	56	1:47:56	1:43:19	4.28%
Loch	Deb	50	1:52:05	1:47:18	4.27%
Glommen	Beth	56	1:53:15	1:48:30	4.19%
Matthews	Angela	41	2:02:47	1:57:49	4.05%
Muehlhausen	Jenny	40	2:08:39	2:03:28	4.03%
Tonjum	Dana	28	1:49:48	1:45:23	4.02%
Mattison	Becky	40	1:34:12	1:30:26	4.00%
Baldwin	Angela	28	1:48:38	1:44:20	3.96%
Cannon	Kathleen	62	2:10:01	2:04:55	3.92%
Haeg	Angela	39	1:28:52	1:25:24	3.90%
Huseby	Jessica	19	1:41:25	1:37:35	3.78%
Leshner	Dorothy	43	1:43:01	1:39:08	3.77%
Markham-Cousins	Carol	57	1:23:34	1:20:25	3.77%
Wiedeman	Kaitlin	29	1:28:48	1:25:29	3.73%
Revou	Alisa	56	1:41:03	1:37:18	3.71%
Simpson	Greta	31	1:15:02	1:12:17	3.67%

**The Power to Soar™**

Shea	Maggie	48	1:54:52	1:50:40	3.66%
Bebchuk	Karen	46	1:18:04	1:15:13	3.65%
Watson	Nicole	41	1:32:47	1:29:27	3.59%
Smith	Adrienne	35	1:39:30	1:35:57	3.57%
Nienaber	Jennifer	40	1:45:35	1:41:52	3.52%
Goldenberg	Debbie	41	1:38:52	1:35:25	3.49%
Olson	Amanda	34	1:35:50	1:32:31	3.46%
Harrison	Kari	41	1:37:57	1:34:39	3.37%
Weber	Lana	45	1:47:31	1:43:54	3.36%
Rykken	Judy	74	2:01:56	1:57:51	3.35%
Hedge	Leann	51	1:53:24	1:49:38	3.32%
Morgenthaler	Kiaja	32	1:43:27	1:40:01	3.32%
Lawrence	Jill	40	1:40:54	1:37:35	3.29%
Novotny	Lydia	29	1:13:41	1:11:18	3.23%
Schuldt	Sheri	50	1:50:23	1:46:51	3.20%
Kingsley	Kari	32	1:47:00	1:43:36	3.18%
Harris	Keyana	29	1:51:18	1:47:46	3.17%
Fuhr	Paula	38	1:27:25	1:24:40	3.15%
Polski Larson	Amy	44	1:47:22	1:44:01	3.12%
Voneschen	Beth	49	1:56:12	1:52:39	3.06%
Wendel	Jacqueline	25	1:41:13	1:38:10	3.01%
Jorgensen	Diane	42	2:35:46	2:31:15	2.90%
Lynch-O'brien	Colleen	51	1:29:50	1:27:15	2.88%
Baker	Karen	26	1:58:19	1:54:55	2.87%
Nelson	Sandy	50	1:40:21	1:37:29	2.86%
Rutherford	Brenna	28	1:21:41	1:19:22	2.84%
Phillips	Martha	53	1:57:19	1:54:00	2.83%
Flores Fioravanti	Melissa	33	1:42:23	1:39:31	2.80%
Speltz	Dawn	35	1:40:26	1:37:40	2.75%
Axberg	Pam Stegora	49	1:38:10	1:35:29	2.73%
Vaughn	Adrienne	33	1:29:23	1:26:58	2.70%
Hansen	Kathryn	54	1:52:27	1:49:35	2.55%
George	Susan	56	2:15:43	2:12:16	2.54%
Swartz	Laura	46	1:16:05	1:14:09	2.54%
Dankowski	Deann	48	1:44:51	1:42:12	2.53%
Brenegan	Heidi	39	1:54:54	1:52:01	2.51%
Bonnert	Eileen	50	1:18:38	1:16:40	2.50%
Scharold	Kellie	35	1:37:35	1:35:09	2.49%
Benson	Kristin	43	1:28:57	1:26:44	2.49%
Durham	Caroline	47	2:09:01	2:05:55	2.40%

**The Power to Soar™**

Seine	Amy	40	1:40:28	1:38:06	2.36%
Stonehouse	Mallory	26	1:54:26	1:51:47	2.32%
Broz	Pamela	44	1:47:42	1:45:15	2.27%
Savage	Teresa	44	1:49:32	1:47:03	2.27%
Gens	Rhea	26	1:45:52	1:43:30	2.24%
Arnold	Bridget	28	1:29:40	1:27:41	2.21%
Schomaker	Heidi	40	1:35:27	1:33:21	2.20%
Oberto	Mayra	42	1:43:14	1:40:58	2.20%
Weingarten	Linda	46	1:47:54	1:45:36	2.13%
Baumann	Ann	35	1:41:42	1:39:33	2.11%
Trok	Brenda	33	1:18:28	1:16:49	2.10%
Gackle	Kristen	30	1:47:15	1:45:01	2.08%
Shaver	Colleen	45	1:34:33	1:32:35	2.08%
Mikulich Ellis	Cathy	57	1:42:53	1:40:45	2.07%
Wetteland	Jennifer	34	1:30:14	1:28:24	2.03%
Every	Penny	30	1:45:13	1:43:07	2.00%
Trautman	Beth	46	1:18:55	1:17:22	1.96%
Sailer	Martina	34	1:18:39	1:17:07	1.95%
Miller	Lynne	39	1:17:22	1:15:56	1.85%
Rumore	Gina	34	1:21:06	1:19:36	1.85%
Norgel	Ali	25	1:24:59	1:23:26	1.82%
Mahoney	Mary	46	1:43:56	1:42:03	1.81%
Beyer	Brenda	53	1:52:46	1:50:46	1.77%
Nowak	Sarah K	33	1:26:17	1:24:46	1.76%
Karlen	Elizabeth	36	1:24:12	1:22:49	1.64%
Wilhelm	Laura	35	1:46:01	1:44:20	1.59%
Lafave	Laura	40	1:38:57	1:37:23	1.58%
Burch-Schoff	Cheryl	60	1:52:01	1:50:17	1.55%
Hoenack	Laura	30	1:38:50	1:37:19	1.53%
Carsello	Heidi	42	1:37:59	1:36:29	1.53%
Madden	Alice	51	1:38:47	1:37:17	1.52%
Ley	Lisa	42	1:32:34	1:31:10	1.51%
Lahr-Hill	Mary	58	1:41:35	1:40:03	1.51%
Fullenkamp-Taylor	Amy	41	1:57:05	1:55:25	1.42%
Lockwood	Brenda	41	1:45:53	1:44:23	1.42%
Wilson	Kit	45	1:41:57	1:40:31	1.41%
Klaman	Theresa	57	1:42:34	1:41:12	1.33%
Weinhaus	Maryn	36	1:36:47	1:35:30	1.33%
Berry	Mary	62	2:27:22	2:25:25	1.32%
Svebakken	Amanda	34	1:41:34	1:40:14	1.31%

**The Power to Soar™**

Flugstad	Leslie	41	1:58:49	1:57:17	1.29%
Allenburg	Paula	50	1:38:12	1:36:56	1.29%
Deleon	Danielle	21	1:35:56	1:34:45	1.23%
Roach	Anne	30	1:30:41	1:29:34	1.23%
Smith	Anne	41	1:22:06	1:21:07	1.20%
Franks	Molly	35	1:47:33	1:46:18	1.16%
Carodenuto	Rosemarie	57	2:05:24	2:03:57	1.16%
Vaughn	Nicole	37	1:36:58	1:35:59	1.01%
Brandt	Catherine	46	1:45:32	1:44:32	0.95%
Prew	Bridgette	43	1:31:38	1:30:47	0.93%
Marschinke	Lisa	45	1:30:50	1:30:04	0.84%
Laplant	Mona	43	1:41:37	1:40:46	0.84%
Miller	Jennifer	38	1:36:16	1:35:30	0.80%
Sweeney	Deborah	45	1:55:47	1:54:53	0.78%
Lyle	Ashley	26	1:52:57	1:52:05	0.77%
Norrgard	Barbara	62	1:53:43	1:52:51	0.76%
Voelkel	Rebecca	42	1:49:25	1:48:35	0.76%
Gilliland	Lisa	52	1:36:59	1:36:17	0.72%
Roloff	Becky	58	1:53:36	1:52:48	0.70%
Huseby	Janet	50	1:40:06	1:39:25	0.68%
Melquist	Amanda	35	1:37:36	1:36:58	0.65%
Ferrie	Alyssa	25	1:54:29	1:53:49	0.58%
Meyer	Heidi	38	1:28:38	1:28:09	0.55%
Kaufman	Ingrid	38	1:31:12	1:30:44	0.51%
Bautch	Mariah	34	2:32:10	2:31:26	0.48%
Pansch	Stephanie	27	2:01:33	2:01:00	0.45%
Fawkes	Terri	39	2:07:07	2:06:34	0.43%
Czech	Kelly	39	2:07:07	2:06:35	0.42%
Peterson	Hannah	34	1:53:31	1:53:05	0.38%
Sharrow	Diana	28	1:29:57	1:29:41	0.30%
Moses-Thomsen	Emily	17	1:54:58	1:54:38	0.29%
Lindstrom	Ann	33	1:38:28	1:38:11	0.29%
Smith	Gail	43	1:31:16	1:31:02	0.26%
Humbert	Krista	20	1:35:30	1:35:17	0.23%
Glueckstein	Carolyn	52	1:39:15	1:39:02	0.22%
Misukanis	Brenda	38	1:45:23	1:45:12	0.17%
Casey	Anne	34	1:35:19	1:35:10	0.16%
Cacich	Lindsey	28	1:45:38	1:45:29	0.14%
Jorgensen	Emily	31	1:36:46	1:36:39	0.12%
Edelman	Kim	44	1:34:54	1:34:48	0.11%



**MOST IMPROVED**  
**YWCA of Minneapolis Women's Triathlon**  
August 12, 2012 - Lake Nokomis, Minneapolis

**The Power to Soar™**

Olshanski	Susan	44	1:56:55	1:56:48	0.10%
Mossbarger	Sarah	31	2:00:54	2:00:48	0.08%
Prinsen	Dawn	41	1:20:53	1:20:51	0.04%