

Overall March 4, 2009

<u>FirstName</u>	<u>LastName</u>	<u>Classification</u>	<u>Course</u>	<u>Location</u>	<u>Age</u>	<u>Total Time</u>	<u>AVG MPH</u>	<u>AVG Watts</u>	<u>Watts/KG</u>
Spencer	Gaddy	Men's A	10 mile	Uptown		25.14	23.77	290	4.72
Lat	Purser	Men's A 40+	10 mile	Uptown		26.26	22.69	277	3.62
Jim	Keffer	Men's A 40+	10 mile	Pineville	43	26.46	22.41	261.21	3.59
Jim	Karmozyn	Men's A 40+	10 mile	Uptown		27.34	21.76	243	3.38
Jim	Millikan	Men's B 40+	10 mile	Pineville	43	27.42	21.66	272.71	2.2
Steve	White	Men's A	10 mile	Uptown		27.51	21.54	238	3.23
Randy	Whitt	Men's B 40+	10 mile	Pineville	63	28.19	21.18	231.19	3.08
Matthew	Favreau	Men's A	10 mile	Uptown		29.13	20.53	224	2.81
Lauren	Beastall	Women's A	10 mile	Uptown		30.10	19.89	184	3.11
Scott	Lungdren	Men's B	10 mile	Uptown		30.56	19.39	182	2.61
Rich	Larsen	Men's B	10 mile	Uptown		31.21	19.13	191	2.36
Gary	West	Men's B	10 mile	Uptown		39.32	15.17	121	1.43

Age Group**Mens A U40**

<u>FirstName</u>	<u>LastName</u>	<u>Classification</u>	<u>Course</u>	<u>Location</u>	<u>Age</u>	<u>Total Time</u>	<u>AVG MPH</u>	<u>AVG Watts</u>	<u>Watts/KG</u>
Spencer	Gaddy	Men's A	10 mile	Uptown		25.14	23.77	290	4.72
Steve	White	Men's A	10 mile	Uptown		27.51	21.54	238	3.23
Matthew	Favreau	Men's A	10 mile	Uptown		29.13	20.53	224	2.81

Mens A 40+

<u>FirstName</u>	<u>LastName</u>	<u>Classification</u>	<u>Course</u>	<u>Location</u>	<u>Age</u>	<u>Total Time</u>	<u>AVG MPH</u>	<u>AVG Watts</u>	<u>Watts/KG</u>
Lat	Purser	Men's A 40+	10 mile	Uptown		26.26	22.69	277	3.62
Jim	Keffer	Men's A 40+	10 mile	Pineville	43	26.46	22.41	261.21	3.59
Jim	Karmozyn	Men's A 40+	10 mile	Uptown		27.34	21.76	243	3.38

Mens B U40

<u>FirstName</u>	<u>LastName</u>	<u>Classification</u>	<u>Course</u>	<u>Location</u>	<u>Age</u>	<u>Total Time</u>	<u>AVG MPH</u>	<u>AVG Watts</u>	<u>Watts/KG</u>
Scott	Lungdren	Men's B	10 mile	Uptown		30.56	19.39	182	2.61
Rich	Larsen	Men's B	10 mile	Uptown		31.21	19.13	191	2.36
Gary	West	Men's B	10 mile	Uptown		39.32	15.17	121	1.43

Mens B 40+

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Jim	Millikan	Men's B 40+	10 mile	Pineville	43	27.42	21.66	272.71	2.2
Randy	Whitt	Men's B 40+	10 mile	Pineville	63	28.19	21.18	231.19	3.08

Womens A U40

<u>FirstName</u>	<u>LastName</u>	<u>Classification</u>	<u>Course</u>	<u>Location</u>	<u>Age</u>	<u>Total Time</u>	<u>AVG MPH</u>	<u>AVG Watts</u>	<u>Watts/KG</u>
Lauren	Beastall	Women's A	10 mile	Uptown		30.10	19.89	184	3.11

Womens A 40+

Womens B U40

Womens B 40+

Points Classification

<u>Mens A U40</u>			<u>Points</u>	<u>TotalOverall</u>
Spencer	Gaddy	Men's A	20	20
Steve	White	Men's A	17	17
Matthew	Favreau	Men's A	15	15

Mens A 40+

Lat	Purser	Men's A 40+	20	20
Jim	Keffer	Men's A 40+	17	17
Jim	Karmozyn	Men's A 40+	15	15

Mens B U40

Scott	Lungdren	Men's B	20	20
Rich	Larsen	Men's B	17	17
Gary	West	Men's B	15	15

Mens B 40+

Jim	Millikan	Men's B 40+	20	20
Randy	Whitt	Men's B 40+	17	17

Womens A U40

Lauren	Beastall	Women's A	20	20
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Womens A 40+

Womens B U40

Womens B 40+