

Week 9 June 12, 2009

<u>First</u>	<u>LastName</u>	<u>Classification</u>	<u>Age</u>	<u>Course</u>	<u>Location</u>	<u>Total Time</u>	<u>AVG MPH</u>	<u>AVG Watts</u>	<u>Watts/KG</u>	<u>Weight</u>
Robert	Kendrick	Mens A 40+		Lowenbrau	Pineville	22.37.99	23.33	314.48	4.49	153/69.90
Rick	Hoffarth	Mens A 40+	51	Lowenbrau	Pineville	23.43.66	22.26	294.14	3.97	163/74.09
Craig	Fischer	Mens A 40+	44	Lowenbrau	Pineville	23.51.70	22.13	312.51	3.46	200/90.9
Tom	Fenig	Mens A 40+	53	Lowenbrau	Pineville	24.54.85	21.19	255.59	3.5	
Terry	Slifer	Mens B		Lowenbrau	Pineville	25.07.22	21.02	238.95	3.66	143/65
Jim	Keffer	Mens A 40+	43	Lowenbrau	Pineville	25.15.90	20.9	250.46	3.43	160/72.72
Scott	Olson	Mens B		Lowenbrau	Pineville	26.04.60	20.25	242.53	3.14	169/77
Melissa	McDonald	Womens B 40+		Lowenbrau	Pineville	26.09.50	20.18	227.12	3.43	147/66
Randy	Whitt	Mens B 40+	63	Lowenbrau	Pineville	26.50.31	19.67	227.89	2.94	165/75
Melinda	Presson	Womens A 40+	44	Lowenbrau	Pineville	27.46.22	19.01	199.71	2.53	150/68
Laura	Gleason	Womens B	38	Lowenbrau	Pineville	27.50.37	18.97	169.33	3.48	110/50

**Age Group**

**Mens A**

<u>FirstName</u>	<u>LastName</u>	<u>Classification</u>	<u>Age</u>	<u>Course</u>	<u>Location</u>	<u>Total Time</u>	<u>AVG MPH</u>	<u>AVG Watts</u>	<u>Watts/KG</u>	<u>Weight</u>
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**Mens A 40+**

<u>FirstName</u>	<u>LastName</u>	<u>Classification</u>	<u>Age</u>	<u>Course</u>	<u>Location</u>	<u>Total Time</u>	<u>AVG MPH</u>	<u>AVG Watts</u>	<u>Watts/KG</u>	<u>Weight</u>
Robert	Kendrick	Mens A 40+		Lowenbrau	Pineville	22.37.99	23.33	314.48	4.49	153/69.90
Rick	Hoffarth	Mens A 40+	51	Lowenbrau	Pineville	23.43.66	22.26	294.14	3.97	163/74.09
Craig	Fischer	Mens A 40+	44	Lowenbrau	Pineville	23.51.70	22.13	312.51	3.46	200/90.9
Tom	Fenig	Mens A 40+	53	Lowenbrau	Pineville	24.54.85	21.19	255.59	3.5	
Jim	Keffer	Mens A 40+	43	Lowenbrau	Pineville	25.15.90	20.9	250.46	3.43	160/72.72

**Mens B**

Terry	Slifer	Mens B		Lowenbrau	Pineville	25.07.22	21.02	238.95	3.66	143/65
Scott	Olson	Mens B		Lowenbrau	Pineville	26.04.60	20.25	242.53	3.14	169/77

**Mens B 40+**

<u>FirstName</u>	<u>LastName</u>	<u>Classification</u>	<u>Age</u>	<u>Course</u>	<u>Location</u>	<u>Total Time</u>	<u>AVG MPH</u>	<u>AVG Watts</u>	<u>Watts/KG</u>	<u>Weight</u>
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Randy	Whitt	Mens B 40+	63	Lowenbrau	Pineville	26.50.31	19.67	227.89	2.94	165/75
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Womens A

<u>FirstName</u>	<u>LastName</u>	<u>Classification</u>	<u>Age</u>	<u>Course</u>	<u>Location</u>	<u>Total Time</u>	<u>AVG MPH</u>	<u>AVG Watts</u>	<u>Watts/KG</u>	<u>Weight</u>
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Womens A 40+

<u>FirstName</u>	<u>LastName</u>	<u>Classification</u>	<u>Age</u>	<u>Course</u>	<u>Location</u>	<u>Total Time</u>	<u>AVG MPH</u>	<u>AVG Watts</u>	<u>Watts/KG</u>	<u>Weight</u>
Melinda	Presson	Womens A 40+	44	Lowenbrau	Pineville	27.46.22	19.01	199.71	2.53	150/68

Womens B 40+

<u>FirstName</u>	<u>LastName</u>	<u>Classification</u>	<u>Age</u>	<u>Course</u>	<u>Location</u>	<u>Total Time</u>	<u>AVG MPH</u>	<u>AVG Watts</u>	<u>Watts/KG</u>	<u>Weight</u>
Melissa	McDonald	Womens B 40+	50	2006 Tri worlds	Pineville	24.43.74	22.04	206.73	3.3	147/66

Womens B

<u>FirstName</u>	<u>LastName</u>	<u>Classification</u>	<u>Age</u>	<u>Course</u>	<u>Location</u>	<u>Total Time</u>	<u>AVG MPH</u>	<u>AVG Watts</u>	<u>Watts/KG</u>	<u>Weight</u>
Laura	Gleason	Womens B	38	Lowenbrau	Pineville	27.50.37	18.97	169.33	3.48	110/50