

# AACC DV Clockwise Lap Start to Finish

Distance      Avg Grade      Lowest Elev      Highest Elev      Elev Difference  
 11.39mi    0%      5,090ft    5,685ft    595ft

Cat	Rank	Name	Date	Speed	HR	Power	Time
A	1	Mihai Filimon	21-Apr-20	23.2mi/h	168bpm	302W	29:28
A	2	Kevin Willitts	21-Apr-20	22.5mi/h	145bpm	213W	30:19
A	3	Robert Braun	21-Apr-20	22.3mi/h	-	-	30:39
A	4	Dustin Hess	21-Apr-20	21.9mi/h	-	271W	31:12
A	5	Randy Volkmar	25-Apr-20	21.6mi/h	151bpm	224W	31:40
A	6	Brian R. Hamilton	23-Apr-20	21.5mi/h	157bpm	217W	31:44
B	7	Randy Jacobs	23-Apr-20	21.0mi/h	-	227W	32:34
B	8	Joseph Whiteley	23-Apr-20	20.5mi/h	157bpm	221W	33:16
A	9	Mark Schwartz/CA Alps Cycling	22-Apr-20	20.5mi/h	162bpm	257W	33:25
C	10	Bill Magladry	23-Apr-20	19.7mi/h	-	186W	34:46
B	11	Nigel Leigh	25-Apr-20	19.6mi/h	-	-	34:50
C	12	Tom Mapes	23-Apr-20	19.4mi/h	-	185W	35:12
C	13	Thomas Walker	23-Apr-20	19.4mi/h	167bpm	214W	35:14
B	14	Michael B	26-Apr-20	19.3mi/h	-	-	35:28
C	15	Val DellaRusso	22-Apr-20	19.1mi/h	158bpm	146W	35:46
C	16	Dave Alexander	25-Apr-20	19.0mi/h	-	171W	35:59
B	17	Jennie Hamiter	26-Apr-20	18.8mi/h	156bpm	146W	36:18
A	18	willie wafflemaker	26-Apr-20	18.1mi/h	-	175W	37:45
D	19	Jim LaHue	23-Apr-20	18.0mi/h	-	171W	37:54
D	20	Desiree Aarts	25-Apr-20	17.9mi/h	-	-	38:17
D	21	Lori Kroboth	23-Apr-20	17.4mi/h	168bpm	127W	39:12
C	22	Jeffrey Milligan	24-Apr-20	17.4mi/h	177bpm	171W	39:20
C	23	Brian Dempsey	23-Apr-20	17.2mi/h	-	158W	39:45
D	24	Tammy DeGiovanni	25-Apr-20	17.2mi/h	-	-	39:51
D	25	Louise Hose	26-Apr-20	17.0mi/h	144bpm	169W	40:08
D	26	Henri Evard	21-Apr-20	16.3mi/h	-	144W	42:01
D	27	Mighty Moose	24-Apr-20	15.9mi/h	-	131W	42:55
C	28	Francis Dixon	29-Apr-20	15.9mi/h	-	179W	43:03
D	29	Jordan Brooks*	26-Apr-20	15.9mi/h	-	-	43:42
D	30	Carlo Luri	24-Apr-20	15.4mi/h	-	156W	44:20
D	31	Meghan Dorris	24-Apr-20	15.1mi/h	-	127W	45:18
D	32	PD Giltner	24-Apr-20	15.1mi/h	160bpm	-	45:19
D	33	Austin Sass	21-Apr-20	15.1mi/h	-	137W	45:21
D	34	Honey Bear**	25-Apr-20	11.1mi/h	-	-	1:03:44

\*Strava user error.

\*\*On a MTB on a route she made up with equal mileage and elevation gain at a higher altitude.

# Franktown Time Trial

Distance      Avg Grade      Lowest Elev      Highest Elev      Elev Difference  
 7.77mi    0%      4,906ft    5,092ft    186ft

Cat	Rank	Name	Date	Speed	HR	Power	Time
B	1	William Cassity	24-Apr-20	22.6mi/h	122bpm	255W	20:36
B	2	Rob Schofield	21-Apr-20	22.3mi/h	-	252W	20:53
B	3	Robert Gagen	25-Apr-20	20.8mi/h	142bpm	-	22:29
C	4	Ron Sandoval	25-Apr-20	20.6mi/h	166bpm	188W	22:41
D	5	Louise Hose	21-Apr-20	20.2mi/h	141bpm	168W	23:08
D	6	Jim LaHue	26-Apr-20	19.7mi/h	-	172W	23:43
C	7	Keith Benson	21-Apr-20	19.5mi/h	159bpm	250W	23:58
C	8	David Machen	25-Apr-20	18.6mi/h	-	156W	25:06
D	9	Mighty Moose	25-Apr-20	16.2mi/h	-	107W	28:44