

# AACC Pinenut RR Lap

Distance      Avg Grade      Lowest Elev      Highest Elev      Elev Difference  
**9.97mi    0%    4,904ft    5,403ft    499ft**

Cat	Rank	Name	Date	Speed	HR	Power	Time
A	1	Frank Winters	15-May-20	24.2mi/h	140bpm	384W	24:42
A	2	Mihai Filimon	14-May-20	24.0mi/h	-	283W	24:58
A	3	Robert Braun	15-May-20	23.9mi/h	-	-	25:03
A	4	Kevin Willitts	15-May-20	23.1mi/h	150bpm	251W	25:55
A	5	Dustin Hess	11-May-20	23.1mi/h	-	287W	25:56
A	6	Willie Wafflemaker	13-May-20	22.3mi/h	-	224W	26:52
A	7	Brian R. Hamilton	14-May-20	21.5mi/h	158bpm	205W	27:46
B	7	Michael B	16-May-20	21.5mi/h	-	-	27:46
B	9	Joseph Whiteley	15-May-20	21.5mi/h	166bpm	216W	27:47
A	10	Mark Schwartz/CA Alps Cycling	15-May-20	21.5mi/h	172bpm	259W	27:51
B	11	Robert Gagen	16-May-20	20.8mi/h	143bpm	-	28:46
C	12	Pistol Pete	15-May-20	20.6mi/h	-	236W	29:04
B	13	Jim Wire	14-May-20	20.2mi/h	-	-	29:35
B	14	Randy Jacobs	13-May-20	20.1mi/h	-	182W	29:42
C	15	Thomas Walker	16-May-20	20.1mi/h	164bpm	229W	29:47
C	16	Bill Maglady	15-May-20	20.0mi/h	-	171W	29:58
D	17	Louise Hose	15-May-20	19.1mi/h	144bpm	167W	31:24
D	18	Jim LaHue	15-May-20	19.0mi/h	-	137W	31:25
C	19	Jeffrey Milligan	15-May-20	19.0mi/h	176bpm	188W	31:30
C	20	Dave Alexander	14-May-20	18.8mi/h	-	157W	31:49
B	21	Nigel Leigh	13-May-20	18.7mi/h	-	-	32:02
D	22	Desiree Aarts	16-May-20	18.6mi/h	-	-	32:10
D	23	Lori Kroboth	14-May-20	18.5mi/h	167bpm	138W	32:21
C	24	Kirt Willard	15-May-20	18.2mi/h	-	152W	32:50
D	25	Tammy DeGiovanni	13-May-20	17.5mi/h	-	-	34:10
C	26	Brian Dempsey	15-May-20	17.2mi/h	-	164W	34:50
D	27	Meghan Dorris	15-May-20	17.1mi/h	-	134W	34:55
D	28	Jordan Brooks	14-May-20	16.7mi/h	172bpm	161W	35:53
D	29	PD Giltner	15-May-20	16.6mi/h	152bpm	-	36:04
D	30	Leon Malmed	15-May-20	16.4mi/h	-	115W	36:30
D	31	Henri Evard	15-May-20	16.0mi/h	-	122W	37:26
C	32	Kathy Chappell	15-May-20	15.0mi/h	152bpm	-	39:46
D	33	Honey Bear*	13-May-20	12.6mi/h	-	-	47:31

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

# Gieger Time Trial (Official)

Distance      Avg Grade      Lowest Elev      Highest Elev      Elev Difference      Climb Category  
**7.71mi    5%    4,527ft    6,569ft    2,042ft    2**

Cat	Rank	Name	Date	Speed	HR	Power	Time
A	1	Frank Winters	13-May-20	12.9mi/h	149bpm	294W	35:50
B	2	Michael B	15-May-20	11.3mi/h	-	-	41:09
B	3	Jennie Hamiter	15-May-20	10.1mi/h	143bpm	160W	45:38
C	4	Tod Conover	15-May-20	9.5mi/h	-	200W	48:47
C	5	Ron Sandoval	13-May-20	9.0mi/h	161bpm	213W	51:15
C	6	David Machen	13-May-20	7.3mi/h	-	173W	1:03:22
D	7	Mighty Moose	13-May-20	7.0mi/h	-	122W	1:06:27
D	8	Jordan Brooks	16-May-20	6.9mi/h	174bpm	175W	1:07:34
D	9	Jim LaHue	16-May-20	6.5mi/h	-	188W	1:10:58
D	10	Louise Hose	16-May-20	5.3mi/h	119bpm	127W	1:28:08

