AACC Fredricksburg Two Up Time Trial

Distance	Avg Grade	Lowest Elev	Highest Elev	Elev Difference
17.20mi	0%	4,799ft	5,118ft	320ft

Cat	Rank	Name	Date	Speed	HR	Power	Time
A	1	Mihai Filimon	26-Jun-20	24.7mi/h	-	310W	41:49
A	1	Kevin Willitts	26-Jun-20	24.7mi/h	141bpm	309W	41:50
A	2	Dustin Hess	23-Jun-20	23.8mi/h	165bpm	287W	43:27
B	3	Jennie Hamiter	22-Jun-20	21.6mi/h	159bpm	195W	47:48
B	3	Michael B	22-Jun-20	21.6mi/h	-	-	47:49
B	4	Joseph Whiteley	29-Jun-20	21.5mi/h	151bpm	226W	47:57
C	4	Pistol Pete	29-Jun-20	21.5mi/h	-	254W	47:57
A	5	Mark Schwartz	2-Jul-20	21.4mi/h	164bpm	266W	48:16
A	6	Brian R. Hamilton	23-Jun-20	21.3mi/h	149bpm	197W	48:34
D	6	Lori Kroboth	23-Jun-20	21.2mi/h	161bpm	187W	48:35
B	7	Jim Wire	25-Jun-20	20.9mi/h	-	-	49:22
B	8	Robert Gagen	3-Jul-20	20.8mi/h	140bpm	-	49:40
D	9	Desiree Aarts	24-Jun-20	20.4mi/h	-	-	50:36
B	9	Nigel Leigh	24-Jun-20	20.4mi/h	-	-	50:36
D	10	Tammy DeGiovanni	24-Jun-20	20.4mi/h	-	-	50:38
C	11	Jeffrey Milligan	27-Jun-20	20.0mi/h	170bpm	200W	51:31
B	12	Randy Jacobs	26-Jun-20	20.0mi/h	-	178W	51:38
D	13	Austin Sass	27-Jun-20	19.2mi/h	140bpm	140W	53:46
C	13	Kirt Willard	27-Jun-20	19.2mi/h	-	175W	53:47
C	14	Bill Magladry	23-Jun-20	18.7mi/h	-	153W	55:06
D	15	Leon Malmed	27-Jun-20	18.5mi/h	-	143W	55:57
D	15	Craig Swarthout	27-Jun-20	18.4mi/h	-	162W	56:02
D	16	Jim LaHue	22-Jun-20	17.7mi/h	144bpm	146W	58:21
D	17	Mighty Moose	2-Jul-20	17.6mi/h	-	133W	58:39
D	18	Jordan Brooks	25-Jun-20	17.6mi/h	171bpm	186W	58:46
D	19	Lesley Tuggle	25-Jun-20	17.2mi/h	136bpm	94W	59:58
C	19	Kathy Chappell	25-Jun-20	17.2mi/h	130bpm	-	59:59
C	20	Ron Sandoval	28-Jun-20	16.8mi/h	132bpm	168W	1:01:31
C	20	David Machen	28-Jun-20	16.7mi/h	-	157W	1:01:57
D	21	Meghan D	3-Jul-20	16.6mi/h	-	112W	1:02:20
D	22	Honey Bear*	24-Jun-20	15.1mi/h	-	-	1:07:53
D	23	Henri Evard	28-Jun-20	13.9mi/h	118bpm	112W	1:14:01

*On her Road Bike on a route she made up with equal elevation gain and more mileage at a higher altitude.

Cold Springs TT - 2 laps

Distance	Avg Grade	Lowest Elev	Highest Elev	Elev Difference
13.61mi	0%	4,957ft	5,085ft	128ft

Cat	Rank	Name	Date	Speed	HR	Power	Time