

# AACC Eagle Ridge - X Laps

Distance      Avg Grade      Lowest Elev      Highest Elev      Elev Difference  
 1.68mi    0%    4,850ft    5,062ft    213ft

Cat	Rank	Name	Date	Speed	HR	Power	One	Two	Three	Four	Five
A	1	Greg Tafoya	12-Jul-20	18.1mi/h	171bpm	238W	5:06	10:43	16:21	22:08	27:57
A	2	Kevin Willitts	10-Jul-20	17.3mi/h	145bpm	202W	5:31	11:28	17:29	23:25	29:14
A	3	Mihai Filimon	11-Jul-20	16.8mi/h	-	241W	5:18	11:22	17:29	23:49	30:10
A	4	Brian R. Hamilton	11-Jul-20	N/A	136bpm	183W	5:50	12:08	18:20	*24:22	*30:20
A	5	Mark Schwartz	12-Jul-20	15.6mi/h	163bpm	263W	6:21	12:56	19:28	25:25	32:20
B	1	Chad Lipovsky	7-Jul-20	17.0mi/h	-	218W	5:48	11:47	17:50	23:48	
B	2	Michael B	11-Jul-20	16.4mi/h	-	-	5:31	11:44	18:16	24:40	
B	3	Jennie Hamiter	6-Jul-20	15.9mi/h	152bpm	168W	6:15	12:39	19:08	25:25	
B	4	Joseph Whiteley	9-Jul-20	N/A	160bpm	192W	6:25	13:29	20:33	*27:00	
B	5	Jim Wire	10-Jul-20	14.9mi/h	-	-	6:42	13:29	20:21	27:14	
B	6	Robert Gagen	11-Jul-20	14.2mi/h	-	-	6:44	14:00	21:40	28:28	
B	7	Randy Jacobs	12-Jul-20	14.1mi/h	-	173W	6:37	13:42	21:05	28:41	
C	1	Pistol Pete	6-Jul-20	14.0mi/h	-	223W	6:55	14:10	21:34		
C	2	Bill Magladry	7-Jul-20	13.6mi/h	-	168W	7:12	14:34	22:16		
C	3	Jeffrey Milligan	12-Jul-20	13.4mi/h	-	175W	7:24	15:06	22:41		
D	1	Lori Kroboth	11-Jul-20	N/A	150bpm	122W	6:26	*13:23			
D	2	Desiree Aarts	9-Jul-20	14.3mi/h	-	-	7:00	14:05			
D	3	Jim LaHue	12-Jul-20	14.0mi/h	150bpm	190W	6:49	14:27			
D	4	Tammy DeGiovanni	9-Jul-20	13.7mi/h	-	-	7:05	14:42			
D	5	Austin Sass	11-Jul-20	12.7mi/h	-	176W	7:42	15:56			
D	6	Meghan D	9-Jul-20	12.4mi/h	-	147W	7:57	16:14			
D	7	Leon Malmed	11-Jul-20	12.1mi/h	-	139W	7:57	16:40			
D	8	PD Giltner	10-Jul-20	11.9mi/h	150bpm	-	8:18	16:54			
C	9	Jerry Lasarow	11-Jul-20	11.9mi/h	-	132W	8:13	16:59			
D	10	Henri Evard	12-Jul-20	11.3mi/h	122bpm	132W	8:48	17:54			
D	11	Honey Bear**	8-Jul-20	10.0mi/h	-	-	N/A	20:47			

\*Reconstructed times based on live tracking reports and/or post analysis on Strava

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

# 10 miles of Aircenter

Distance      Avg Grade      Lowest Elev      Highest Elev      Elev Difference  
 10.72mi    0%    4,373ft    4,394ft    20ft

Cat	Rank	Name	Date	Speed	HR	Power	Time
A	1	Greg Tafoya	10-Jul-20	25.1mi/h	175bpm	283W	25:37
C	2	Ron Sandoval	9-Jul-20	22.8mi/h	165bpm	244W	28:16
C	3	Jeffrey Milligan	11-Jul-20	20.7mi/h	157bpm	180W	31:09
C	4	David Machen	9-Jul-20	20.3mi/h	-	177W	31:41
D	5	Mighty Moose	9-Jul-20	19.3mi/h	-	122W	33:21