

## TIME TRIAL RESULTS - JULY 8-2010

NAME	CLOCK TIME		ACTUAL BIKE TIME	KM	MIN/KM	KM/H		CLOCK TIME		ACTUAL RUN TIME	KM	MIN/KM
	START	FINISH						START	FINISH			
Jeff Rodgers	0:02:00	0:31:29	0:29:29	16.3	01:48.5	33.2		0:04:30	0:20:53	0:16:23	3.0	05:27.7
John Offett	0:04:00	0:30:15	0:26:15	16.3	01:36.6	37.3		0:05:40	0:17:40	0:12:00	3.0	04:00.0
Charlene Peck	0:00:00	0:37:21	0:37:21	16.3	02:17.5	26.2		0:03:30	0:19:13	0:15:43	3.0	05:14.3
Marty Martelle	0:03:00	0:30:58	0:27:58	16.3	01:42.9	35.0		0:04:45	0:18:31	0:13:46	3.0	04:35.3
Glen Lewis	0:01:00	0:40:25	0:39:25	16.3	02:25.1	24.8		0:03:00	0:22:30	0:19:30	3.0	06:30.0
David Bialkowski	0:05:00	0:30:05	0:25:05	16.3	01:32.3	39.0		0:06:00	0:17:30	0:11:30	3.0	03:50.0

The eighth Bike/Run Time Trial of 2010 was completed after a break last week for Canada Day. Weather conditions: Sunny, light winds, 32'C & very humid. Welcome to John and Jeff who were out for their first time trial of the season. PB on the bike and run for Jeff and a PB on the bike for Marty.