

**SOUTHWEST OHIO INDOOR TIME TRIAL SERIES  
RESULTS - 15 Nov 2009**

FIRST NAME	LAST NAME	AGE GROUP	FINISH TIME	MPH AVG	MPH PEAK	WATTS AVG	WATTS PEAK	HR AVG	HR PEAK
SHAYNE	DILLENGER	40-49	15:07.0	24.61	32.9	369.39	606	0	0
DAN	WAITE	50-59	15:22.8	24.19	30.74	362.16	600	0	0
MARK	CROUCH	50-59	15:32.3	23.94	32.36	292.13	651	0	0
PAUL	ROUSE	60-69	15:42.5	23.68	29.88	315.49	434	0	0
JASON	PETERSON	30-39	16:03.8	23.16	28.38	345.72	684	0	0
AARON	BRATKA	30-39	16:09.0	23.04	28.82	305.13	595	0	0
BO	SHERMAN	30-39	16:25.6	22.65	27.08	319.03	601	0	0
STAN	HUFFMAN	50-59	16:30.5	22.54	28.92	290.96	444	171.03	187
DAVID	BENNER	50-59	16:58.7	21.91	28.18	298.81	566	0	0
CRAIG	SILBER	50-59	17:01.6	21.85	27.64	265.38	471	171.45	175
KIPP	SILBER	15-18	17:06.8	21.74	26.2	245.56	394	0	0
DAN	MCCARTY	40-49	17:11.9	21.63	29.92	276.75	492	0	0
GUY	SMALLWOOD	50-59	17:22.8	21.41	27.48	256.76	463	176.85	184
TERRA	KIER	19-29	17:28.3	21.29	27.46	225.59	464	0	0
CHRIS	GUSTIN	30-39	17:33.4	21.19	28.14	242.48	396	151.64	167
GARY	HICKEY	60-69	17:33.5	21.19	28.56	240.3	507	164.69	182
GEORGE	COLLINS	40-49	17:50.5	20.85	26.3	274.26	517	0	0
DON	BILL	50-59	17:51.9	20.84	26.8	251.3	520	0	0
JOHN	DALLMAN	50-59	18:00.6	20.66	26.96	261.04	371	0	0
RODNEY	FRUEAUF	50-59	18:18.7	20.32	27.72	258.29	358	0	0
NICK	CHENOWETH	19-29	18:27.2	20.16	25.84	221.73	558	0	0
NATHAN	DENTON	15-18	18:34.5	20.03	24.94	232.4	681	0	0
JEFF	DENTON	40-49	18:57.2	19.63	26.74	225.38	610	0	0
NATHAN	DENTON	15-18	19:02.9	19.53	26.46	226.81	640	0	0
MARK	WHITT	40-49	19:05.7	19.48	25.98	221.41	510	0	0
RICK	NEALE	19-29	19:09.5	19.43	25.12	219.09	532	0	0
CINDY	SMALLWOOD	50-59	19:11.4	19.39	24.08	183.92	302	0	0
RICHARD	ROETTKER	50-59	19:11.6	19.38	23.9	219.98	467	0	0
JOSEPH	RIPPE	30-39	19:20.3	19.24	26.06	278.49	608	0	0
JOHN	KRISTOFF	40-49	19:25.6	19.15	30.08	249.17	491	0	0
LINDA	EDWARDS	50-59	19:35.3	18.99	25.92	183.64	308	43	43
LORNA	WATERS-TELLEZ	40-49	19:37.9	18.95	25.5	185.47	278	0	0
JEANETTE	SHIRES	40-49	19:38.4	18.94	25.68	187.56	298	0	0
DENNY	MURRAY	50-59	19:53.5	18.7	25.38	205.49	316	0	0
JENNI	ANTICOLI	40-49	20:28.6	18.17	23.62	190.09	436	0	0
DEAN	HERTERT	60-69	20:39.7	18.01	26	211.63	555	0	0
STEPHANIE	MYERS	30-39	21:20.3	17.43	23.04	186.56	352	0	0
DAN	FELDKAMP	40-49	21:35.5	17.23	25.54	206.74	527	62	62
GLENDA	HICKEY	50-59	21:41.4	17.15	27.98	147.9	446	167.74	188
SCOTT	MYERS	40-49	21:44.7	17.11	22.06	220.09	439	0	0
ROY	SIGRITZ	60-69	22:29.6	16.54	22.82	206.19	423	0	0
NAOMI	TELLEZ	10-14	22:48.4	16.31	20.24	137.04	307	134.42	218
NANCY	KNICKERBOCKER	40-49	23:03.2	16.14	22.58	151.38	356	0	0
SUSIE	STEIN	40-49	23:07.6	16.09	20.52	157.92	343	0	0
CARRIE	PATTERSON	30-39	23:10.3	16.05	23.16	145.15	261		
JENNY	CALLAHAN	40-49	23:13.5	16.02	23.16	150.43	413	174.61	213
ANGIE	BILL	50-59	25:10.3	14.78	19.2	115.56	257	0	0
KRISTIE	NEWCOMB	30-39	29:00.0	12.83	18.54	128.59	408	0	0