

Freeport Bicycle Company Indoor TT Series Results

Men: Best Times			Time	Ave WATTS	Max WATTS	Ave MPH	Max MPH
Flat 10K	Jan' 2012	Bill Leibman	15:36.59	302	518	23.8	26.8
Rolling 10K*	Mar' 2009	Ron Mattson	14:45.62	359	747	25.2	28.9
Rolling 10K*	Jan' 2012	Dan Dodson	15:10.79	359	508	24.5	29.7
Hill Climb 8K	Mar' 2011	Bob Smith	23:29.11	249	330	12.8	23.9
Women: Best Times			Time	Ave WATTS	Max WATTS	Ave MPH	Max MPH
Flat 10K	Jan' 2012	Jessica Ferguson	17:04.17	227	408	21.8	25.6
Rolling 10K	Mar' 2009	Ann Mattson	17:38.53	233	393	21.1	26.8
Hill Climb 8K	Mar' 2011	Ann Mattson	25:11.16	198	385	11.9	24.3

* Rolling resistance setting different (WATTS accurate)

2012

February, 2012 FBC Indoor TT results (Rolling 10KM) (MORE RACERS YET TO RIDE)

Male	Time	Ave WATTS	Max WATTS	Ave MPH	Max MPH
Mike Keyes	17:06.89	275	451	21.7	28.7
Bob Smith	17:31.04	242	407	21.2	26.8
Chris Faulkner	21:49.54	167	450	17.0	28.6
Female	Time	Ave WATTS	Max WATTS	Ave MPH	Max MPH
Casey Carr	19:10.54	194	410	19.4	25.2
Terrie Keyes	19:32.01	172	303	19.0	26.4
Ce Faulkner	22:21.29	145	304	16.6	24.4

January, 2012 FBC Indoor TT results (Flat 10KM)

Male	Time	Ave WATTS	Max WATTS	Ave MPH	Max MPH
Bill Leibman	15:36.59	302	518	23.8	26.8

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Tim Watson	15:54.61	286	528	23.4	26.7
Wendell Krahrmer	16:01.98	292	540	23.2	26.9
Dave Steenrod	16:06.34	279	514	23.1	26.5
Mike Keyes	17:03.25	246	399	21.8	24.7
Bob Smith	17:06.54	233	361	21.7	24.9
Steve Rios	17:08.21	250	511	21.6	26.1
Tim Connors	21:24.22	184	421	17.4	23.7
Female	Time	Ave WATTS	Max WATTS	Ave MPH	Max MPH
Jessica Ferguson	17:04.17	227	408	21.8	25.6
Casey Carr	18:18.54	194	373	20.3	24.6
Carrie Helm	18:31.43	181	350	20.1	22.6
Marcy Folgate	18:43.39	175	254	19.9	21.9
Terrie Keyes	20:33.37	140	279	18.1	22.2
Ce Faulkner	22:13.39	131	217	16.7	19.5

2011

March, 2011 FBC Indoor TT Final results (Hill Climb 5 mile)

Male	Time	Ave WATTS	Max WATTS	Ave MPH	Max MPH
Bob Smith	23:29.11	249	330	12.8	23.9
Tim Watson	24:13.45	261	504	12.4	20.8
Dave Steenrod	25:18.05	271	390	11.9	23.5
Mike Pittsley	25:35.04	276	568	11.7	22.8
Jason Rowland	29:47.42	231	416	10.1	20.6
Female	Time	Ave WATTS	Max WATTS	Ave MPH	Max MPH
Ann Mattson	25:11.16	198	385	11.9	24.3
Jessica Ferguson	25:51.14	187	297	11.6	21.7
Marcy Folgate	25:59.62	173	217	11.5	19.8
Casey Carr	29:48.91	166	324	10.1	21.0

February, 2011 FBC Indoor TT Final results (Rolling 10KM)

Male	Time	Ave WATTS	Max WATTS	Ave MPH	Max MPH
Jered Sheppard	15:20.06	340	597	24.3	30.2
Ron Mattson	16:22.40	321	731	22.7	28.6
Dave Steenrod	17:01.09	285	466	21.9	27.4
Tim Watson	17:10.67	266	493	21.7	26.8

Sheet1

Bob Smith	17:23.68	247	380	21.4	27.4
Mike Pittsley	17:30.32	271	732	21.3	31.5
Sam Schoonhoven	18:15.06	245	522	20.4	28.3
Jason Rowland	21:16.98	190	428	17.5	25.3
Female	Time	Ave WATTS	Max WATTS	Ave MPH	Max MPH
Ann Mattson	18:24.79	202	405	20.2	27.3
Jessica Ferguson	18:59.28	196	354	19.6	26.1
Casey Carr	19:14.60	195	345	19.3	25.4
Christine LaGattolla	19:37.87	195	385	18.9	27.3
Ce Faulkner	21:53.46	155	280	17.0	23.0

January, 2011 FBC Indoor TT Final results (Flat 10KM)

Male	Time	Ave WATTS	Max WATTS	Ave MPH	Max MPH
Mike Pittsley	15:44.81	282	645	23.6	30.1
Ron Mattson	15:44.85	316	500	23.6	27.2
Dave Steenrod	16:08.01	289	475	23.1	26.1
Bob Smith	16:36.84	252	427	22.4	26.1
Tim Watson	16:54.65	246	405	22.0	23.9
Wendell Krahrmer	17:08.01	257	509	21.7	25.3
Sam Schoonhoven	17:46.08	239	411	20.9	23.5
Jason Rowland	19:00.54	207	449	19.6	21.7
Female	Time	Ave WATTS	Max WATTS	Ave MPH	Max MPH
Ann Mattson	17:25.11	213	482	21.4	25.8
Peggy Badgett	18:14.07	186	318	20.4	22.6
Casey Carr	18:29.21	192	332	20.1	23.1
Jessica Ferguson	18:34.06	186	308	20.0	23.3
Leanne Rudy	18:48.41	186	427	19.8	25.9
Ce Faulkner	21:01.78	145	282	17.7	19.8

2010

March, 2010 FBC Indoor TT Final results (Rolling 10KM)

Male	Time	Ave WATTS	Max WATTS	Ave MPH	Max MPH
Dan Dodson	15:10.21	335	665	24.5	30.4
Mike Stodden	15:29.43	320	681	24.0	28.4
Dave Steenrod	15:48.46	302	501	23.5	29.0

Sheet1

Wendell Krahmer	16:06.14	295	588	23.1	31.4
Bob Smith	16:25.12	275	441	22.7	29.2
Sam Schoonhoven	16:37.64	271	688	22.4	33.6
Chris Madden	17:20.54	240	436	21.4	27.8
Female	Time	Ave WATTS	Max WATTS	Ave MPH	Max MPH
Ann Mattson	17:59.34	223	366	20.7	25.9
Jessica Ferguson	19:00.32	199	265	19.6	24.6
Holly Nilles	21:12.37	153	329	17.5	27.4
Ce Faulkner	21:19.78	145	295	17.4	24.6

2009					
March, 2009 FBC Indoor TT Final results (Rolling 10KM)					
Male	Time	Ave WATTS	Max WATTS	Ave MPH	Max MPH
R. Mattson	14:45.62	359	747	25.2	28.9
M. Wright	15:16.71	328	609	24.3	30.3
M. Kramer	15:47.86	304	508	23.5	28.4
D. Steenrod	16:01.66	289	437	23.2	27.6
Z. Young	16:03.99	293	564	23.2	28.9
M. Kramer	16:04.69	294	859	23.1	32.8
D. Steenrod	16:06.75	286	421	23.1	27.1
B. Smith	16:21.13	276	439	22.8	27.2
B. Kenneke	16:35.16	269	461	22.4	28.7
C. Madden	16:37.43	260	416	22.4	27.9
B. Smith	16:44.47	261	417	22.2	27.8
S. Schoonhoven	16:46.98	267	662	22.2	31.4
W. Krahmer	16:48.74	266	650	22.1	32.0
B. Murley	17:03.48	258	631	21.8	29.7
E. Helm	17:10.30	247	437	21.7	28.8
T. Wolf	17:15.32	242	400	21.6	27.8
T. Oles	17:15.40	243	390	21.6	27.1
R. Long	17:16.83	246	578	21.5	30.3
T. Schoonhoven	17:38.45	237	457	21.1	27.1
K. Martin	18:18.02	215	317	20.3	25.2
R. Helm	19:18.80	195	485	18.3	27.8
J. Rowland	21:15.70	153	360	17.4	21.0

Sheet1

Female	Time	Ave WATTS	Max WATTS	Ave MPH	Max MPH
A.Mattson	17:38.53	233	393	21.1	26.8
A.Mattson	17:42.99	227	470	21.0	28.2
C. Neary	18:47.98	204	413	19.8	26.0
L. Grahame	19:11.54	193	285	19.4	24.9
J. Ferguson	19:27.08	192	378	19.1	25.5
L. Rudy	19:40.86	183	356	18.9	24.1
C. Faulkner	19:54.15	168	297	18.7	23.4
T. Keyes	23:15.70	130	257	16.0	24.3
K.Edler	25:09.15	118	358	14.8	24.6