

2006 New Year's Day Aqua-Bike Challenge

Name(s)	Female Advantage (0:6:00)	Swim (yds)	Swim Advantage	Bike, Actual	Bike, Net	Place Overall	Place, Cat	Place, Cat, Bike Leg Only
Robin	06:00	7000	04:00	0:46:54	0:36:54	1	1	1
Troy	00:00	8000	05:00	0:42:24	0:37:24	2	1	2
Jami	06:00	6200	03:12	0:48:09	0:38:57	3	2	2
Laura/Carl	00:00	5000	02:00	0:41:15	0:39:15	4	1	1
Sherwick	00:00	8000	05:00	0:45:40	0:40:40	5	2	4
Michelle/David	00:00	5000	02:00	0:45:02	0:43:02	6	2	3
Dale	00:00	7700	04:42	0:50:00	0:45:18	7	3	5

new course record award winning

Name(s) Individual, or Relay Member's names

Female Advantage Females get 6 minute advantage

Swim (yds) yds swam during MVM 100x Repeats

Swim Baseline:

Swim Advantage: The swim yardage (above 3000yds) transfers to time advantage at 1min for each 1000yds.

Total Advantage: The combination of Swim Advantage and Female Advantage

Bike Head-Start To add strategic element, race start will be staggered according to half of Total Advantage
ie: A 5 minute Total Advantage means you leave 2.5 minutes before the last person

Bike Actual This is the actual time it takes to climb the hill

Bike Net This is the Actual Time minus the Total Advantage

Start Time (est)