

July 20th 2019 Santa Cruz Mountains Challenge Alba Strava Segment - Men

Rank	Name	Date	Speed	HR	Power	VAM	Time
1	Joe Fish	Jul 20, 2019	8.7mi/h	-	368W	1,459.50	26:17:00
2	Tom De bruyn - Team EMJ	Jul 20, 2019	7.8mi/h	162bpm	318W	1,313.00	29:13:00
3	Stephen Lenz	Jul 20, 2019	7.6mi/h	-	308W	1,279.40	29:59:00
4	Roberto Grassi	Jul 20, 2019	7.5mi/h	163bpm	287W	1,259.10	30:28:00
5	Nicholas Besse	Jul 20, 2019	7.3mi/h	183bpm	325W	1,221.00	31:25:00
6	J* Diesel*	Jul 20, 2019	7.3mi/h	-	261W	1,219.70	31:27:00
7	Scott Leahy	Jul 20, 2019	7.2mi/h	153bpm	277W	1,211.40	31:40:00
8	Nils Tikkanen	Jul 20, 2019	7.2mi/h	-	274W	1,203.80	31:52:00
9	Nick Burton	Jul 20, 2019	7.1mi/h	165bpm	288W	1,200.70	31:57:00
10	GARY B (Southdowns Bikes / C	Jul 20, 2019	7.1mi/h	165bpm	308W	1,193.20	32:09:00
11	Bob Brandt	Jul 20, 2019	7.1mi/h	144bpm	317W	1,187.00	32:19:00
12	Austin King	Jul 20, 2019	6.9mi/h	165bpm	272W	1,167.20	32:52:00
13	Lei Liu	Jul 20, 2019	6.8mi/h	155bpm	249W	1,150.20	33:21:00
14	Richard Snelling IV	Jul 20, 2019	6.7mi/h	156bpm	249W	1,118.40	34:18:00
15	Oscar Viquez	Jul 20, 2019	6.6mi/h	129bpm	191W	1,112.40	34:29:00
16	James Scanlan	Jul 20, 2019	6.6mi/h	149bpm	276W	1,111.90	34:30:00
17	Daniel Hans	Jul 20, 2019	6.6mi/h	171bpm	297W	1,109.80	34:34:00
18	David Sasaki	Jul 20, 2019	6.6mi/h	158bpm	0W	1,107.10	34:39:00
18	Jamey Slaton (V)	Jul 20, 2019	6.6mi/h	164bpm	246W	1,107.10	34:39:00
20	andrew heath	Jul 20, 2019	6.6mi/h	-	282W	1,106.60	34:40:00
21	Ringo Tang	Jul 20, 2019	6.6mi/h	171bpm	224W	1,104.40	34:44:00
22	aaron robinson	Jul 20, 2019	6.6mi/h	175bpm	327W	1,103.90	34:45:00
23	Dan Hughes	Jul 20, 2019	6.5mi/h	-	270W	1,095.50	35:01:00
24	Ilya C.	Jul 20, 2019	6.5mi/h	165bpm	269W	1,085.20	35:21:00
25	Ryan Hamilton	Jul 20, 2019	6.5mi/h	149bpm	266W	1,084.10	35:23:00
26	Dave Pierce	Jul 20, 2019	6.5mi/h	156bpm	310W	1,083.60	35:24:00
27	Gabriel Chavez	Jul 20, 2019	6.4mi/h	-	223W	1,069.50	35:52:00
28	Aaron Gouw	Jul 20, 2019	6.4mi/h	170bpm	-	1,068.50	35:54:00

29	<u>Scott Schroeder</u>	Jul 20, 2019	6.2mi/h	162bpm	245W	1,048.60	36:35:00
30	<u>Patrick Dijk</u>	Jul 20, 2019	6.2mi/h	157bpm	196W	1,046.20	36:40:00
31	<u>Evan Tilley</u>	Jul 20, 2019	6.2mi/h	145bpm	255W	1,044.30	36:44:00
31	<u>Tim Morken</u>	Jul 20, 2019	6.2mi/h	146bpm	228W	1,044.30	36:44:00
33	<u>Stefan Cameron</u>	Jul 20, 2019	6.2mi/h	163bpm	237W	1,041.00	36:51:00
34	<u>Steven A</u>	Jul 20, 2019	6.2mi/h	150bpm	282W	1,039.10	36:55:00
35	<u>Nick Moless</u>	Jul 20, 2019	6.1mi/h	135bpm	243W	1,028.90	37:17:00
36	<u>Tony Ballard</u>	Jul 20, 2019	6.1mi/h	-	229W	1,026.60	37:22:00
36	<u>m koved</u>	Jul 20, 2019	6.1mi/h	137bpm	221W	1,026.60	37:22:00
38	<u>Justin Motta</u>	Jul 20, 2019	6.1mi/h	-	241W	1,022.00	37:32:00
38	<u>Bob Machlin</u>	Jul 20, 2019	6.1mi/h	152bpm	235W	1,022.00	37:32:00
40	<u>James Howard</u>	Jul 20, 2019	6.1mi/h	-	252W	1,020.70	37:35:00
41	<u>max Long</u>	Jul 20, 2019	6.0mi/h	149bpm	286W	1,013.50	37:51:00
42	<u>Paul Rose</u>	Jul 20, 2019	6.0mi/h	142bpm	245W	1,009.90	37:59:00
43	<u>Michael Reeves</u>	Jul 20, 2019	6.0mi/h	157bpm	207W	1,008.60	38:02:00
44	<u>Da Jankster</u>	Jul 20, 2019	6.0mi/h	-	250W	1,001.60	38:18:00
45	<u>PJ Thomas</u>	Jul 20, 2019	5.9mi/h	121bpm	262W	998.5	38:25:00
46	<u>Daniel Weiner</u>	Jul 20, 2019	5.9mi/h	-	169W	991.2	38:42:00
47	<u>gregory braithwaite</u>	Jul 20, 2019	5.9mi/h	-	200W	990.4	38:44:00
48	<u>Bob Nguyen</u>	Jul 20, 2019	5.9mi/h	160bpm	188W	986.6	38:53:00
49	<u>Mike Tolaio</u>	Jul 20, 2019	5.8mi/h	95bpm	232W	982.4	39:03:00
50	<u>Chad Gee</u>	Jul 20, 2019	5.8mi/h	-	213W	979	39:11:00
51	<u>Max Burkhardt</u>	Jul 20, 2019	5.8mi/h	146bpm	226W	969.5	39:34:00
52	<u>Joshua Handler</u>	Jul 20, 2019	5.8mi/h	-	-	966.3	39:42:00
53	<u>Jeffrey Fielding</u>	Jul 20, 2019	5.7mi/h	160bpm	216W	965.1	39:45:00
54	<u>Brad Williamson</u>	Jul 20, 2019	5.7mi/h	-	242W	958.6	40:01:00
55	<u>Scott Radek</u>	Jul 20, 2019	5.7mi/h	-	251W	956.6	40:06:00
56	<u>West Kurihara</u>	Jul 20, 2019	5.7mi/h	158bpm	208W	954.6	40:11:00
57	<u>Bill Brier Jr.</u>	Jul 20, 2019	5.7mi/h	145bpm	216W	951.1	40:20:00
58	<u>patrick plicka</u>	Jul 20, 2019	5.7mi/h	166bpm	221W	949.9	40:23:00
59	<u>Mike Flair</u>	Jul 20, 2019	5.6mi/h	-	207W	946.8	40:31:00

60	Steve Connelly	Jul 20, 2019	5.6mi/h	145bpm	207W	946.4	40:32:00
61	Sam Wenger	Jul 20, 2019	5.6mi/h	-	185W	946	40:33:00
62	Tim Sawyer	Jul 20, 2019	5.6mi/h	152bpm	231W	945.6	40:34:00
63	Wolfgang Dueregger	Jul 20, 2019	5.6mi/h	-	225W	945.2	40:35:00
64	Bojk Berghuis	Jul 20, 2019	5.6mi/h	-	217W	944.1	40:38:00
65	Xi Lin	Jul 20, 2019	5.6mi/h	170bpm	176W	938.7	40:52:00
66	Bob Fetherston	Jul 20, 2019	5.6mi/h	146bpm	240W	936.8	40:57:00
67	Christopher Cubiss	Jul 20, 2019	5.6mi/h	-	226W	935.2	41:01:00
68	Michael Jones	Jul 20, 2019	5.5mi/h	158bpm	242W	929.6	41:16:00
68	Dan Mahoney	Jul 20, 2019	5.5mi/h	-	229W	929.6	41:16:00
70	Francis Kuo	Jul 20, 2019	5.5mi/h	154bpm	213W	925.5	41:27:00
70	Paul Ojeda	Jul 20, 2019	5.5mi/h	-	205W	925.5	41:27:00
72	Joe Simile	Jul 20, 2019	5.5mi/h	160bpm	287W	925.1	41:28:00
73	Luc Vantalon	Jul 20, 2019	5.5mi/h	149bpm	216W	924.7	41:29:00
74	Bob Luke	Jul 20, 2019	5.5mi/h	-	205W	919.9	41:42:00
75	Vic Alessi	Jul 20, 2019	5.5mi/h	107bpm	193W	919.6	41:43:00
76	Dave Sloan	Jul 20, 2019	5.5mi/h	155bpm	169W	918.8	41:45:00
77	Mike Schuck	Jul 20, 2019	5.5mi/h	-	204W	917.7	41:48:00
78	Wayne Smith	Jul 20, 2019	5.5mi/h	-	221W	917.4	41:49:00
79	Daniel Son	Jul 20, 2019	5.4mi/h	-	205W	915.2	41:55:00
80	Dave Corthell	Jul 20, 2019	5.4mi/h	147bpm	266W	914.8	41:56:00
81	John Silva	Jul 20, 2019	5.4mi/h	-	222W	909	42:12:00
82	ERod707	Jul 20, 2019	5.4mi/h	163bpm	192W	908.7	42:13:00
83	Uli Herberg	Jul 20, 2019	5.4mi/h	-	181W	905.8	42:21:00
83	Steven Lowenthal	Jul 20, 2019	5.4mi/h	164bpm	251W	905.8	42:21:00
85	Chris Hoffman	Jul 20, 2019	5.4mi/h	168bpm	208W	903.7	42:27:00
86	Michael Cahn	Jul 20, 2019	5.4mi/h	-	191W	901.9	42:32:00
87	Zack Slavin	Jul 20, 2019	5.4mi/h	-	226W	900.5	42:36:00
88	Alex Katz	Jul 20, 2019	5.3mi/h	154bpm	189W	898	42:43:00
89	Mark Boitano	Jul 20, 2019	5.3mi/h	136bpm	197W	896.6	42:47:00
90	Oscar Gray	Jul 20, 2019	5.3mi/h	-	172W	895.2	42:51:00

91	conor_jones	Jul 20, 2019	5.3mi/h	179bpm	209W	893.8	42:55:00
92	Jeff Shute	Jul 20, 2019	5.3mi/h	-	199W	892.1	43:00:00
93	Nathan Paige	Jul 20, 2019	5.3mi/h	-	206W	891.4	43:02:00
94	Kyle Heron	Jul 20, 2019	5.3mi/h	141bpm	249W	890.4	43:05:00
95	Joshua LeVasseur	Jul 20, 2019	5.3mi/h	137bpm	213W	889.7	43:07:00
96	Jim B	Jul 20, 2019	5.3mi/h	-	216W	889.4	43:08:00
97	David Woods	Jul 20, 2019	5.3mi/h	164bpm	205W	888.7	43:10:00
98	Neal Herman	Jul 20, 2019	5.3mi/h	150bpm	208W	887	43:15:00
99	Olivier Mardinian	Jul 20, 2019	5.3mi/h	-	222W	884.2	43:23:00
100	Nick Madronio	Jul 20, 2019	5.3mi/h	156bpm	224W	882.5	43:28:00
101	Jon Chow	Jul 20, 2019	5.2mi/h	150bpm	209W	879.8	43:36:00
102	chris hinck	Jul 20, 2019	5.2mi/h	-	180W	879.2	43:38:00
103	Le Deub @	Jul 20, 2019	5.2mi/h	164bpm	222W	876.8	43:45:00
104	Alan Weatherall	Jul 20, 2019	5.2mi/h	154bpm	224W	875.2	43:50:00
105	Jeffrey Miller	Jul 20, 2019	5.2mi/h	142bpm	217W	873.5	43:55:00
106	Eric Huppert	Jul 20, 2019	5.2mi/h	-	230W	871.8	44:00:00
107	Bruce Roberts	Jul 20, 2019	5.2mi/h	136bpm	214W	869.5	44:07:00
108	Patrick Schuck	Jul 20, 2019	5.1mi/h	-	-	861.7	44:31:00
108	Grandpa Mark	Jul 20, 2019	5.1mi/h	154bpm	236W	861.7	44:31:00
108	Jezz Holland	Jul 20, 2019	5.1mi/h	154bpm	223W	861.7	44:31:00
111	Jared Hart	Jul 20, 2019	5.1mi/h	-	224W	858.8	44:40:00
112	Ross Cohen	Jul 20, 2019	5.1mi/h	165bpm	235W	856.6	44:47:00
113	Kip Nead	Jul 20, 2019	5.1mi/h	154bpm	214W	856.3	44:48:00
114	Matt Scott	Jul 20, 2019	5.1mi/h	149bpm	193W	855.6	44:50:00
115	Scott Greubel	Jul 20, 2019	5.1mi/h	161bpm	215W	853.4	44:57:00
116	Nicholas Bruce	Jul 20, 2019	5.1mi/h	-	190W	852.8	44:59:00
117	Lucy ShihTzu	Jul 20, 2019	5.1mi/h	-	210W	851.2	45:04:00
118	Casey Lightner	Jul 20, 2019	5.1mi/h	149bpm	208W	848.7	45:12:00
119	Jon Rosencranz	Jul 20, 2019	5.0mi/h	-	210W	847.8	45:15:00
120	Eli Tanner	Jul 20, 2019	5.0mi/h	145bpm	204W	846.8	45:18:00
121	Richard Burton	Jul 20, 2019	5.0mi/h	155bpm	249W	844.6	45:25:00

122	Ben Wolfe	Jul 20, 2019	5.0mi/h	165bpm	246W	842.8	45:31:00
123	Jim Luther	Jul 20, 2019	5.0mi/h	156bpm	240W	841.9	45:34:00
124	Max Sullivan Mann	Jul 20, 2019	5.0mi/h	161bpm	261W	837.9	45:47:00
125	Ross McKegney	Jul 20, 2019	5.0mi/h	-	208W	837	45:50:00
126	Steve Cutcomb	Jul 20, 2019	5.0mi/h	-	195W	835.4	45:55:00
127	Steve Rempel	Jul 20, 2019	5.0mi/h	160bpm	206W	832.1	46:06:00
128	Jack Templeton	Jul 20, 2019	4.9mi/h	165bpm	195W	826.1	46:26:00
129	Jeff DuBois	Jul 20, 2019	4.9mi/h	167bpm	211W	826.1	46:26:00
130	Dan Akulow	Jul 20, 2019	4.9mi/h	147bpm	227W	823.5	46:35:00
131	Fej Regard	Jul 20, 2019	4.9mi/h	-	211W	820.8	46:44:00
132	Jacob Thiede	Jul 20, 2019	4.9mi/h	-	170W	820.3	46:46:00
133	Mike Gordon	Jul 20, 2019	4.9mi/h	-	216W	819.7	46:48:00
134	Greg A	Jul 20, 2019	4.9mi/h	-	180W	818.5	46:52:00
135	Christopher Springer	Jul 20, 2019	4.9mi/h	-	163W	818.5	46:52:00
136	David Levenson	Jul 20, 2019	4.8mi/h	-	213W	812.4	47:13:00
137	Madan Jampani	Jul 20, 2019	4.8mi/h	149bpm	158W	812.2	47:14:00
138	Dave Springer	Jul 20, 2019	4.8mi/h	-	207W	810.7	47:19:00
139	Larry Narachi	Jul 20, 2019	4.8mi/h	157bpm	251W	809.6	47:23:00
140	Max B	Jul 20, 2019	4.8mi/h	-	162W	808.2	47:28:00
141	Brian Kahn	Jul 20, 2019	4.8mi/h	153bpm	-	808.2	47:28:00
142	Lawrence C	Jul 20, 2019	4.8mi/h	-	-	800	47:57:00
143	Ken Anderson	Jul 20, 2019	4.8mi/h	-	183W	799.5	47:59:00
144	Lynnard Cabanas	Jul 20, 2019	4.8mi/h	114bpm	-	799.5	47:59:00
145	Mad Solo KOM Andrew Deck	Jul 20, 2019	4.7mi/h	162bpm	247W	794.8	48:16:00
146	Greg Scales	Jul 20, 2019	4.7mi/h	128bpm	198W	792.6	48:24:00
147	Jeff Williams	Jul 20, 2019	4.7mi/h	164bpm	241W	792.3	48:25:00
148	Jesse Brennan	Jul 20, 2019	4.7mi/h	142bpm	-	787.7	48:42:00
149	Steve Sunwoo	Jul 20, 2019	4.7mi/h	-	211W	787.2	48:44:00
150	Steve Lightner	Jul 20, 2019	4.7mi/h	172bpm	194W	784.2	48:55:00
151	jonathan cano	Jul 20, 2019	4.6mi/h	133bpm	0W	779.7	49:12:00
152	m. philip dubé	Jul 20, 2019	4.6mi/h	-	-	778.6	49:16:00

153	Chris Beauchamp	Jul 20, 2019	4.6mi/h	150bpm	193W	775.5	49:28:00
154	Greg Saunders	Jul 20, 2019	4.6mi/h	153bpm	270W	772.6	49:39:00
155	Tom Rolander	Jul 20, 2019	4.6mi/h	-	190W	764.4	50:11:00
156	Mark Rosenberg	Jul 20, 2019	4.5mi/h	-	179W	759.9	50:29:00
157	david imboden	Jul 20, 2019	4.5mi/h	-	180W	757.4	50:39:00
158	Daniel Schmelter	Jul 20, 2019	4.5mi/h	-	-	756.4	50:43:00
159	Drew Hoffman	Jul 20, 2019	4.5mi/h	148bpm	183W	756.4	50:43:00
160	Tom McCaw	Jul 20, 2019	4.4mi/h	-	192W	747.5	51:19:00
161	Osman Isvan	Jul 20, 2019	4.4mi/h	130bpm	167W	745.6	51:27:00
162	Adam Berg	Jul 20, 2019	4.4mi/h	-	178W	741.5	51:44:00
163	Gabriel Beddingfield	Jul 20, 2019	4.4mi/h	151bpm	194W	739.4	51:53:00
164	Alex Broekhof	Jul 20, 2019	4.4mi/h	-	263W	735.6	52:09:00
165	Matt Albright	Jul 20, 2019	4.3mi/h	161bpm	263W	724	52:59:00
166	Mike Barry	Jul 20, 2019	4.3mi/h	149bpm	191W	723.6	53:01:00
167	Yuriy Frankiv	Jul 20, 2019	4.3mi/h	166bpm	238W	722.9	53:04:00
168	John Yanni	Jul 20, 2019	4.3mi/h	-	177W	716.1	53:34:00
169	Dominic Boitano	Jul 20, 2019	4.2mi/h	113bpm	196W	713.9	53:44:00
170	Graham K	Jul 20, 2019	4.2mi/h	-	135W	712.8	53:49:00
171	Paul M	Jul 20, 2019	4.2mi/h	160bpm	82W	707.8	54:12:00
172	Ned McIver	Jul 20, 2019	4.2mi/h	-	210W	705.8	54:21:00
173	Matt Keller	Jul 20, 2019	4.2mi/h	-	195W	703.7	54:31:00
174	George Sparks	Jul 20, 2019	4.2mi/h	-	188W	697.9	54:58:00
175	Larry Klein	Jul 20, 2019	4.1mi/h	-	165W	696.4	55:05:00
176	Paul Isaac	Jul 20, 2019	4.1mi/h	156bpm	130W	693.1	55:21:00
177	Tim Bessie	Jul 20, 2019	4.1mi/h	-	181W	691.2	55:30:00
178	rider saratoga	Jul 20, 2019	4.1 mi/h	143bpm	176W	681.4	56:18:00
179	Martin Lingel	Jul 20, 2019	3.9mi/h	-	208W	661.6	57:59:00
180	Kirk Knappenberger	Jul 20, 2019	3.9mi/h	-	187W	660.6	58:04:00
181	Cesar Ajuria	Jul 20, 2019	3.9mi/h	178bpm	166W	655.2	58:33:00
182	Steven Wong	Jul 20, 2019	3.9mi/h	147bpm	166W	650.9	58:56:00
183	jeff hocking	Jul 20, 2019	3.8mi/h	-	191W	639	1:00:02

184	<u>J G</u>	Jul 20, 2019	3.7mi/h	-	150W	625.3	1:01:21
185	<u>Tom Pennello</u>	Jul 20, 2019	3.7mi/h	-	184W	614.1	1:02:28
186	<u>Rick Tan</u>	Jul 20, 2019	3.6mi/h	150bpm	156W	607.3	1:03:10
187	<u>Ken Roberts</u>	Jul 20, 2019	3.6mi/h	127bpm	154W	601.1	1:03:49
188	<u>Jeff Walden</u>	Jul 20, 2019	3.5mi/h	138bpm	173W	588.8	1:05:09
189	<u>Carlos Mattei</u>	Jul 20, 2019	3.5mi/h	155bpm	227W	587.5	1:05:18
190	<u>Modesto Hernandez</u>	Jul 20, 2019	3.5mi/h	156bpm	165W	585.7	1:05:30
191	<u>Luis Preciado</u>	Jul 20, 2019	3.4mi/h	-	187W	567.5	1:07:36
192	<u>John Ehrlich</u>	Jul 20, 2019	3.4mi/h	150bpm	199W	565.5	1:07:50
193	<u>Oz Angst</u> <small>N I C H</small>	Jul 20, 2019	3.4mi/h	-	212W	563.7	1:08:03
194	<u>Scott Gibian</u>	Jul 20, 2019	3.3mi/h	-	175W	561.5	1:08:19
195	<u>brent white</u>	Jul 20, 2019	3.2mi/h	-	-	541.4	1:10:51
196	<u>Jairon Frushtick</u>	Jul 20, 2019	3.2mi/h	142bpm	238W	538.5	1:11:14
197	<u>Darren Mora</u>	Jul 20, 2019	3.1mi/h	146bpm	135W	526.9	1:12:48
198	<u>Brandon Dickson</u>	Jul 20, 2019	3.1mi/h	-	162W	524.1	1:13:12
199	<u>Ash Lewin</u>	Jul 20, 2019	3.1mi/h	159bpm	165W	523	1:13:21
200	<u>B B</u>	Jul 20, 2019	3.1mi/h	167bpm	324W	522.4	1:13:26
201	<u>todd ritsema</u>	Jul 20, 2019	3.1mi/h	151bpm	163W	518.7	1:13:57
202	<u>Todd Ritsema</u>	Jul 20, 2019	3.1mi/h	151bpm	161W	518.7	1:13:57
203	<u>Steve Williams</u>	Jul 20, 2019	2.7mi/h	142bpm	170W	457.9	1:23:47
204	<u>Thomas Margle</u>	Jul 20, 2019	2.7mi/h	174bpm	172W	454.7	1:24:22
205	<u>Sankar Bose</u>	Jul 20, 2019	2.5mi/h	140bpm	142W	421.4	1:31:02
206	<u>Joseph Hood</u>	Jul 20, 2019	2.5mi/h	156bpm	119W	413.5	1:32:46