

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

Rank	Name	Date	Speed	HR	Power	VAM	Time
1	Catherine Colyn	Jul 20, 2019	7.5mi/h	174bpm	218W	1,254.30	30:35:00
2	alyssa plicka	Jul 20, 2019	6.7mi/h	-	-	1,124.40	34:07:00
3	Katrin Tobin	Jul 20, 2019	6.6mi/h	-	207W	1,115.70	34:23:00
4	Merissa Molinar	Jul 20, 2019	6.6mi/h	171bpm	228W	1,105.50	34:42:00
5	Nicole Levenson	Jul 20, 2019	5.7mi/h	180bpm	197W	958.2	40:02:00
6	Sherry Madding	Jul 20, 2019	5.6mi/h	-	161W	936.8	40:57:00
7	Liz Bensmith	Jul 20, 2019	5.5mi/h	161bpm	170W	927	41:23:00
8	Jennifer Steele	Jul 20, 2019	5.5mi/h	-	224W	923.6	41:32:00
9	Erin Avery	Jul 20, 2019	5.3mi/h	-	154W	896.6	42:47:00
10	Sandra Byrne	Jul 20, 2019	5.2mi/h	134bpm	142W	874.8	43:51:00
11	Sara Mann	Jul 20, 2019	5.0mi/h	160bpm	176W	840.9	45:37:00
12	Im a Biscuit	Jul 20, 2019	4.9mi/h	-	145W	821.7	46:41:00
13	Robin Scales	Jul 20, 2019	4.7mi/h	156bpm	152W	791.5	48:28:00
14	Terry Storm	Jul 20, 2019	4.6mi/h	-	136W	778.4	49:17:00
15	Michelle Nightengale	Jul 20, 2019	4.5mi/h	154bpm	179W	763.7	50:14:00
16	Sylvie Maxwell	Jul 20, 2019	4.2mi/h	-	159W	711.5	53:55:00
17	Sydney Pimentel	Jul 20, 2019	4.2mi/h	-	142W	702.6	54:36:00
18	Liz Zard	Jul 20, 2019	4.1mi/h	144bpm	137W	687.1	55:50:00
19	Karmen Peng	Jul 20, 2019	4.1mi/h	-	104W	682	56:15:00
20	Leah Dickstein	Jul 20, 2019	3.9mi/h	163bpm	132W	661.4	58:00:00
21	Jenny Li	Jul 20, 2019	3.9mi/h	162bpm	123W	658	58:18:00
22	Ariana Schiff	Jul 20, 2019	3.9mi/h	-	129W	657.1	58:23:00
23	Laura Hill Temmerman	Jul 20, 2019	3.9mi/h	162bpm	126W	648	59:12:00
24	Rosemary Slaton	Jul 20, 2019	3.8mi/h	-	120W	638.3	1:00:06
25	Wendy Horrobin	Jul 20, 2019	3.8mi/h	158bpm	0W	632.3	1:00:40
26	Melissa Cline	Jul 20, 2019	3.6mi/h	-	-	610.7	1:02:49
27	Line Moisan	Jul 20, 2019	3.6mi/h	-	117W	604.3	1:03:29
28	Adele Taylor	Jul 20, 2019	3.4mi/h	-	156W	576.4	1:06:33

29	<u>Uli Dueregger</u>	Jul 20, 2019	3.4mi/h	158bpm	-	575.4	1:06:40
30	<u>Cyn Pri</u>	Jul 20, 2019	3.4mi/h	148bpm	132W	574.1	1:06:49
31	<u>LaJuan Krussel</u>	Jul 20, 2019	3.2mi/h	-	-	545.9	1:10:16
32	<u>June W</u>	Jul 20, 2019	2.8mi/h	161bpm	114W	470.4	1:21:33