

SurvivorFest Solstice Challenge

Name	Age Bracket	Time	Avg Speed	Watts/Kg	Max Watts	Calories
Mike Halstead	45 - 49	24:28	13.5	3.8	628	372
Keith O'Malley	50 - 54	25:15	13.1	3.5	471	388
Chad Duffy	35 - 39	26:22	12.5	3.3	548	416
Bill Shashaty	45 - 49	27:08	12.2	3.2	491	415
Jim Standefer	50 - 54	31:15	10.6	2.7	363	362
Mike Kilmer	50 - 54	31:53	10.4	2.6	490	430
Don Davis	70 - 74	32:39	10.1	2.6	270	334
Mark Liebman	60 - 64	34:15	9.6	2.4	417	418
Mary DeNitto	65 - 69	38:49	8.5	2.2	242	281
Those who didn't	17 - 100	Still waiting	0.0	0.0	0	0

5.5 miles
 1,303 feet of climbing
 Max Grade - 16.1%
 Avg Grade - 4.9%