

# Arms and Legs Time Trial

## Lap Times

	<b>Lap 1 (DP)</b>	<b>Lap 2 (LO)</b>	<b>Lap 3 (Skiing)</b>
Gabe Viljakainen	0:03:10	0:02:38	0:02:37
Jimmy Gunka	0:03:24	0:03:14	0:02:56
Drew Nixon	0:04:21	0:03:32	0:03:25
Daphne Haggarty	0:03:55	0:03:19	0:03:10
Kara Japsers	0:03:46	0:03:11	0:02:55
Sam Loud	0:02:56	0:02:41	0:02:35
Krista Lukai	0:04:10	0:03:21	0:03:21

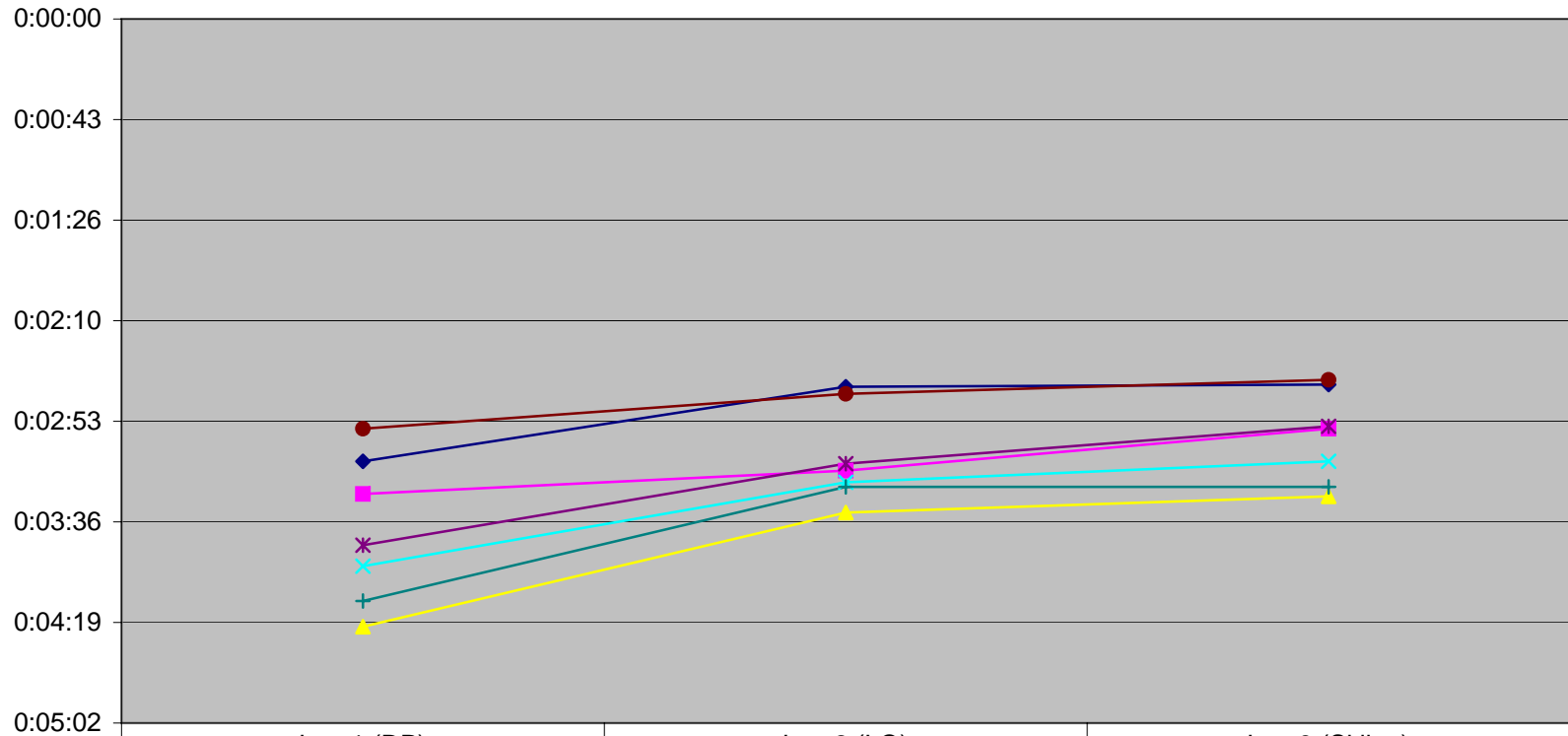
## Power Output - Legs vs Arms

	<b>Arms Only</b>	<b>Legs Only</b>
Gabe Viljakainen	45.40%	54.60%
Jimmy Gunka	48.74%	51.26%
Drew Nixon	44.82%	55.18%
Daphne Haggarty	45.85%	54.15%
Kara Japsers	45.80%	54.20%
Sam Loud	47.77%	52.23%
Krista Lukai	44.57%	55.43%

## Power Output - Legs vs Skiing and Arms vs Skiing

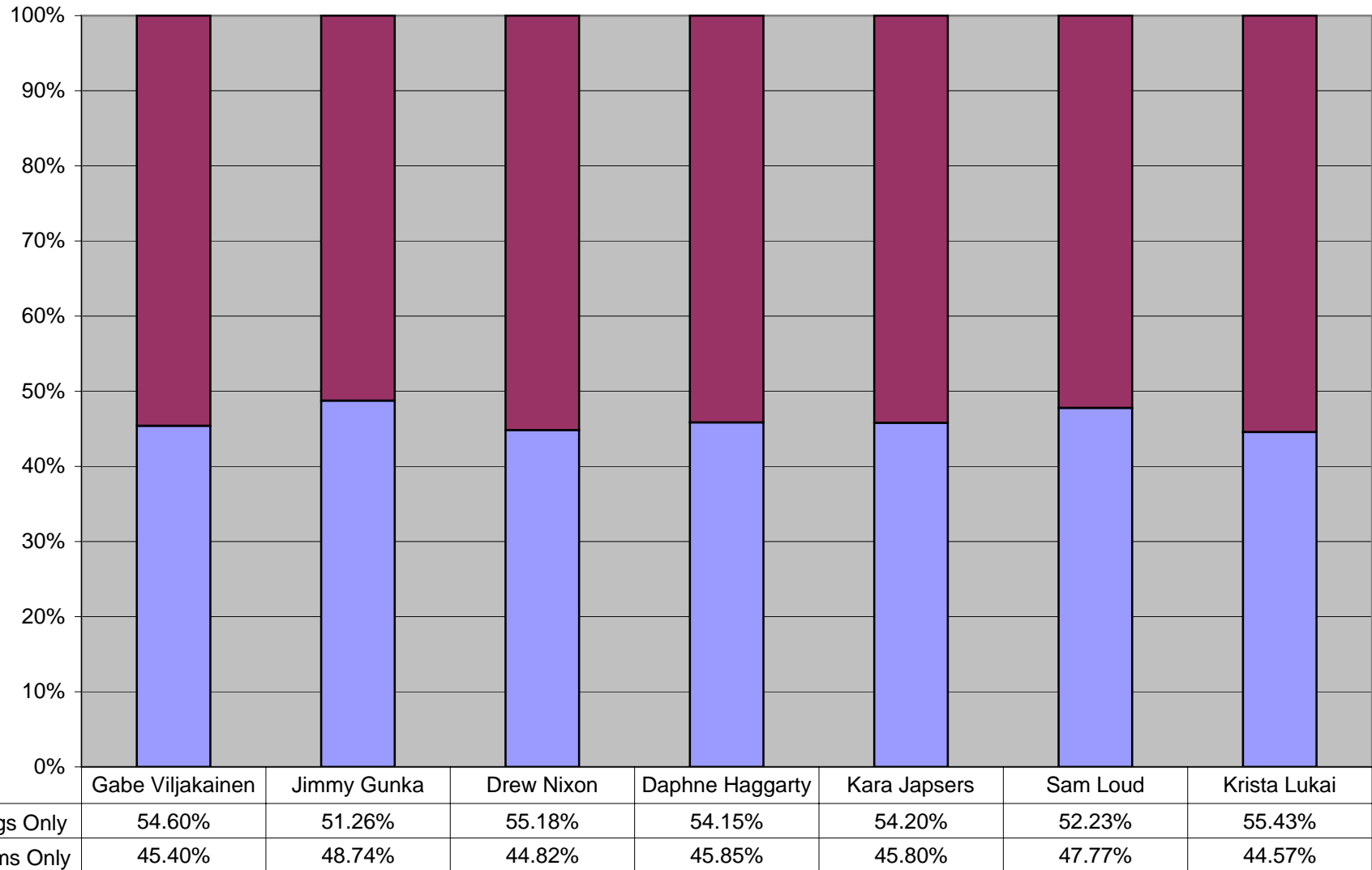
	<b>Arms Only</b>	<b>Legs Only</b>	<b>Skiing</b>
Gabe Viljakainen	82.63%	99.37%	100.00%
Jimmy Gunka	86.27%	90.72%	100.00%
Drew Nixon	78.54%	96.70%	100.00%
Daphne Haggarty	80.85%	95.48%	100.00%
Kara Japsers	77.43%	91.62%	100.00%
Sam Loud	88.07%	96.27%	100.00%
Krista Lukai	80.40%	100.00%	100.00%

## Arms and Legs Time Trial



	Lap 1 (DP)	Lap 2 (LO)	Lap 3 (Skiing)
◆ Gabe Viljakainen	0:03:10	0:02:38	0:02:37
■ Jimmy Gunka	0:03:24	0:03:14	0:02:56
▲ Drew Nixon	0:04:21	0:03:32	0:03:25
× Daphne Haggarty	0:03:55	0:03:19	0:03:10
* Kara Japsers	0:03:46	0:03:11	0:02:55
● Sam Loud	0:02:56	0:02:41	0:02:35
+ Krista Lukai	0:04:10	0:03:21	0:03:21

### Power Output - Legs vs Arms



### Legs and Arms as a % of Skiing

