

# Arms and Legs Time Trial

## Lap Times

	Lap 1 (DP)	Lap 2 (LO)	Lap 3 (Skiing)
Eric Bailey	???	00:04:48	00:04:28
Emily Hayman (elpex F1)	00:07:04	00:05:53	00:05:42
Robb Martin (slow skis)	00:05:53	00:08:02	00:05:59
Scott McCron	00:05:51	00:06:15	00:05:25
Matt Schoales (classic)	00:05:10	00:07:06	00:05:02
Ashley Kullas (classic)	00:09:44	00:11:40	00:08:57
Jesse Winter	00:05:12	00:05:02	00:04:26
Erica Bota	00:06:26	00:05:30	00:05:05
Kieren Jones	00:05:59	00:06:35	00:05:23
Julia Winter	00:08:26	00:08:42	00:06:48
Seija Grant	00:08:17	00:07:46	00:07:03
Alana Thomas	00:06:12	00:06:05	00:05:24
Natasha Kullas	00:06:08	00:06:26	00:05:17
Matt Cuddy	00:05:57	00:06:36	00:05:18
Erin Tribe	00:06:41	00:06:08	00:05:27
Veronic Massicotte	00:06:46	00:06:55	00:05:57
Talia Davidson	00:07:36	00:07:33	00:06:38
Laura Cazzola	00:08:03	00:07:08	00:06:21
Brayden Jaspers	00:05:22	00:05:38	00:05:12
Luke Viljakainen	00:05:14	00:04:57	00:04:23
Matt Little	00:05:33	<b>Hit Car</b>	00:04:33
Chris Hamilton	00:05:58	00:05:57	00:04:53
Scott Sullivan (classic)	00:05:17	00:06:42	00:05:09
Bridget Yard	00:06:22	00:05:29	00:05:14
Brianna Yard	00:06:03	00:05:39	00:05:05
Jon Winter (classic)	00:05:58	00:06:54	00:05:39
Jake Porter (classic)	00:05:59	00:06:54	00:05:29
Devin Ryan	00:06:42	00:05:33	00:05:00
Lachlan Armstrong	00:06:31	00:07:19	00:05:17
Dudley Coulter	00:08:46	00:09:51	00:08:03

## Power Output - Legs vs Arms

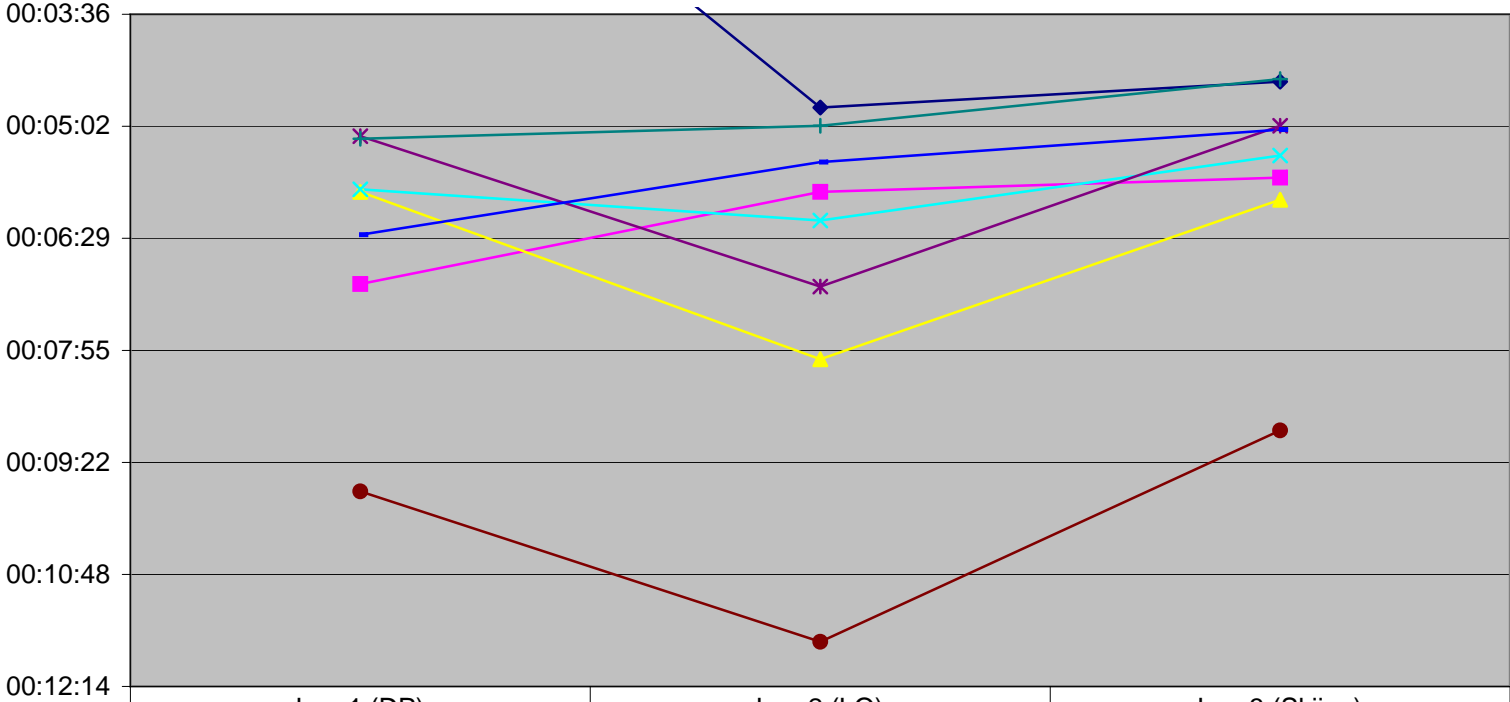
	Arms Only #VALUE!	Legs Only #VALUE!
Eric Bailey		
Emily Hayman (elpex F1)	45%	55%
Robb Martin (slow skis)	58%	42%
Scott McCron	52%	48%
Matt Schoales (classic)	58%	42%
Ashley Kullas (classic)	55%	45%
Jesse Winter	49%	51%
Erica Bota	46%	54%
Kieren Jones	52%	48%
Julia Winter	51%	49%
Seija Grant	48%	52%
Alana Thomas	50%	50%
Natasha Kullas	51%	49%
Matt Cuddy	53%	47%
Erin Tribe	48%	52%

Veronic Massicotte	51%	49%
Talia Davidson	50%	50%
Laura Cazzola	47%	53%
Brayden Jaspers	51%	49%
Luke Viljakainen	49%	51%
Matt Little	#VALUE!	#VALUE!
Chris Hamilton	50%	50%
Scott Sullivan (classic)	56%	44%
Bridget Yard	46%	54%
Brianna Yard	48%	52%
Jon Winter (classic)	54%	46%
Jake Porter (classic)	54%	46%
Devin Ryan	45%	55%
Lachlan Armstrong	53%	47%
Dudley Coulter	53%	47%

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

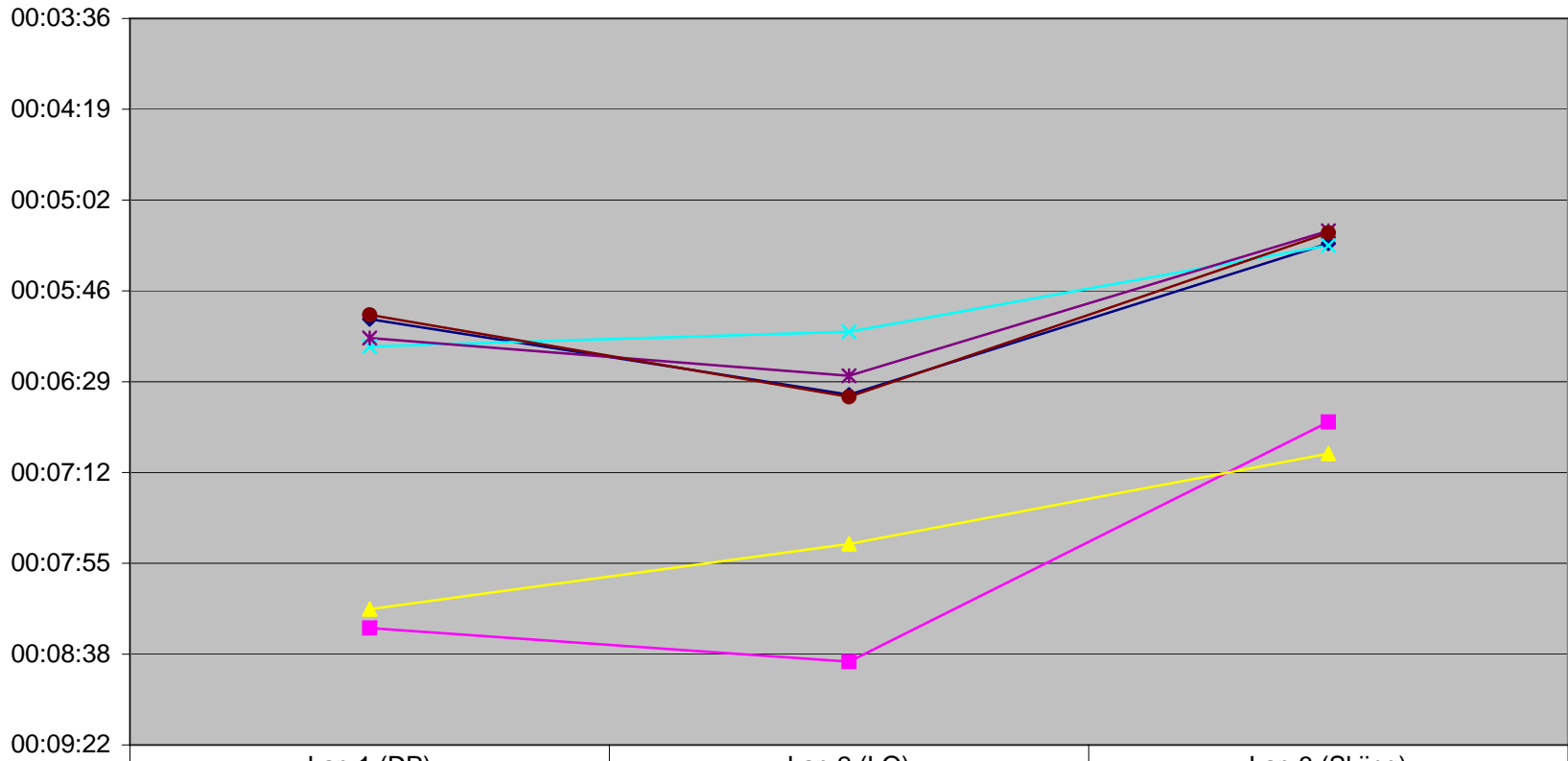
	<b>Arms Only</b>	<b>Legs Only</b>	<b>Skiing</b>
Eric Bailey	#VALUE!	93%	100%
Emily Hayman (elpex F1)	81%	97%	100%
Robb Martin (slow skis)	102%	74%	100%
Scott McCron	93%	87%	100%
Matt Schoales (classic)	97%	71%	100%
Ashley Kullas (classic)	92%	77%	100%
Jesse Winter	85%	88%	100%
Erica Bota	79%	92%	100%
Kieren Jones	90%	82%	100%
Julia Winter	81%	78%	100%
Seija Grant	85%	91%	100%
Alana Thomas	87%	89%	100%
Natasha Kullas	86%	82%	100%
Matt Cuddy	89%	80%	100%
Erin Tribe	82%	89%	100%
Veronic Massicotte	88%	86%	100%
Talia Davidson	87%	88%	100%
Laura Cazzola	79%	89%	100%
Brayden Jaspers	97%	92%	100%
Luke Viljakainen	84%	89%	100%
Matt Little	82%	#VALUE!	100%
Chris Hamilton	82%	82%	100%
Scott Sullivan (classic)	97%	77%	100%
Bridget Yard	82%	95%	100%
Brianna Yard	84%	90%	100%
Jon Winter (classic)	95%	82%	100%
Jake Porter (classic)	92%	79%	100%
Devin Ryan	75%	90%	100%
Lachlan Armstrong	81%	72%	100%
Dudley Coulter	92%	82%	100%

### Arms and Legs Time Trial - Born <=1987



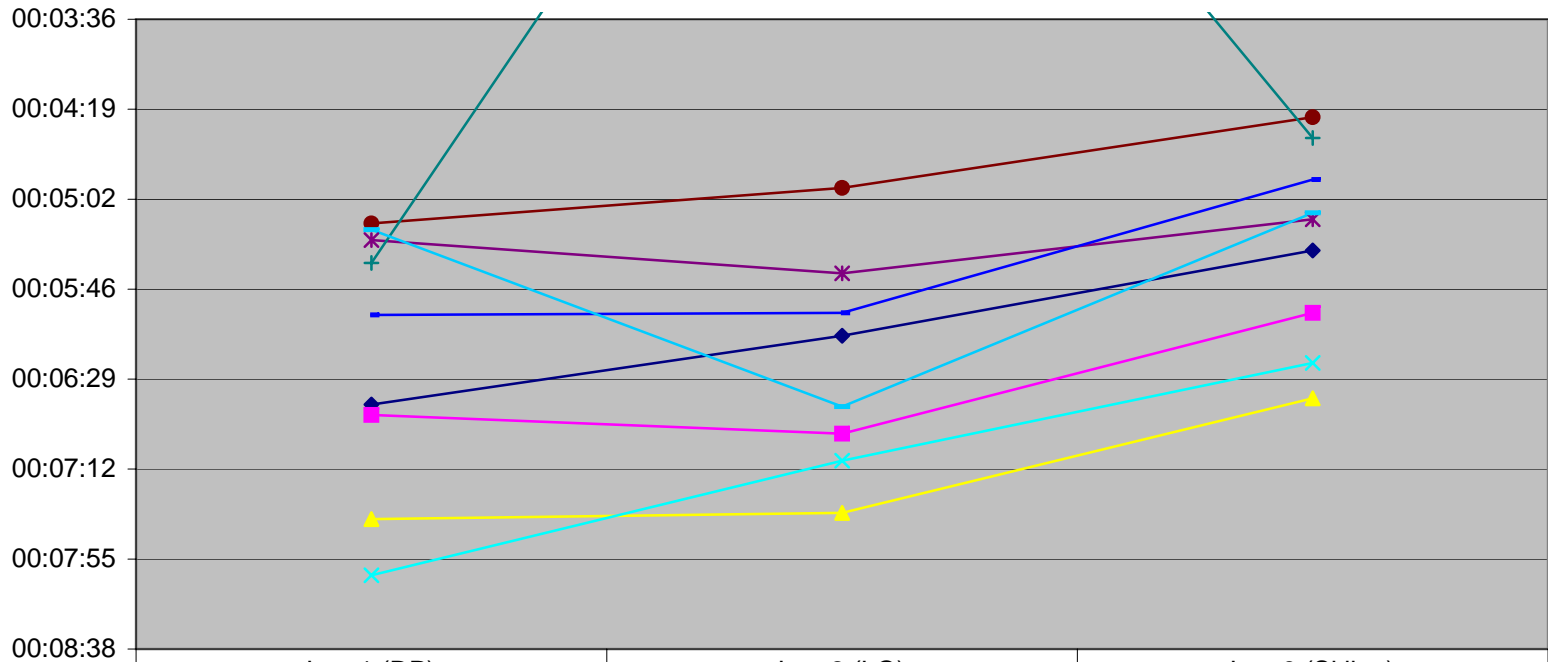
	Lap 1 (DP)	Lap 2 (LO)	Lap 3 (Skiing)
◆ Eric Bailey	00:00:00	00:04:48	00:04:28
■ Emily Hayman (elpex F1)	00:07:04	00:05:53	00:05:42
▲ Robb Martin (slow skis)	00:05:53	00:08:02	00:05:59
✕ Scott McCron	00:05:51	00:06:15	00:05:25
* Matt Schoales (classic)	00:05:10	00:07:06	00:05:02
● Ashley Kullas (classic)	00:09:44	00:11:40	00:08:57
+ Jesse Winter	00:05:12	00:05:02	00:04:26
— Erica Bota	00:06:26	00:05:30	00:05:05

### Arms and Legs Time Trial - Born 1988



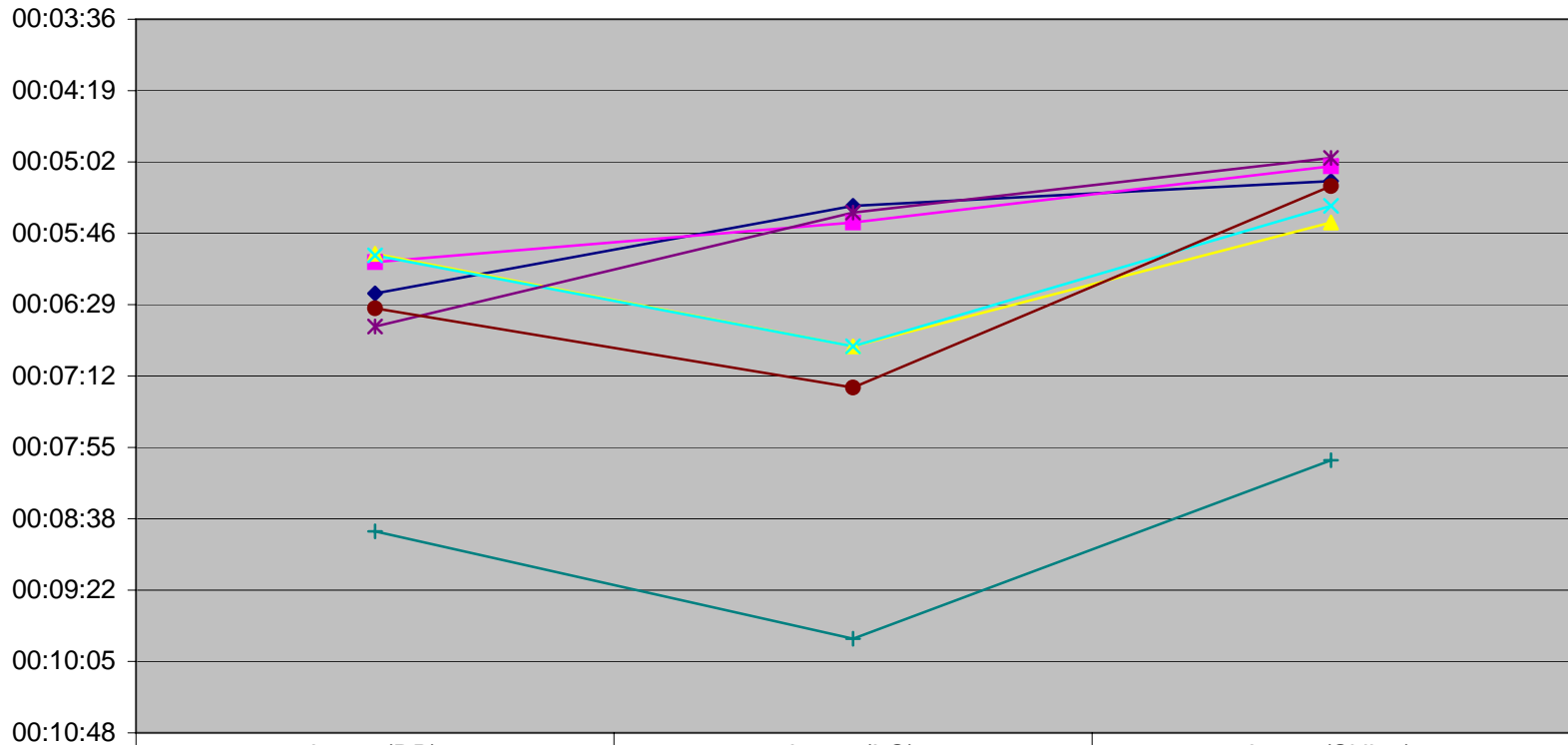
	Lap 1 (DP)	Lap 2 (LO)	Lap 3 (Skiing)
◆ Kieren Jones	00:05:59	00:06:35	00:05:23
■ Julia Winter	00:08:26	00:08:42	00:06:48
▲ Seija Grant	00:08:17	00:07:46	00:07:03
✕ Alana Thomas	00:06:12	00:06:05	00:05:24
* Natasha Kullas	00:06:08	00:06:26	00:05:17
● Matt Cuddy	00:05:57	00:06:36	00:05:18

### Arms and Legs Time Trial - Born 1989



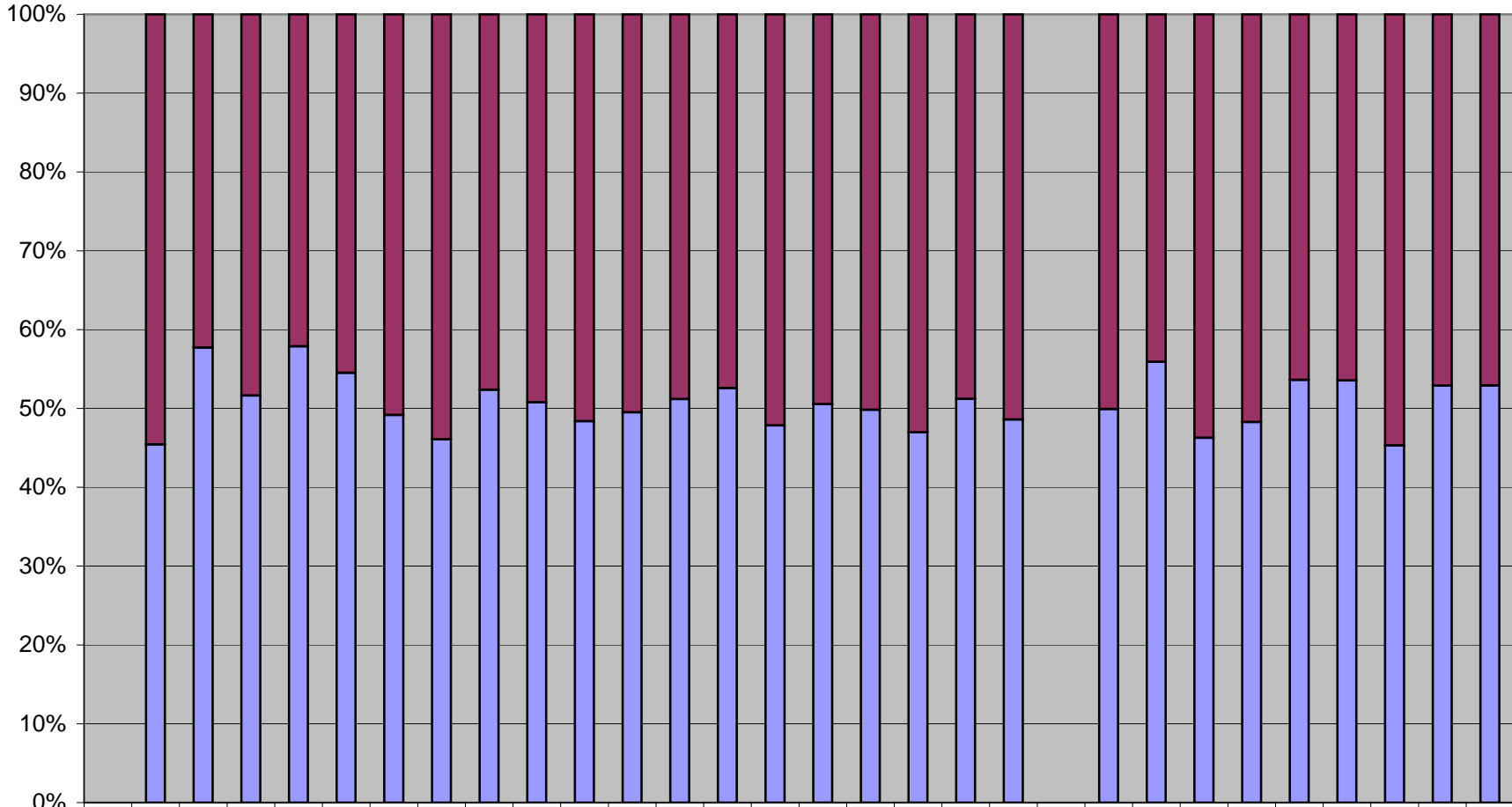
	Lap 1 (DP)	Lap 2 (LO)	Lap 3 (Skiing)
◆ Erin Tribe	00:06:41	00:06:08	00:05:27
■ Veronic Massicotte	00:06:46	00:06:55	00:05:57
▲ Talia Davidson	00:07:36	00:07:33	00:06:38
✕ Laura Cazzola	00:08:03	00:07:08	00:06:21
✱ Brayden Jaspers	00:05:22	00:05:38	00:05:12
● Luke Viljakainen	00:05:14	00:04:57	00:04:23
+ Matt Little	00:05:33	00:00:00	00:04:33
— Chris Hamilton	00:05:58	00:05:57	00:04:53
— Scott Sullivan (classic)	00:05:17	00:06:42	00:05:09

### Arms and Legs Time Trial - Born 1990



	Lap 1 (DP)	Lap 2 (LO)	Lap 3 (Skiing)
◆ Bridget Yard	00:06:22	00:05:29	00:05:14
■ Brianna Yard	00:06:03	00:05:39	00:05:05
▲ Jon Winter (classic)	00:05:58	00:06:54	00:05:39
× Jake Porter (classic)	00:05:59	00:06:54	00:05:29
* Devin Ryan	00:06:42	00:05:33	00:05:00
● Lachlan Armstrong	00:06:31	00:07:19	00:05:17
+ Dudley Coulter	00:08:46	00:09:51	00:08:03

### Power Output - Legs vs Arms



	Eric Bailey	Emily Hay	Robb Marti	Scott McC	Matt Schcoale	Ashley Kulla	Jesse Wint	Erica Bota	Kieren Jone	Julia Wint	Seija Grant	Alana Tho	Natasha Kulla	Matt Cuddy	Erin Tribe	Vernic Mas	Talia Davison	Laura Caz	Brayden Jasp	Luke Viljakain	Matt Little	Chris Ham	Scott Sulli	Bridget Yard	Brianna Yard	Jon Wint	Jake Porter	Devon Rya	Lachlan Arm	Dudley Coul
■ Legs Only	0%	55%	42%	48%	42%	45%	51%	54%	48%	49%	52%	50%	49%	47%	52%	49%	50%	53%	49%	51%	0%	50%	44%	54%	52%	46%	46%	55%	47%	47%
■ Arms Only	0%	45%	58%	52%	58%	55%	49%	46%	52%	51%	48%	50%	51%	53%	48%	51%	50%	47%	51%	49%	0%	50%	56%	46%	48%	54%	54%	45%	53%	53%

### Legs and Arms as a % of Skiing

