



LAVRA Cup Time Trials Overall After Three Events
Ranked by sum of Three fastest times, then 2 fastest times, 1 fastest time.

200 m

Name	Last	Club	2/19/2011	3/19/2011	4/16/2011	3 fastest
Daniel	Reback		00:11.81	00:11.91	00:11.67	00:35.39
Bobby	Unverzagt		00:11.95	00:12.13	00:12.01	00:36.09
Nathan	koch		00:12.20	00:12.21	00:11.84	00:36.25
Victor	McQuaide		00:12.71	00:12.66	00:12.71	00:38.08
Justin	Dillon		00:13.12	00:13.59	00:11.67	00:38.38
Thomas	Valentine			00:12.25	00:12.17	00:24.42
Douglas	Achtzehn			00:12.87	00:12.29	00:25.16
Carlos	Garcia			00:12.89	00:12.78	00:25.67
Mark	Peters		00:13.22	00:12.81		00:26.03
Tod	Smith			00:13.63	00:13.59	00:27.22
Jan	Palchikoff	CPT	00:15.31		00:15.07	00:30.38
Sky	Christopherson				00:11.44	00:11.44
Matthew	Diefenbach			00:11.71		00:11.71
Phillip	Elbaz				00:11.71	00:11.71
Jay	Wolkoff				00:11.87	00:11.87
Aron	Gadhia	Breakaway-UBS Elite Masters	00:12.14			00:12.14
Roberto	Atendido	Racelab Cycling Team		00:12.19		00:12.19
Christopher	Reed	Pasadena Athletic Assoc (PAA)	00:12.28			00:12.28
Alex	Ackel			00:12.46		00:12.46
James	Zaldua				00:12.51	00:12.51
Anthony	Novoa	CPT	00:12.68			00:12.68
Gilbert	Hatton			00:12.70		00:12.70
Chazmichael	Morales		0	00:12.71		00:12.71
Daniel	Gay				00:12.85	00:12.85
Scott	Cohen				00:12.86	00:12.86
Anthony	Unknown				00:12.90	00:12.90
Justin	Dillon				00:12.92	00:12.92
John	Schmidt	OCW/Paramount Racing	00:13.09			00:13.09
Keith	Brodhagen	Racelab Cycling Team	00:13.23			00:13.23
Byron	Belcher			00:13.34		00:13.34
Spencer	Buchanan	CPT	00:13.56			00:13.56
Stephen	Israel	CPT	00:13.58			00:13.58
Henrik	Frank	CPT	00:13.89			00:13.89
matthew	zuk			00:13.89		00:13.89
Charles	Watson				00:13.95	00:13.95
James	Hilyer	CPT	00:14.10			00:14.10
Gavin	Hoover	Annapolis Bicycle Racing Team	00:14.10			00:14.10
Tara	Unverzagt			00:14.47		00:14.47
Eric	Richardson	South Bay Wheelmen	00:14.55			00:14.55
Robert	Hess				00:15.08	00:15.08
Jackson	Bramlette				00:15.61	00:15.61
David	Zavala	#N/A	00:15.76			00:15.76
Ashlie	Cooper	CPT	00:15.90			00:15.90
Neil	Leventhal	Velo Club LaGrange	00:16.56			00:16.56



500 m
Time

Name	Club	2/19/2011	3/19/2011	4/16/2011	3 fastest
Phillip	Watford	00:35.89	00:35.36	00:35.59	01:46.84
Jay	Wolkoff	00:36.95	00:36.63	00:36.49	01:50.07
Victor	McQuaide	00:36.75	00:36.68	00:37.13	01:50.56
Mary Ellen	Alto Velo Racing Club	00:46.49	00:46.03	00:46.00	02:18.52
JAMES	ZALDUA		00:37.96	00:37.59	01:15.55
Jerry	McDonald	00:40.63	00:40.20		01:20.83
Mark	Peters	00:40.78	00:40.37		01:21.15
Tod	Smith		00:42.29	00:42.64	01:24.93
Gerald	Agnew	00:42.73	00:42.50		01:25.23
Mark	Neumann	00:42.78	00:42.79		01:25.57
Carlos	Garcia		00:43.25	00:42.68	01:25.93
Michael	Evans	0 00:44.09		00:42.46	01:26.55
Jan	Palchikoff	CPT	00:45.18	00:45.15	01:30.33
Melanie	Phillips	Ironfly	00:45.53	00:45.96	01:31.49
Jane	Shearing-Skalak	Santa Clarita Velo	00:49.67	00:48.75	01:38.42
Sky	Christopherson			00:35.04	00:35.04
Matthew	Diefenbach		00:35.47		00:35.47
Quinn	Hatfield		00:36.65		00:36.65
Steven	Sawelson	0 00:37.11			00:37.11
Daniel	Gay			00:37.71	00:37.71
Roberto	Atendido		00:38.24		00:38.24
Scott	Cohen			00:38.43	00:38.43
Gilbert	Hatton		00:38.63		00:38.63
Junu	Kang		00:38.99		00:38.99
Anthony	Novoa	CPT	00:39.43		00:39.43
Byron	Belcher		00:39.72		00:39.72
John	Schmidt	OCW/Paramount Racing	00:39.77		00:39.77
Tara	McCormick		00:40.00		00:40.00
Lauren	Hall	0 00:40.07			00:40.07
Spencer	Buchanan	CPT	00:40.34		00:40.34
Tara	Unverzagt		00:40.43		00:40.43
Henrik	Frank	CPT	00:40.57		00:40.57
Alan	Morissette	Ironfly	00:40.99		00:40.99
Stephen	Israel	CPT	00:41.23		00:41.23
David	Kirkes			00:41.60	00:41.60
john	mcquade		00:41.81		00:41.81
Cleaveran	Law	Lightning Velo	00:41.89		00:41.89
Richard	Allen		00:42.17		00:42.17
James	Hilyer	CPT	00:42.21		00:42.21
matthew	zuk		00:42.56		00:42.56
Gavin	Hoover	CPT	00:43.08		00:43.08
Eric	Richardson	South Bay Wheelmen	00:43.55		00:43.55
Jackson	Bramlette			00:43.73	00:43.73
Charles	Watson			00:43.85	00:43.85
Robert	Hess			00:43.86	00:43.86
Geraldo	Reis	GM Reis	00:43.87		00:43.87
Simone	Morissette	San Diego Bicycle Club	00:44.41		00:44.41
Neil	Leventhal	Velo Club LaGrange	00:45.27		00:45.27
Morgan	Kapp			00:47.15	00:47.15



**1000 m
Time**

Name	Club	2/19/2011	3/19/2011	4/16/2011	3 fastest
Justin Dillon		1:18.97	01:16.90	1:14.94	03:50.81
Daniel Reback		1:15.14	01:13.68	1:13.82	03:42.64
Bobby Unverzagt		1:10.55	01:10.90	1:10.33	03:31.78
Douglas Achtzehn			01:14.23	1:13.57	02:27.80
James Keiser			01:16.99	1:16.00	02:32.99
Jay Wolhoff		1:15.18	01:18.18		02:33.36
Carlos Garcia			01:26.84	1:23.73	02:50.57
Jane Shearing-Skalak	Santa Clarita Velo	1:40.66		1:41.98	03:22.64
Garth Prosser		0 1:09.61			01:09.61
Phillip Elbaz		0 1:10.55			01:10.55
Keith Brodhagen	Racelab Cycling Team	1:14.80			01:14.80
Roberto Atendido	Racelab Cycling Team		01:16.02		01:16.02
Andy Gracyalny			01:16.96		01:16.96
David Matthews				1:18.26	01:18.26
JAMES ZALDUA			01:18.40		01:18.40
William Smith	Echelon Gran Fondo/Zteam	1:21.62			01:21.62
matthew zuk			01:23.32		01:23.32
Eric Richardson	South Bay Wheelmen	1:25.49			01:25.49
Morgan Kapp				1:31.45	01:31.45

**2000 m
Time**

Name	Club	2/19/2011	3/19/2011	4/16/2011	3 fastest
Jay Wolhoff		02:39.33	02:36.48	02:35.83	07:51.64
Mark Neumann	Ironfly	02:37.44	02:41.14	02:35.31	07:53.89
Mary Ellen Allen	Alto Velo Racing Club	02:57.67	02:57.44	02:52.90	08:48.01
Mark Peters		02:49.98	02:43.60		05:33.58
Jerry McDonald		02:47.89	02:47.12		05:35.01
Gerald Agnew		02:48.01	02:47.76		05:35.77
Richard Allen		02:56.46	02:55.51		05:51.97
Carlos Garcia			03:04.51	03:01.66	06:06.17
Keith Ketterer	Breakaway-UBS Elite Masters	02:29.36			02:29.36
Geraldo Reis	GM Reis	02:34.07			02:34.07
Keith Brodhagen	Racelab Cycling Team	02:34.54			02:34.54
Thomas Peterson	Bike Religion	02:40.58			02:40.58
Tara McCormick			02:46.13		02:46.13
Anthony Novoa	CPT	02:46.47			02:46.47
Anthony Unknown				02:47.96	02:47.96
Tara Unverzagt			02:49.17		02:49.17
Charles Watson				02:51.05	02:51.05
Alan Morissette	Ironfly	02:51.58			02:51.58
john mcquade			02:53.67		02:53.67
Sarah Mattes				02:54.62	02:54.62
John McQuaide				02:57.44	02:57.44
Eric Richardson	South Bay Wheelmen	03:01.46			03:01.46
David Zavala	#N/A	03:10.08			03:10.08
Jane Shearing-Skalak	Santa Clarita Velo			03:25.38	03:25.38



**3000 m
Time**

Name	Club	2/19/2011	3/19/2011	4/16/2011	3 fastest
Kevin Phillips		3:44.26	03:41.37	03:37.52	11:03.15
Bobby Unverzagt		3:45.29	03:45.79	03:51.46	11:22.54
John Walsh		3:47.89	03:59.18		07:47.07
James Keiser	Adams Avenue Bicycles		03:59.70	03:53.13	07:52.83
Lana Atchley		4:16.56	04:18.20		08:34.76
Kyle Torres	Team Specialized Racing	3:46.78			03:46.78
Dan Vogt	Helens Racing	3:47.21			03:47.21
Geraldo Reis	GM Reis	3:50.07			03:50.07
Ben Barthel			03:50.96		03:50.96
Kurt Broadhag	8th Wonder Cycling	3:56.10			03:56.10
Lauren Hall		0 3:58.49			03:58.49
David Matthews				04:05.27	04:05.27
William Smith	Echelon Gran Fondo/Zteam	4:26.25			04:26.25
Morgan Kapp				04:34.07	04:34.07

**4000 m
Time**

Name	Club	2/19/2011	3/19/2011	4/16/2011	3 fastest
Kevin Phillips		5:03.19	05:00.27	05:03.33	15:06.79
Justin Dillon	Bike Religion	5:37.15	05:34.82	05:22.28	16:34.25
James Keiser			05:26.87	05:25.62	10:52.49
Garth Prosser		0 5:03.42			05:03.42
John Rondash		0 5:08.72			05:08.72
Andy Gracyalny			05:34.84		05:34.84