

### Loughborough Phoenix Time Trial 2008 - Stephen Dee's results

| <b>Date</b> | <b>Rider</b>    | <b>Lap1</b> | <b>Av</b> | <b>Lap 2</b> | <b>Av</b> | <b>Total</b> | <b>Av</b> | <b>Comment</b>  |
|-------------|-----------------|-------------|-----------|--------------|-----------|--------------|-----------|---|
| 04-Jun-08   | Stephen         | 17:24       | 18.62     | 17:38        | 18.37     | 35:02        | 18.50     |   |
| 11-Jun-08   | Stephen         | 16:33       | 19.58     | 16:59        | 19.08     | 33:32        | 19.32     |   |
| 18-Jun-08   | Stephen         | 16:42       | 19.4      | 17:08        | 18.91     | 33:50        | 19.15     |   |
| 25-Jun-08   | Stephen         | 17:33       | 18.5      | 18:17        | 17.72     | 35:50        | 18.08     |   |
| 02-Jul-08   | Stephen         | DNS         | DNS       | DNS          | DNS       | DNS          | DNS       |   |
| 16-Jul-08   | Stephen         | 15:54       | 20.4      | 16:17        | 19.90     | 32:11        | 20.13     | <b>Personal Best (new bike)</b>   |
| 23-Jul-08   | Stephen         | 16:09       | 20.1      | 17:32        | 18.48     | 33:41        | 19.24     |   |
| 30-Jul-08   | Stephen         | 15:41       | 20.7      | 17:13        | 18.82     | 32:54        | 19.70     | dropped chain 3 times, once on first lap, second time jammed up chain and had to stop and remove back wheel to fix. Hence a good time considering |
| 06-Aug-08   | Stephen & Ceri  | 16:53       | 19.2      | 17:48        | 18.20     | 34:41        | 18.68     |   |
| 13-Aug-08   | Stephen & Ceri  | 16:50       | 19.2      | 17:17        | 18.75     | 34:07        | 18.99     | <b>PB for Tandem Pair</b>   |
| 20-Aug-08   | Stephen & David | 17:34       | 18.4      | 19:08        | 16.93     | 36:42        | 17.66     | <b>PB for Tandem Pair &amp; Honorary Gold Medal</b> for David to make up for Canada's lack of medals in the Olympics                              |