

3.2-mile ITT Times and Average MPH

MPH	time	MPH	time	MPH	time	MPH	time	MPH	time	MPH	time
32.0	0:06:00	28.0	0:06:51	24.0	0:08:00	20.0	0:09:36	16.0	0:12:00	12.0	0:16:00
31.9	0:06:01	27.9	0:06:52	23.9	0:08:02	19.9	0:09:38	15.9	0:12:04	11.9	0:16:08
31.8	0:06:02	27.8	0:06:54	23.8	0:08:04	19.8	0:09:41	15.8	0:12:09	11.8	0:16:16
31.7	0:06:03	27.7	0:06:55	23.7	0:08:06	19.7	0:09:44	15.7	0:12:13	11.7	0:16:24
31.6	0:06:04	27.6	0:06:57	23.6	0:08:08	19.6	0:09:47	15.6	0:12:18	11.6	0:16:33
31.5	0:06:05	27.5	0:06:58	23.5	0:08:10	19.5	0:09:50	15.5	0:12:23	11.5	0:16:41
31.4	0:06:06	27.4	0:07:00	23.4	0:08:12	19.4	0:09:53	15.4	0:12:28	11.4	0:16:50
31.3	0:06:08	27.3	0:07:01	23.3	0:08:14	19.3	0:09:56	15.3	0:12:32	11.3	0:16:59
31.2	0:06:09	27.2	0:07:03	23.2	0:08:16	19.2	0:10:00	15.2	0:12:37	11.2	0:17:08
31.1	0:06:10	27.1	0:07:05	23.1	0:08:18	19.1	0:10:03	15.1	0:12:42	11.1	0:17:17
31.0	0:06:11	27.0	0:07:06	23.0	0:08:20	19.0	0:10:06	15.0	0:12:48	11.0	0:17:27
30.9	0:06:12	26.9	0:07:08	22.9	0:08:23	18.9	0:10:09	14.9	0:12:53	10.9	0:17:36
30.8	0:06:14	26.8	0:07:09	22.8	0:08:25	18.8	0:10:12	14.8	0:12:58	10.8	0:17:46
30.7	0:06:15	26.7	0:07:11	22.7	0:08:27	18.7	0:10:16	14.7	0:13:03	10.7	0:17:56
30.6	0:06:16	26.6	0:07:13	22.6	0:08:29	18.6	0:10:19	14.6	0:13:09	10.6	0:18:06
30.5	0:06:17	26.5	0:07:14	22.5	0:08:32	18.5	0:10:22	14.5	0:13:14	10.5	0:18:17
30.4	0:06:18	26.4	0:07:16	22.4	0:08:34	18.4	0:10:26	14.4	0:13:20	10.4	0:18:27
30.3	0:06:20	26.3	0:07:18	22.3	0:08:36	18.3	0:10:29	14.3	0:13:25	10.3	0:18:38
30.2	0:06:21	26.2	0:07:19	22.2	0:08:38	18.2	0:10:32	14.2	0:13:31	10.2	0:18:49
30.1	0:06:22	26.1	0:07:21	22.1	0:08:41	18.1	0:10:36	14.1	0:13:37	10.1	0:19:00

MPH	time	MPH	time	MPH	time	MPH	time	MPH	time	MPH	time
30.0	0:06:24	26.0	0:07:23	22.0	0:08:43	18.0	0:10:40	14.0	0:13:42	10.0	0:19:12
29.9	0:06:25	25.9	0:07:24	21.9	0:08:46	17.9	0:10:43	13.9	0:13:48	9.9	0:19:23
29.8	0:06:26	25.8	0:07:26	21.8	0:08:48	17.8	0:10:47	13.8	0:13:54	9.8	0:19:35
29.7	0:06:27	25.7	0:07:28	21.7	0:08:50	17.7	0:10:50	13.7	0:14:00	9.7	0:19:47
29.6	0:06:29	25.6	0:07:30	21.6	0:08:53	17.6	0:10:54	13.6	0:14:07	9.6	0:20:00
29.5	0:06:30	25.5	0:07:31	21.5	0:08:55	17.5	0:10:58	13.5	0:14:13	9.5	0:20:12
29.4	0:06:31	25.4	0:07:33	21.4	0:08:58	17.4	0:11:02	13.4	0:14:19	9.4	0:20:25
29.3	0:06:33	25.3	0:07:35	21.3	0:09:00	17.3	0:11:05	13.3	0:14:26	9.3	0:20:38
29.2	0:06:34	25.2	0:07:37	21.2	0:09:03	17.2	0:11:09	13.2	0:14:32	9.2	0:20:52
29.1	0:06:35	25.1	0:07:38	21.1	0:09:05	17.1	0:11:13	13.1	0:14:39	9.1	0:21:05
29.0	0:06:37	25.0	0:07:40	21.0	0:09:08	17.0	0:11:17	13.0	0:14:46	9.0	0:21:20
28.9	0:06:38	24.9	0:07:42	20.9	0:09:11	16.9	0:11:21	12.9	0:14:53	8.9	0:21:34
28.8	0:06:40	24.8	0:07:44	20.8	0:09:13	16.8	0:11:25	12.8	0:14:59	8.8	0:21:49
28.7	0:06:41	24.7	0:07:46	20.7	0:09:16	16.7	0:11:29	12.7	0:15:07	8.7	0:22:04
28.6	0:06:42	24.6	0:07:48	20.6	0:09:19	16.6	0:11:33	12.6	0:15:14	8.6	0:22:19
28.5	0:06:44	24.5	0:07:50	20.5	0:09:21	16.5	0:11:38	12.5	0:15:21	8.5	0:22:35
28.4	0:06:45	24.4	0:07:52	20.4	0:09:24	16.4	0:11:42	12.4	0:15:29	8.4	0:22:51
28.3	0:06:47	24.3	0:07:54	20.3	0:09:27	16.3	0:11:46	12.3	0:15:36	8.3	0:23:07
28.2	0:06:48	24.2	0:07:56	20.2	0:09:30	16.2	0:11:51	12.2	0:15:44	8.2	0:23:24
28.1	0:06:49	24.1	0:07:58	20.1	0:09:33	16.1	0:11:55	12.1	0:15:52	8.1	0:23:42