

Racewalk West Race Analysis and Profile Chart

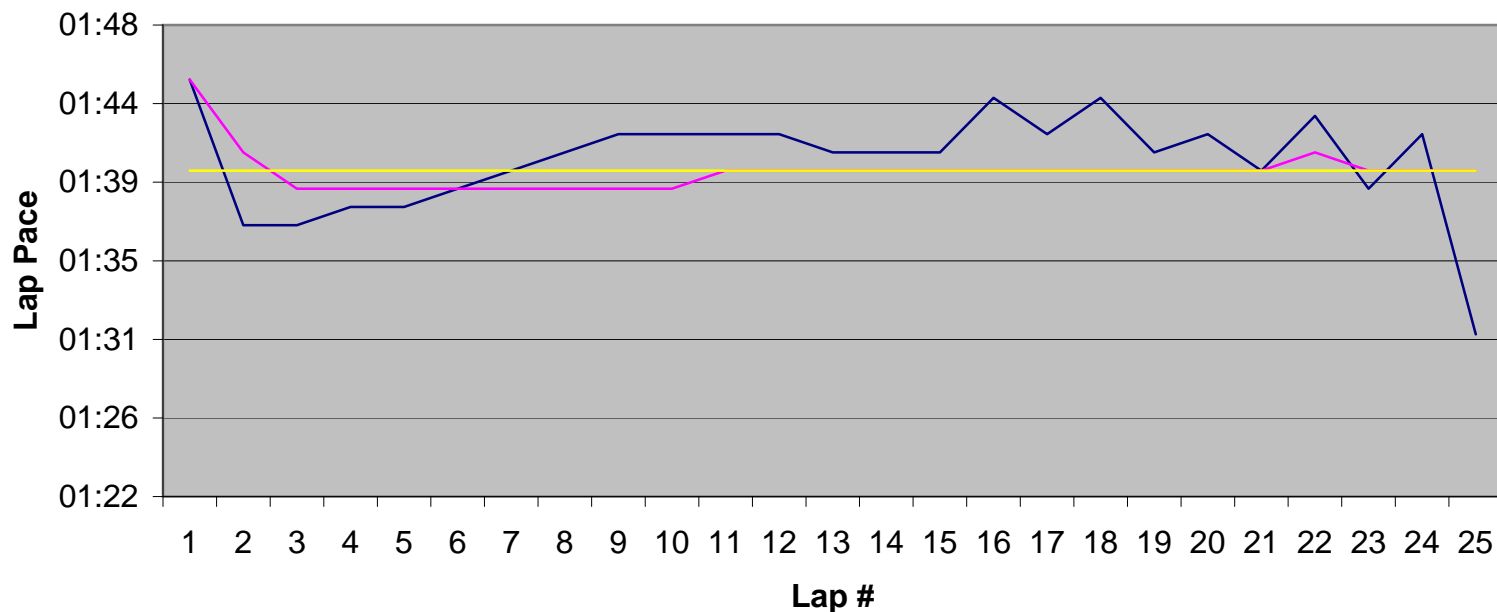
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|--|----------------------------------|
| Event: Time Trial - Burnaby Central Track | Conditions: Altitude: 40m |
| Athlete: Evan Dunfee | Temperature: 15-1C Sunny, calm |
| Date: 09-May-09 | Course: Track, hard rubber |
| Event Dist.: 10 Km | Level: Training |
| Lap Length: 0.4 Km | Starters: N/A |
| | DQ/DNF: N/A |

Commentary:

The purpose of this event was to allow Evan to determine the possibility of an attempt at the Canadian Junior record at the Canacian Nationals in late June. Evan had some pacing help from a teammate who was doing an interval workout on alternate laps for the entire distance. Even with the slow first lap the first 2k was the fastest of the distance tied with the last 2k due to the exceptionally fast last lap. An even pacing of 1:41 over the first 2k would have put Evan in the same place as the sub 1:40 laps at a lower energy cost possibly allowing for the 1:40 average pace to be held for the entire distance.

The note above is not evidence of a flaw but an opportunity to find an additional 15 seconds in an otherwise exceptional race.

Race Profile Chart - Evan Dunfee Time Trial Burnaby Central - May 9, 2009



— Actual Lap Time — Average Lap Time — Event Average Lap Time



Racewalk West Race Analysis and Profile Chart

| Race Data Collection | | | | | | | | | | | |
|----------------------|------------|-----------------|-----------------------------|------------------|---------------------------------|-----------------|------------|-----------------|-----------------------------|------------------|---------------------------------|
| Left Side Data | | | | | | Right Side Data | | | | | |
| Lap # | Watch Time | Actual Lap Time | Projected Finish @ Lap Time | Average Lap Time | Projected Finish @ Avg Lap Time | Lap # | Watch Time | Actual Lap Time | Projected Finish @ Lap Time | Average Lap Time | Projected Finish @ Avg Lap Time |
| 1 | 01:45 | 01:45 | 43:45 | 01:45 | 43:45 | 14 | 23:25 | 01:41 | 42:05 | 01:40 | 41:40 |
| 2 | 03:22 | 01:37 | 40:25 | 01:41 | 42:05 | 15 | 25:06 | 01:41 | 42:05 | 01:40 | 41:40 |
| 3 | 04:59 | 01:37 | 40:25 | 01:39 | 41:15 | 16 | 26:50 | 01:44 | 43:20 | 01:40 | 41:40 |
| 4 | 06:37 | 01:38 | 40:50 | 01:39 | 41:15 | 17 | 28:32 | 01:42 | 42:30 | 01:40 | 41:40 |
| 5 | 08:15 | 01:38 | 40:50 | 01:39 | 41:15 | 18 | 30:16 | 01:44 | 43:20 | 01:40 | 41:40 |
| 6 | 09:54 | 01:39 | 41:15 | 01:39 | 41:15 | 19 | 31:57 | 01:41 | 42:05 | 01:40 | 41:40 |
| 7 | 11:34 | 01:40 | 41:40 | 01:39 | 41:15 | 20 | 33:39 | 01:42 | 42:30 | 01:40 | 41:40 |
| 8 | 13:15 | 01:41 | 42:05 | 01:39 | 41:15 | 21 | 35:19 | 01:40 | 41:40 | 01:40 | 41:40 |
| 9 | 14:57 | 01:42 | 42:30 | 01:39 | 41:15 | 22 | 37:02 | 01:43 | 42:55 | 01:41 | 42:05 |
| 10 | 16:39 | 01:42 | 42:30 | 01:39 | 41:15 | 23 | 38:41 | 01:39 | 41:15 | 01:40 | 41:40 |
| 11 | 18:21 | 01:42 | 42:30 | 01:40 | 41:40 | 24 | 40:23 | 01:42 | 42:30 | 01:40 | 41:40 |
| 12 | 20:03 | 01:42 | 42:30 | 01:40 | 41:40 | 25 | 41:54 | 01:31 | 37:55 | 01:40 | 41:40 |
| 13 | 21:44 | 01:41 | 42:05 | 01:40 | 41:40 | | | | | | |