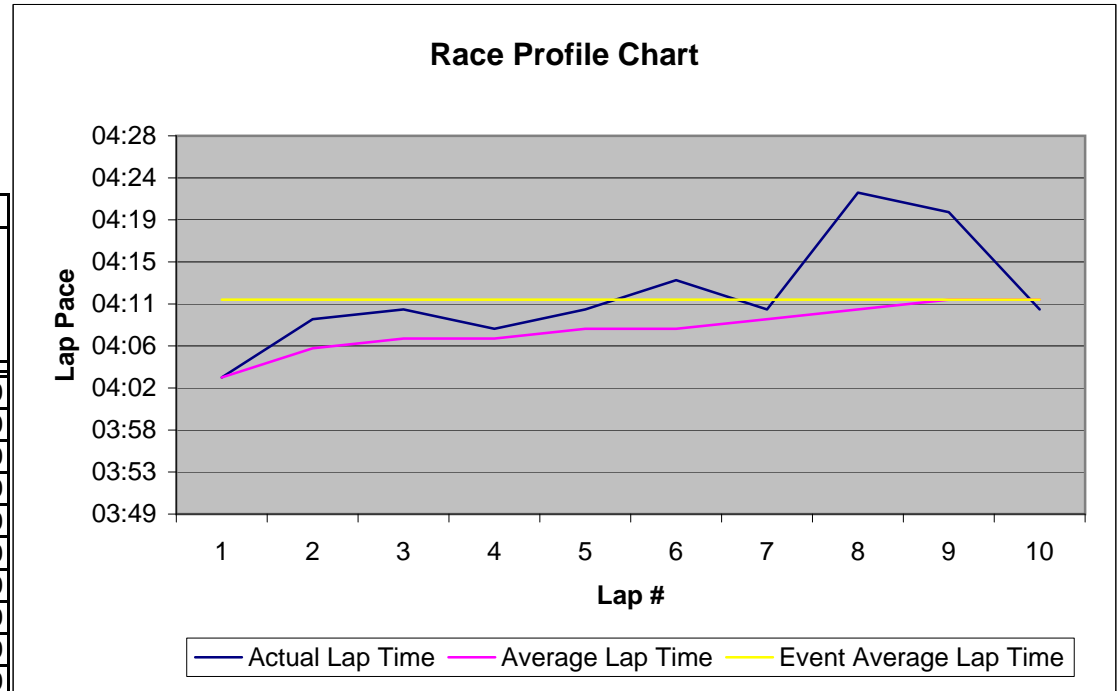




## Racewalk West Race Analysis and Profile Chart

Event: **Canadian National Junior Championships**  
 Athlete: **Evan Dunfee**  
 Date: **28-Jun-09**  
 Event Dist.: 10 Km  
 Lap Length: 1 Km

Race Data Collection					
Lap #	Watch Time	Actual Lap Time	Projected Finish @ Lap Time	Average Lap Time	Projected Finish @ Avg Lap Time
1	04:03	04:03	40:30	04:03	40:30
2	08:12	04:09	41:30	04:06	41:00
3	12:22	04:10	41:40	04:07	41:10
4	16:30	04:08	41:20	04:07	41:10
5	20:40	04:10	41:40	04:08	41:20
6	24:53	04:13	42:10	04:08	41:20
7	29:03	04:10	41:40	04:09	41:30
8	33:25	04:22	43:40	04:10	41:40
9	37:45	04:20	43:20	04:11	41:50
10	41:55	04:10	41:40	04:11	41:50



**Conditions:** Altitude: 50 m Low Level: National  
 Temperature: 17C Starters: 3 Junior, 5 Senior  
 Course: Road, good surface, slight slope DQ/DNF: 3

### Commentary:

It is interesting that even with a performance of this level of perfection that there is still significant room for improvement. Approximately 20 seconds were given up in the 8th and 9th kilometers, otherwise the pacing was a perfect as can be expected. Preparation for this event was well executed allowing Evan to match his NAIA 5k performance exactly in the 5k split for this event.

No other Canadian Junior has ever been able to post a better time than this over the distance. The next best time being a 42:36 performance by Guillaume LeBlanc in 1981.