|  |  |  |
| --- | --- | --- |
|  | VDot | 2 set of (10min tempo- 2x1min uphill) |
| Cole | 61 | 2740 |
| Carlos | 59 | 2670 |
| Nick  Max | 57 | 2600 |
| Madison | 53 | 2445 |
| Hayley | 52 | 2410 |
| Gracie | 48 | 2260 |
| Grace | 45 | 2155 |
| Cassiday | 44 | 2115 |
| Addison  Samantha | 43 | 2070 |
| Joshlyn | 41 | 1945 |
| Sophia | 39 | 1910 |
| Alina | 35 | 1755 |