

JUSTIN

"Hands on handlebar" ~~15:00~~

Start cycling ~ 17:20

Stop cycling ~ 8:01:30

svm ~~→~~ ~ 8:18:00

Start running ~ 9:53:44

svm ~~→~~ ~ 9:51:00

Stop running ~ 18:18:56

svm ~~→~~ 18:21:00

→ Hold handlebar ~ 19:30:00

Start cycle ~ 19:45:00

svm ~~→~~ 19:30:00

Stop cycle ~ 27:47:08

svm ~~→~~ 27:49:00

~~JOHN~~ MATT

Timer Start 0:00

~~Start Run~~ → ~~19:22~~

Bike Start → ~~30:45~~
11:37

Bike Stop: 10:08:20

Let go of bike: 10:47:23 ✓

Run Start: 11:15:06 ~ 11:21:38

Puts arm down: 11:24:00 ✓

~~Video~~

Run Stop: 21:00:00 ✓ "21:04:00" ✓

RADLYN

Timer Start: 00:00

Run Start: 7:22 09:00 ✓

Run Stop: 10:00:00 ✓

Put hand on bike: 10:59:11

Bike Start: 11: ~~29~~ 29:15

Bike End: 19:53:09

Let go of bike: ~~19:53:09~~ 20:04:31

JOHN

SUM: 6:33

Run Start: 07:09

Put watch up: ~~08:22~~ 08:45:23

Run Stop: 09:21:14

Hold bike: 09:49:25 → SUM: 09:48

Start cycling: 10:10:29

Stop cycling: 20:34:01

SUM: 20:35:00

Let go of bike 20:35