

LUCAS OIL AMA PRO MOTOCROSS CHAMPIONSHIP  
 ROCKSTAR ENERGY SOUTHWICK NATIONAL  
 MOTO-X 338 - SOUTHWICK, MA  
 ROUND 10 OF 12 - AUGUST 28, 2010  
**450 Motocross**



**INDIVIDUAL TIMES - 450 GROUP A PRACTICE 1**

**5** Ryan Dungey  
Suzuki RMZ 450

LAP	SEG 1	SEG 2	SEG 3	LAPTIME
1	-	-	47.071	-
2	40.443	33.363	44.378	1:58.184
3	1:39.441	35.513	49.798	3:04.753
4	39.545	32.859	44.415	1:56.818
5	45.575	36.363	51.466	2:13.403
6	1:07.376	34.172	46.533	2:28.081
AVG	41.854	34.454	47.277	2:02.802
IDEAL	39.545	32.859	44.378	1:56.781

**10** Thomas Hahn  
Suzuki RMZ 450

LAP	SEG 1	SEG 2	SEG 3	LAPTIME
1	<del>1:20.470</del>	34.755	45.715	-
2	40.850	33.201	44.900	1:58.951
3	1:05.232	46.078	1:00.840	2:52.149
4	39.911	33.439	44.211	1:57.561
5	40.218	34.660	52.426	2:07.304
AVG	40.326	34.014	46.813	2:01.272
IDEAL	39.911	33.201	44.211	1:57.323

**14** Kevin Windham  
Honda CRF450R

LAP	SEG 1	SEG 2	SEG 3	LAPTIME
1	-	-	-	-
2	40.738	33.435	53.524	2:07.697
3	53.892	42.387	49.581	2:25.860
4	39.594	33.399	44.403	1:57.396
5	51.149	41.967	54.708	2:27.824
6	42.580	43.302	54.928	2:20.810
AVG	40.971	33.417	46.992	2:08.634
IDEAL	39.594	33.399	44.403	1:57.396

**16** John Dowd  
Kawasaki KX 450F

LAP	SEG 1	SEG 2	SEG 3	LAPTIME
1	-	-	46.777	-
2	41.318	33.735	43.950	1:59.003
3	1:32.206	47.987	53.561	3:13.754
4	43.995	36.852	47.696	2:08.543
5	41.332	34.553	45.481	2:01.365
AVG	42.215	35.047	45.976	2:02.970
IDEAL	41.318	33.735	43.950	1:59.003

**23** Justin Brayton  
Yamaha YZ 450F

LAP	SEG 1	SEG 2	SEG 3	LAPTIME
1	<del>1:27.490</del>	35.051	52.439	-
2	40.488	34.030	44.985	1:59.503
3	46.873	34.597	46.940	2:08.410
4	1:50.170	34.217	44.494	3:08.881
5	39.551	33.162	44.408	1:57.121
AVG	42.304	34.211	46.653	2:01.678
IDEAL	39.551	33.162	44.408	1:57.121

**24** Brett Metcalfe  
Honda CRF450R

LAP	SEG 1	SEG 2	SEG 3	LAPTIME
1	-	-	-	-
2	38.893	33.731	1:29.581	2:42.205
3	39.768	33.435	44.185	1:57.387
4	39.444	33.667	43.768	1:56.879
5	49.835	42.258	50.042	2:22.134
6	39.184	33.539	44.188	1:56.911
AVG	39.322	33.593	45.545	1:57.059
IDEAL	38.893	33.435	43.768	1:56.095

**26** Michael Byrne  
Yamaha YZ 450F

LAP	SEG 1	SEG 2	SEG 3	LAPTIME
1	-	-	-	-
2	40.695	34.270	45.385	2:00.350
3	41.812	34.534	45.891	2:02.237
4	54.607	41.956	56.946	2:33.509
5	40.230	34.348	43.815	1:58.393
6	1:59.612	37.801	58.684	3:36.097
AVG	40.912	35.238	45.030	2:00.327
IDEAL	40.230	34.270	43.815	1:58.315

**27** Nicholas Wey  
Kawasaki KX 450F

LAP	SEG 1	SEG 2	SEG 3	LAPTIME
1	-	-	49.163	-
2	40.093	34.732	43.847	1:58.671
3	39.846	33.680	43.882	1:57.408
4	47.409	34.845	45.702	2:07.956
5	40.497	33.515	43.718	1:57.730
6	40.032	34.142	45.018	1:59.193
AVG	41.575	34.183	45.222	2:00.192
IDEAL	39.846	33.515	43.718	1:57.079

**29** Andrew Short  
Honda CRF450R

LAP	SEG 1	SEG 2	SEG 3	LAPTIME
1	-	-	-	-
2	2:40.792	37.115	48.801	4:06.708
AVG	2:40.792	37.115	48.801	4:06.708
IDEAL	2:40.792	37.115	48.801	4:06.708

**35** Matthew Goerke  
Yamaha YZ 450F

LAP	SEG 1	SEG 2	SEG 3	LAPTIME
1	-	-	-	-
2	39.711	33.349	44.240	1:57.300
3	44.244	42.900	52.581	2:19.724
4	39.774	33.351	44.435	1:57.560
5	39.777	33.495	44.304	1:57.576
6	53.526	44.389	1:04.411	2:42.326
AVG	40.876	33.398	46.390	2:03.040
IDEAL	39.711	33.349	44.240	1:57.300

**41** Kyle Regal  
Honda CRF450R

LAP	SEG 1	SEG 2	SEG 3	LAPTIME
1	<del>1:20.648</del>	34.822	45.826	-
2	40.200	33.538	44.337	1:58.075
3	56.263	44.541	48.403	2:29.208
4	40.435	33.889	45.213	1:59.537
5	1:30.425	37.577	1:00.594	3:08.595
AVG	40.318	34.957	45.945	1:58.806
IDEAL	40.200	33.538	44.337	1:58.075

**42** Ben Evans  
Kawasaki KX 450F

LAP	SEG 1	SEG 2	SEG 3	LAPTIME
1	<del>1:20.702</del>	35.429	45.273	-
2	42.008	34.528	46.097	2:02.633
3	41.651	34.657	44.889	2:01.198
4	42.619	34.582	46.168	2:03.369
5	41.718	34.621	46.119	2:02.458
6	42.319	34.591	45.951	2:02.861
AVG	42.063	34.735	45.750	2:02.504
IDEAL	41.651	34.528	44.889	2:01.069

**43** Steven Clarke  
Suzuki RMZ 450

LAP	SEG 1	SEG 2	SEG 3	LAPTIME
1	-	-	-	-
2	40.702	33.811	44.567	1:59.080
3	41.591	33.865	45.483	2:00.939
4	2:28.983	40.177	1:05.598	4:14.758
5	41.054	33.850	45.962	2:00.865
AVG	41.116	35.426	45.337	2:00.295
IDEAL	40.702	33.811	44.567	1:59.080

**46** Ryan Sipes  
Yamaha YZ 450F

LAP	SEG 1	SEG 2	SEG 3	LAPTIME
1	-	-	-	-
2	41.928	34.239	44.960	2:01.127
3	41.560	35.163	45.003	2:01.726
4	59.026	42.171	45.307	2:26.504
5	41.307	34.346	44.426	2:00.079
6	41.536	42.143	57.854	2:21.534
AVG	41.583	34.583	44.924	2:06.116
IDEAL	41.307	34.239	44.426	1:59.972

**55** Kyle Chisholm  
Yamaha YZ 450F

LAP	SEG 1	SEG 2	SEG 3	LAPTIME
1	-	-	45.488	-
2	39.817	32.619	43.943	1:56.379
3	38.797	34.848	51.319	2:04.964
4	39.904	37.584	47.606	2:05.093
5	39.855	33.124	44.139	1:57.117
6	1:17.695	37.919	54.308	2:49.922
AVG	39.593	35.219	46.499	2:00.888
IDEAL	38.797	32.619	43.943	1:55.359

**P** - lap ended in the pits - lap ended on a red flag

Average laptime is the average of laptimes within 120% of the rider's fastest lap in this session

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INDIVIDUAL TIMES - 450 GROUP A PRACTICE 1

**58** Weston Peick  
Yamaha YZ 450F

LAP	SEG 1	SEG 2	SEG 3	LAPTIME
1	<del>1:22.460</del>	35.911	46.549	-
2	41.779	34.453	46.475	2:02.707
3	41.191	34.732	45.653	2:01.575
4	42.108	40.269	49.056	2:11.433
5	42.688	35.071	47.021	2:04.780
6	41.438	35.193	46.363	2:02.994
AVG	41.841	35.938	46.853	2:04.698
IDEAL	41.191	34.453	45.653	2:01.296

**101** Ben Townley  
Honda CRF450R

LAP	SEG 1	SEG 2	SEG 3	LAPTIME
1	-	-	47.650	-
2	40.011	33.016	43.469	1:56.496
3	39.155	33.724	45.121	1:57.999
4	1:05.580	44.174	1:04.313	2:54.067
5	39.933	33.158	49.945	2:03.036
6	39.365	33.302	43.482	1:56.149
AVG	39.616	33.300	45.933	1:58.420
IDEAL	39.155	33.016	43.469	1:55.640

**209** Heath Harrison  
Kawasaki KX 450F

LAP	SEG 1	SEG 2	SEG 3	LAPTIME
1	<del>1:21.803</del>	35.984	45.819	-
2	41.511	34.833	46.804	2:03.147
3	40.138	35.616	46.496	2:02.250
4	1:25.361	42.456	1:03.401	3:11.217
5	41.286	34.120	44.913	2:00.319
AVG	40.978	35.138	46.008	2:01.906
IDEAL	40.138	34.120	44.913	1:59.172

**63** Sean Borkenhagen  
Kawasaki KX 450F

LAP	SEG 1	SEG 2	SEG 3	LAPTIME
1	-	-	-	-
2	41.376	35.659	46.207	2:03.242
3	41.781	34.652	47.033	2:03.466
4	41.268	35.516	47.026	2:03.810
5	51.454	40.890	54.272	2:26.616
6	42.065	35.434	46.415	2:03.913
AVG	41.622	36.430	48.191	2:08.209
IDEAL	41.268	34.652	46.207	2:02.126

**122** Daniel Reardon  
Yamaha YZ 450F

LAP	SEG 1	SEG 2	SEG 3	LAPTIME
1	<del>1:23.661</del>	35.221	48.440	-
2	40.904	33.836	45.003	1:59.743
3	44.485	40.967	48.356	2:13.808
4	40.911	34.186	44.397	1:59.494
5	51.796	42.279	1:01.836	2:35.911
AVG	42.100	34.414	46.549	2:04.348
IDEAL	40.904	33.836	44.397	1:59.136

**241** Derek Anderson  
Kawasaki KX 450F

LAP	SEG 1	SEG 2	SEG 3	LAPTIME
1	<del>1:29.255</del>	37.530	51.725	-
2	40.886	33.899	44.309	1:59.094
3	40.333	33.982	44.946	1:59.261
4	41.304	34.439	44.833	2:00.576
5	1:01.595	50.346	1:05.675	2:57.617
AVG	40.841	34.963	46.453	1:59.643
IDEAL	40.333	33.899	44.309	1:58.541

**68** Robert Kiniry  
Suzuki RMZ 450

LAP	SEG 1	SEG 2	SEG 3	LAPTIME
1	-	-	-	-
2	40.822	34.409	45.667	2:00.898
3	47.893	43.185	49.207	2:20.285
4	40.242	33.948	44.567	1:58.757
5	1:26.804	42.538	49.912	2:59.254
6	39.919	33.423	44.822	1:58.164
AVG	42.219	33.927	46.835	2:04.526
IDEAL	39.919	33.423	44.567	1:57.909

**134** Travis Sewell  
Yamaha YZ 450F

LAP	SEG 1	SEG 2	SEG 3	LAPTIME
1	-	-	46.226	-
2	39.798	34.298	44.817	1:58.913
3	39.016	34.220	44.381	1:57.617
4	48.766	41.588	56.026	2:26.379
5	39.203	33.455	44.681	1:57.339
6	1:12.868	40.804	46.840	2:40.512
AVG	39.339	33.991	45.389	1:57.956
IDEAL	39.016	33.455	44.381	1:56.852

**251** Joshua Clark  
Honda CRF450R

LAP	SEG 1	SEG 2	SEG 3	LAPTIME
1	<del>1:25.538</del>	36.236	49.302	-
2	40.767	34.122	46.344	2:01.234
3	41.163	35.066	46.579	2:02.807
4	44.757	35.883	47.133	2:07.773
5	41.675	34.981	47.540	2:04.196
6	41.114	34.078	45.475	2:00.667
AVG	41.895	35.061	47.062	2:03.335
IDEAL	40.767	34.078	45.475	2:00.320

**73** Ben LaMay  
Yamaha YZ 450F

LAP	SEG 1	SEG 2	SEG 3	LAPTIME
1	<del>1:29.460</del>	38.626	50.834	-
2	40.698	34.540	45.629	2:00.867
3	39.933	34.918	44.695	1:59.545
4	49.965	42.018	57.148	2:29.131
5	44.982	40.975	52.085	2:18.042
AVG	41.871	37.265	48.310	2:06.151
IDEAL	39.933	34.540	44.695	1:59.167

**140** Johnny Moore  
Honda CRF450R

LAP	SEG 1	SEG 2	SEG 3	LAPTIME
1	-	-	46.815	-
2	40.806	33.688	44.977	1:59.471
3	53.407	41.432	58.169	2:33.007
4	46.383	40.653	50.957	2:17.994
5	41.628	34.338	46.350	2:02.316
AVG	42.939	34.013	47.275	2:06.594
IDEAL	40.806	33.688	44.977	1:59.471

**292** Austin Howell  
Suzuki RMZ 450

LAP	SEG 1	SEG 2	SEG 3	LAPTIME
1	<del>1:20.832</del>	35.414	45.418	-
2	1:14.691	34.653	46.808	2:36.152
3	41.178	34.056	45.231	2:00.466
4	41.246	34.220	46.095	2:01.561
5	42.368	34.739	46.344	2:03.451
AVG	41.597	34.616	45.979	2:01.826
IDEAL	41.178	34.056	45.231	2:00.466

**88** Ricky Renner  
KTM 450 XC

LAP	SEG 1	SEG 2	SEG 3	LAPTIME
1	-	-	-	-
2	40.512	42.517	48.039	2:11.068
3	43.668	34.673	47.035	2:05.376
4	42.103	34.023	45.163	2:01.289
AVG	42.094	34.348	46.746	2:05.911
IDEAL	40.512	34.023	45.163	1:59.698

**167** Ryan Mills  
Honda CRF450R

LAP	SEG 1	SEG 2	SEG 3	LAPTIME
1	<del>1:20.503</del>	36.258	44.245	-
2	40.879	34.278	44.410	1:59.567
3	40.686	34.259	45.007	1:59.952
4	2:42.383	47.162	56.592	4:26.137
4	<del>41.212</del>	<del>34.578</del>	<del>46.240</del>	<del>2:02.030</del>
AVG	40.783	34.932	44.554	1:59.760
IDEAL	40.686	34.259	44.410	1:59.355

**309** Spencer Dally  
Suzuki RMZ 450

LAP	SEG 1	SEG 2	SEG 3	LAPTIME
1	<del>1:32.412</del>	38.494	53.918	-
2	41.801	35.086	46.958	2:03.845
3	41.321	34.870	45.900	2:02.091
4	41.402	35.277	45.820	2:02.499
5	51.052	43.131	49.981	2:24.163
AVG	41.508	35.932	48.515	2:08.150
IDEAL	41.321	34.870	45.820	2:02.010

**P** - lap ended in the pits - lap ended on a red flag

Average laptime is the average of laptimes within 120% of the rider's fastest lap in this session

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**351** Shane Sewell  
Yamaha YZ 450F

LAP	SEG 1	SEG 2	SEG 3	LAPTIME
1	<del>1:24.221</del>	39.096	45.125	-
2	42.136	33.826	44.938	2:00.900
3	39.979	33.818	44.725	1:58.522
4	41.349	34.196	45.089	2:00.634
5	40.631	34.280	53.526	2:08.437
6	<del>39.893</del>	<del>33.229</del>	<del>44.688</del>	<del>1:57.809</del>
AVG	40.798	34.741	46.349	2:01.261
IDEAL	39.893	33.229	44.688	1:57.809

**606** Ronnie Stewart  
Suzuki RMZ 450

LAP	SEG 1	SEG 2	SEG 3	LAPTIME
1	-	-	51.964	-
2	41.688	35.019	45.934	2:02.641
3	40.826	35.288	45.791	2:01.905
4	50.661	39.547	48.373	2:18.581
5	1:25.782	38.069	56.569	3:00.420
AVG	41.257	36.981	48.016	2:07.709
IDEAL	40.826	35.019	45.791	2:01.636

**687** Garret Toth  
Suzuki RMZ 450

LAP	SEG 1	SEG 2	SEG 3	LAPTIME
1	<del>1:22.013</del>	36.042	45.971	-
2	42.615	35.409	46.977	2:05.001
3	42.715	37.049	54.241	2:14.005
4	42.722	35.113	47.139	2:04.973
5	42.482	35.321	47.175	2:04.979
AVG	42.633	35.787	48.301	2:07.240
IDEAL	42.482	35.113	46.977	2:04.573

**707** Alexander Millican  
Yamaha YZ 450F

LAP	SEG 1	SEG 2	SEG 3	LAPTIME
1	<del>1:21.460</del>	35.774	45.686	-
2	41.241	34.516	45.970	2:01.727
3	41.108	34.939	45.398	2:01.445
4	42.547	34.893	45.574	2:03.014
5	42.392	35.848	59.708	2:17.949
6	57.126	37.820	48.624	2:23.570
AVG	41.822	35.632	46.250	2:09.541
IDEAL	41.108	34.516	45.398	2:01.022

**774** Robby Marshall  
Kawasaki KX 450F

LAP	SEG 1	SEG 2	SEG 3	LAPTIME
1	-	-	-	-
2	39.201	33.135	44.979	1:57.315
3	2:17.787	2:04.553	43.935	3:35.695
4	40.415	33.698	43.682	1:57.795
5	41.172	34.076	43.978	1:59.227
6	39.720	33.233	45.272	1:58.225
AVG	40.127	33.536	44.369	1:58.140
IDEAL	39.201	33.135	43.682	1:56.017

**800** Mike Alessi  
KTM 350 SXF

LAP	SEG 1	SEG 2	SEG 3	LAPTIME
1	<del>1:24.635</del>	36.917	47.718	-
2	40.007	33.536	44.876	1:58.419
3	40.140	35.419	43.971	1:59.529
4	40.251	33.365	44.271	1:57.888
5	1:28.772	39.712	56.940	3:05.423
AVG	40.133	35.790	45.209	1:58.612
IDEAL	40.007	33.365	43.971	1:57.343

**862** Ozzy Barbaree  
Suzuki RMZ 450

LAP	SEG 1	SEG 2	SEG 3	LAPTIME
1	<del>1:30.876</del>	37.458	53.418	-
2	42.788	34.823	47.011	2:04.622
3	41.487	35.536	45.286	2:02.309
4	51.537	37.967	46.811	2:16.315
5	1:36.140	37.540	49.464	3:03.143
AVG	42.138	36.665	48.398	2:07.749
IDEAL	41.487	34.823	45.286	2:01.596

**864** Austin Haught  
Honda CRF450R

LAP	SEG 1	SEG 2	SEG 3	LAPTIME
1	-	-	49.102	-
2	43.083	35.717	47.443	2:06.243
3	41.624	35.325	47.456	2:04.405
4	41.714	35.578	47.077	2:04.369
5	42.547	35.970	46.686	2:05.202
6	48.644	37.757	52.004	2:18.406
AVG	43.522	36.069	48.295	2:07.725
IDEAL	41.624	35.325	46.686	2:03.635

**958** Aden de Jager  
Kawasaki KX 450F

LAP	SEG 1	SEG 2	SEG 3	LAPTIME
1	-	-	-	-
2	44.594	36.749	48.016	2:09.359
3	43.710	36.186	47.635	2:07.531
4	43.643	43.063	55.199	2:21.905
5	43.335	35.548	49.326	2:08.209
6	43.668	35.441	47.427	2:06.536
AVG	43.790	35.981	49.521	2:10.708
IDEAL	43.335	35.441	47.427	2:06.203

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