



INDIVIDUAL TIMES - 450 GROUP A PRACTICE 1

**5** Ryan Dungey  
Suzuki RMZ 450

LAP	SEG 1	SEG 2	SEG 3	LAPTIME
1	-	-	-	-
2	44.764	1:15.058	22.420	2:22.243
3	44.308	1:09.987	20.784	2:15.079
4	46.093	1:15.107	27.830	2:29.030
5	44.086	1:11.514	22.780	2:18.380
6	43.751	1:09.339	21.366	2:14.456
AVG	44.600	1:12.201	21.838	2:19.838
IDEAL	43.751	1:09.339	20.784	2:13.874

**10** Thomas Hahn  
Suzuki RMZ450

LAP	SEG 1	SEG 2	SEG 3	LAPTIME
1	-	-	23.184	-
2	45.859	1:12.665	21.814	2:20.338
3	44.621	1:12.900	21.622	2:19.143
4	1:45.379	1:22.529	24.693	3:32.602
5	44.798	1:10.302	21.842	2:16.942
AVG	45.092	1:14.599	22.631	2:18.807
IDEAL	44.621	1:10.302	21.622	2:16.545

**14** Kevin Windham  
Honda CRF450R

LAP	SEG 1	SEG 2	SEG 3	LAPTIME
1	-	-	23.712	-
2	52.068	1:13.600	22.768	2:28.436
3	44.369	1:11.056	21.085	2:16.510
4	53.854	1:25.791	28.116	2:47.762
5	1:16.563	1:17.718	23.941	2:58.222
AVG	48.219	1:14.125	22.876	2:22.473
IDEAL	44.369	1:11.056	21.085	2:16.510

**23** Justin Brayton  
Yamaha YZ 450F

LAP	SEG 1	SEG 2	SEG 3	LAPTIME
1	1:33.706	1:11.976	21.730	-
2	46.046	1:11.393	21.081	2:18.520
3	1:16.536	1:11.360	22.143	2:50.039
4	45.174	1:11.108	22.188	2:18.470
5	44.835	1:12.176	22.784	2:19.795
AVG	45.352	1:11.603	21.985	2:18.928
IDEAL	44.835	1:11.108	21.081	2:17.024

**24** Brett Metcalfe  
Honda CRF450R

LAP	SEG 1	SEG 2	SEG 3	LAPTIME
1	-	-	23.759	-
2	44.896	1:11.179	21.563	2:17.638
3	55.401	1:23.294	24.669	2:43.364
4	45.008	1:14.795	25.110	2:24.913
5	44.881	1:10.827	21.146	2:16.854
AVG	44.928	1:15.024	23.249	2:25.692
IDEAL	44.881	1:10.827	21.146	2:16.854

**26** Michael Byrne  
Yamaha YZ 450F

LAP	SEG 1	SEG 2	SEG 3	LAPTIME
1	-	-	24.241	-
2	46.370	1:12.468	22.502	2:21.339
3	45.764	1:16.872	22.873	2:25.510
4	54.017	1:28.812	24.745	2:47.573
5	45.021	1:11.939	22.344	2:19.303
AVG	47.793	1:13.760	23.341	2:22.051
IDEAL	45.021	1:11.939	22.344	2:19.303

**27** Nicholas Wey  
Kawasaki KX 450F

LAP	SEG 1	SEG 2	SEG 3	LAPTIME
1	-	-	24.979	-
2	45.456	1:12.482	21.643	2:19.580
3	45.594	1:11.266	21.992	2:18.852
4	1:17.847	1:14.827	24.835	2:57.508
5	45.004	1:10.822	21.620	2:17.446
AVG	45.351	1:12.349	23.014	2:18.626
IDEAL	45.004	1:10.822	21.620	2:17.446

**29** Andrew Short  
Honda CRF450R

LAP	SEG 1	SEG 2	SEG 3	LAPTIME
1	-	-	24.903	-
2	45.285	1:11.343	21.031	2:17.659
3	45.096	1:12.295	21.194	2:18.585
4	45.258	1:09.924	21.554	2:16.736
5	50.803	1:14.654	23.326	2:28.782
AVG	46.611	1:12.054	22.402	2:20.441
IDEAL	45.096	1:09.924	21.031	2:16.051

**35** Matthew Goerke  
Yamaha YZ 450F

LAP	SEG 1	SEG 2	SEG 3	LAPTIME
1	-	-	23.768	-
2	46.383	1:14.176	21.700	2:22.258
3	45.590	1:11.605	21.956	2:19.151
4	45.839	1:11.090	22.281	2:19.210
5	1:05.619	1:28.044	29.884	3:03.547
AVG	45.937	1:12.290	22.426	2:20.207
IDEAL	45.590	1:11.090	21.700	2:18.380

**41** Kyle Regal  
Honda CRF450R

LAP	SEG 1	SEG 2	SEG 3	LAPTIME
1	-	-	23.752	-
2	46.334	1:11.750	21.546	2:19.630
3	45.236	1:12.071	21.532	2:18.839
4	1:04.465	1:17.924	22.083	2:44.472
5	45.323	1:23.259	27.599	2:36.181
AVG	45.631	1:16.251	22.228	2:29.780
IDEAL	45.236	1:11.750	21.532	2:18.518

**42** Ben Evans  
Kawasaki KX 450F

LAP	SEG 1	SEG 2	SEG 3	LAPTIME
1	-	-	-	-

**1** Ryan Sipes  
Yamaha YZ 450F

LAP	SEG 1	SEG 2	SEG 3	LAPTIME
1	-	-	-	-
2	46.340	1:12.099	22.462	2:20.901
3	46.062	1:12.579	22.062	2:20.703
4	45.892	1:10.297	22.174	2:18.362
5	45.910	1:12.646	22.157	2:20.712
6	45.566	1:11.686	22.071	2:19.323
AVG	45.954	1:11.861	22.185	2:20.000
IDEAL	45.566	1:10.297	22.062	2:17.926

**46** Kyle Chisholm  
Yamaha YZ 450F

LAP	SEG 1	SEG 2	SEG 3	LAPTIME
1	-	-	23.006	-
2	45.329	1:15.005	21.941	2:22.275
3	45.349	1:12.627	21.470	2:19.446
4	45.029	1:10.868	21.433	2:17.330
5	44.934	1:11.324	21.464	2:17.722
6	51.956	1:11.833	26.327	2:30.116
AVG	46.519	1:12.331	21.863	2:21.378
IDEAL	44.934	1:10.868	21.433	2:17.235

**55** Jarred Browne  
Kawasaki KX 450F

LAP	SEG 1	SEG 2	SEG 3	LAPTIME
1	1:34.335	1:12.312	22.023	-
2	45.031	1:10.292	21.448	2:16.771
3	44.732	1:10.671	22.091	2:17.494
4	58.526	1:26.746	23.291	2:48.562
5	45.561	1:10.864	21.661	2:18.086
AVG	45.108	1:11.035	22.103	2:17.450
IDEAL	44.732	1:10.292	21.448	2:16.472

**57** Weston Peick  
Yamaha YZ 450F

LAP	SEG 1	SEG 2	SEG 3	LAPTIME
1	-	-	23.815	-
2	47.653	1:13.117	21.670	2:22.440
3	55.108	1:23.576	21.485	2:40.169
4	46.699	1:13.120	23.036	2:22.856
5	46.964	1:14.137	22.588	2:23.688
AVG	49.106	1:15.988	22.519	2:27.288
IDEAL	46.699	1:13.117	21.485	2:21.301

**58** Sean Borkenhagen  
Kawasaki KX 450F

LAP	SEG 1	SEG 2	SEG 3	LAPTIME
1	-	-	22.753	-
2	46.766	1:14.273	22.300	2:23.339
3	46.550	1:14.222	22.457	2:23.229
4	47.292	1:13.756	22.454	2:23.502
5	57.666	1:18.693	24.390	2:40.748
AVG	46.869	1:15.236	22.871	2:27.705
IDEAL	46.550	1:13.756	22.300	2:22.605

**63** Ben Evans  
Kawasaki KX 450F

LAP	SEG 1	SEG 2	SEG 3	LAPTIME
1	-	-	-	-

**LUCAS OIL AMA PRO MOTOCROSS CHAMPIONSHIP**  
**PALA NATIONAL**  
**PALA RACEWAY - PALA, CA**  
**ROUND 12 OF 12 - SEPTEMBER 11, 2010**  
**450 Motocross**



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

**63** Sean Borkenhagen  
Kawasaki KX 450F

LAP	SEG 1	SEG 2	SEG 3	LAPTIME
2	45.825	1:13.383	22.346	2:21.554
3	46.564	1:11.987	22.212	2:20.764
4	46.747	1:13.060	22.463	2:22.269
5	46.169	1:13.764	23.081	2:23.014
6	57.822	1:22.968	26.585	2:47.376
AVG	46.326	1:15.032	23.337	2:26.995
IDEAL	45.825	1:11.987	22.212	2:20.025

**68** Robert Kiniry  
Honda CRF450R

LAP	SEG 1	SEG 2	SEG 3	LAPTIME
1	-	-	-	-
2	46.106	1:10.969	22.144	2:19.219
3	45.385	1:12.180	22.367	2:19.932
4	50.718	1:19.847	30.783	2:41.348
5	44.748	1:11.243	22.704	2:18.695
6	45.528	1:11.857	22.943	2:20.328
AVG	46.497	1:13.219	22.539	2:23.904
IDEAL	44.748	1:10.969	22.144	2:17.861

**69** Adam Chatfield  
Kawasaki KX 450F

LAP	SEG 1	SEG 2	SEG 3	LAPTIME
1	-	-	37.304	-
2	46.104	1:13.040	22.069	2:21.213
3	46.499	1:13.592	21.981	2:22.072
4	46.485	1:12.999	21.464	2:20.948
5	46.341	1:12.991	22.543	2:21.876
AVG	46.358	1:13.156	22.014	2:21.527
IDEAL	46.104	1:12.991	21.464	2:20.559

**73** Ben LaMay  
Yamaha YZ 450F

LAP	SEG 1	SEG 2	SEG 3	LAPTIME
1	-	-	24.552	-
2	47.867	1:13.120	22.495	2:23.482
3	45.987	1:13.226	22.681	2:21.893
4	46.573	1:12.511	22.392	2:21.477
5	46.968	1:26.635	29.453	2:43.056
AVG	46.849	1:16.373	23.030	2:27.477
IDEAL	45.987	1:12.511	22.392	2:20.890

**88** Ricky Renner  
KTM 450 XC

LAP	SEG 1	SEG 2	SEG 3	LAPTIME
1	-	-	25.593	-
2	45.198	1:12.316	21.821	2:19.335
3	45.650	1:17.681	22.918	2:26.249
4	45.386	1:10.962	21.561	2:17.909
5	45.464	1:11.968	21.772	2:19.204
AVG	45.425	1:13.232	22.733	2:20.674
IDEAL	45.198	1:10.962	21.561	2:17.721

**101** Ben Townley  
Honda CRF450R

LAP	SEG 1	SEG 2	SEG 3	LAPTIME
1	-	-	22.525	-
2	44.591	1:19.213	23.505	2:27.309
3	44.244	1:10.837	21.143	2:16.225
4	54.251	1:12.931	22.501	2:29.683
5	44.917	1:23.686	24.562	2:33.165
AVG	44.584	1:16.667	22.847	2:26.595
IDEAL	44.244	1:10.837	21.143	2:16.225

**111** Michael Sleeter  
KTM 350 SXF

LAP	SEG 1	SEG 2	SEG 3	LAPTIME
1	-	-	25.637	-
2	46.573	1:14.620	22.914	2:24.107
3	47.312	1:14.569	22.448	2:24.328
4	47.513	1:15.311	23.246	2:26.071
5	1:23.969	1:23.443	23.199	3:10.611
AVG	47.133	1:16.986	23.489	2:24.835
IDEAL	46.573	1:14.569	22.448	2:23.589

**122** Daniel Reardon  
Yamaha YZ 450F

LAP	SEG 1	SEG 2	SEG 3	LAPTIME
1	-	-	30.332	-
2	45.195	1:11.425	21.989	2:18.609
3	54.441	1:24.492	24.725	2:43.657
4	45.142	1:11.605	22.349	2:19.096
5	1:02.601	1:26.574	23.273	2:52.448
AVG	45.169	1:15.841	23.084	2:27.121
IDEAL	45.142	1:11.425	21.989	2:18.556

**209** Heath Harrison  
Kawasaki KX 450F

LAP	SEG 1	SEG 2	SEG 3	LAPTIME
1	-	-	37.752	-
2	47.343	1:14.487	22.286	2:24.116
3	48.490	1:16.226	21.916	2:26.632
4	46.591	1:14.521	22.228	2:23.340
5	46.170	1:13.288	21.909	2:21.367
AVG	47.149	1:14.631	22.085	2:23.864
IDEAL	46.170	1:13.288	21.909	2:21.367

**241** Derek Anderson  
Kawasaki KX 450F

LAP	SEG 1	SEG 2	SEG 3	LAPTIME
1	-	-	23.680	-
2	46.839	1:14.782	21.834	2:23.454
3	45.834	1:12.529	22.239	2:20.601
4	46.392	1:13.015	22.338	2:21.745
5	45.962	1:14.162	21.890	2:22.014
AVG	46.257	1:13.622	22.396	2:21.954
IDEAL	45.834	1:12.529	21.834	2:20.196

**309** Spencer Dally  
Suzuki RMZ 450

LAP	SEG 1	SEG 2	SEG 3	LAPTIME
1	-	-	-	-
2	44.315	1:10.593	21.306	2:16.214

**1** - - - 24.838 -

2	45.860	1:15.323	22.363	2:23.545
3	46.342	1:14.835	22.282	2:23.459
4	52.189	1:23.987	23.760	2:39.936
5	46.969	1:14.397	22.183	2:23.549
AVG	47.840	1:17.136	23.377	2:27.622
IDEAL	45.860	1:14.397	22.183	2:22.439

**520** Tony Gallo  
Honda CRF250R

LAP	SEG 1	SEG 2	SEG 3	LAPTIME
1	-	-	22.784	-
2	46.945	1:14.973	22.695	2:24.614
3	47.388	1:40.692	25.265	2:53.344
4	47.419	1:14.464	22.764	2:24.647
5	47.734	1:16.324	22.613	2:26.671
AVG	47.372	1:15.254	23.224	2:32.319
IDEAL	46.945	1:14.464	22.613	2:24.022

**652** Dustin Pipes  
Suzuki RMZ 450

LAP	SEG 1	SEG 2	SEG 3	LAPTIME
1	-	-	-	-
2	47.380	1:26.143	22.376	2:35.898
3	46.475	1:13.748	22.211	2:22.434
4	46.197	1:12.971	21.940	2:21.108
5	46.916	1:13.555	22.382	2:22.854
6	52.259	1:27.109	28.104	2:47.472
AVG	47.845	1:18.705	22.227	2:29.953
IDEAL	46.197	1:12.971	21.940	2:21.108

**707** Alexander Millican  
Yamaha YZ 450F

LAP	SEG 1	SEG 2	SEG 3	LAPTIME
1	-	-	23.122	-
2	47.788	1:14.714	22.165	2:24.666
3	46.828	1:13.910	22.386	2:23.124
4	49.426	1:18.220	23.301	2:30.947
5	46.539	1:16.261	23.315	2:26.114
AVG	47.645	1:15.776	22.858	2:26.213
IDEAL	46.539	1:13.910	22.165	2:22.613

**732** Tye Hames  
Kawasaki KX 450F

LAP	SEG 1	SEG 2	SEG 3	LAPTIME
1	-	-	23.944	-
2	48.724	1:16.832	22.096	2:27.652
3	46.110	1:14.213	21.884	2:22.206
4	45.856	1:13.605	22.573	2:22.034
5	45.905	1:28.093	38.469	2:52.467
AVG	46.649	1:18.186	22.624	2:23.964
IDEAL	45.856	1:13.605	21.884	2:21.345

**800** Mike Alessi  
KTM 350 SXF

LAP	SEG 1	SEG 2	SEG 3	LAPTIME
1	44.148	1:23.266	22.882	-
2	44.315	1:10.593	21.306	2:16.214



INDIVIDUAL TIMES - 450 GROUP A PRACTICE 1

**800** Mike Alessi  
 KTM 350 SXF

LAP	SEG 1	SEG 2	SEG 3	LAPTIME
3	44.869	1:10.339	21.433	2:16.641
4	45.538	1:37.801	29.868	2:53.207
5	1:30.173	1:21.188	22.580	3:13.941
AVG	45.203	1:15.764	22.006	2:16.641
IDEAL	44.315	1:10.339	21.306	2:15.960

**817** Nicholas Paluzzi  
 Yamaha YZ450F

LAP	SEG 1	SEG 2	SEG 3	LAPTIME
1	-	-	24.193	-
2	46.178	1:17.141	22.633	2:25.952
3	45.506	1:14.730	22.429	2:22.665
4	46.004	1:10.901	22.113	2:19.018
5	46.247	1:12.149	21.518	2:19.914
AVG	45.984	1:13.730	22.577	2:21.887
IDEAL	45.506	1:10.901	21.518	2:17.924



- 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