CYCLING BC

Instructions

Use this sheet to insert the start and finish times for the "Time Trial and DH Worksheet" The calculated time will appear in the Results Sheet

Important: All times are "Time of Day"!!! In 24 hour format

Example	*Elapsed Time*	*Finish Time*	*Start Time*
	h:mm:ss.0	*hh:mm:ss.0*	*hh:mm:ss.0*
	2:05:37.6	*14:22:37.6*	*12:17:00.0*

Rider Number	Elapsed Time	Finish Time	Start Time
	0:00:00.0	00:00:00.0	00:00:00.0

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	0:00:00.0	00:00:00.0	00:00:00.0

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	0:00:00.0	00:00:00.0	00:00:00.0
	0:00:00.0	00:00:00.0	00:00:00.0
	0:00:00.0	00:00:00.0	00:00:00.0
	0:00:00.0	00:00:00.0	00:00:00.0
	0:00:00.0	00:00:00.0	00:00:00.0
	0:00:00.0	00:00:00.0	00:00:00.0
	0:00:00.0	00:00:00.0	00:00:00.0
	0:00:00.0	00:00:00.0	00:00:00.0