

Lowe's Motor Speedway - Concord, NC

7 laps = 10 Miles



Total Time	Avg. Per Lap Time	MPH	Total Time	Avg. Per Lap Time	MPH	Total Time	Avg. Per Lap Time	MPH	Total Time	Avg. Per Lap Time	MPH	Total Time	Avg. Per Lap Time	MPH
18:00	2:34	33.33	19:00	2:43	31.58	20:00	2:51	30.00	21:00	3:00	28.57	22:00	3:09	27.27
18:01	2:34	33.30	19:01	2:43	31.55	20:01	2:52	29.98	21:01	3:00	28.55	22:01	3:09	27.25
18:02	2:35	33.27	19:02	2:43	31.52	20:02	2:52	29.95	21:02	3:00	28.53	22:02	3:09	27.23
18:03	2:35	33.24	19:03	2:43	31.50	20:03	2:52	29.93	21:03	3:00	28.50	22:03	3:09	27.21
18:04	2:35	33.21	19:04	2:43	31.47	20:04	2:52	29.90	21:04	3:01	28.48	22:04	3:09	27.19
18:05	2:35	33.18	19:05	2:44	31.44	20:05	2:52	29.88	21:05	3:01	28.46	22:05	3:09	27.17
18:06	2:35	33.15	19:06	2:44	31.41	20:06	2:52	29.85	21:06	3:01	28.44	22:06	3:09	27.15
18:07	2:35	33.12	19:07	2:44	31.39	20:07	2:52	29.83	21:07	3:01	28.41	22:07	3:10	27.13
18:08	2:35	33.09	19:08	2:44	31.36	20:08	2:53	29.80	21:08	3:01	28.39	22:08	3:10	27.11
18:09	2:36	33.06	19:09	2:44	31.33	20:09	2:53	29.78	21:09	3:01	28.37	22:09	3:10	27.09
18:10	2:36	33.03	19:10	2:44	31.30	20:10	2:53	29.75	21:10	3:01	28.35	22:10	3:10	27.07
18:11	2:36	33.00	19:11	2:44	31.28	20:11	2:53	29.73	21:11	3:02	28.32	22:11	3:10	27.05
18:12	2:36	32.97	19:12	2:45	31.25	20:12	2:53	29.70	21:12	3:02	28.30	22:12	3:10	27.03
18:13	2:36	32.94	19:13	2:45	31.22	20:13	2:53	29.68	21:13	3:02	28.28	22:13	3:10	27.01
18:14	2:36	32.91	19:14	2:45	31.20	20:14	2:53	29.65	21:14	3:02	28.26	22:14	3:11	26.99
18:15	2:36	32.88	19:15	2:45	31.17	20:15	2:54	29.63	21:15	3:02	28.24	22:15	3:11	26.97
18:16	2:37	32.85	19:16	2:45	31.14	20:16	2:54	29.61	21:16	3:02	28.21	22:16	3:11	26.95
18:17	2:37	32.82	19:17	2:45	31.11	20:17	2:54	29.58	21:17	3:02	28.19	22:17	3:11	26.93
18:18	2:37	32.79	19:18	2:45	31.09	20:18	2:54	29.56	21:18	3:03	28.17	22:18	3:11	26.91
18:19	2:37	32.76	19:19	2:46	31.06	20:19	2:54	29.53	21:19	3:03	28.15	22:19	3:11	26.89
18:20	2:37	32.73	19:20	2:46	31.03	20:20	2:54	29.51	21:20	3:03	28.13	22:20	3:11	26.87
18:21	2:37	32.70	19:21	2:46	31.01	20:21	2:54	29.48	21:21	3:03	28.10	22:21	3:12	26.85
18:22	2:37	32.67	19:22	2:46	30.98	20:22	2:55	29.46	21:22	3:03	28.08	22:22	3:12	26.83
18:23	2:38	32.64	19:23	2:46	30.95	20:23	2:55	29.44	21:23	3:03	28.06	22:23	3:12	26.81
18:24	2:38	32.61	19:24	2:46	30.93	20:24	2:55	29.41	21:24	3:03	28.04	22:24	3:12	26.79
18:25	2:38	32.58	19:25	2:46	30.90	20:25	2:55	29.39	21:25	3:04	28.02	22:25	3:12	26.77
18:26	2:38	32.55	19:26	2:47	30.87	20:26	2:55	29.36	21:26	3:04	27.99	22:26	3:12	26.75
18:27	2:38	32.52	19:27	2:47	30.85	20:27	2:55	29.34	21:27	3:04	27.97	22:27	3:12	26.73
18:28	2:38	32.49	19:28	2:47	30.82	20:28	2:55	29.32	21:28	3:04	27.95	22:28	3:13	26.71
18:29	2:38	32.46	19:29	2:47	30.80	20:29	2:56	29.29	21:29	3:04	27.93	22:29	3:13	26.69
18:30	2:39	32.43	19:30	2:47	30.77	20:30	2:56	29.27	21:30	3:04	27.91	22:30	3:13	26.67
18:31	2:39	32.40	19:31	2:47	30.74	20:31	2:56	29.24	21:31	3:04	27.89	22:31	3:13	26.65
18:32	2:39	32.37	19:32	2:47	30.72	20:32	2:56	29.22	21:32	3:05	27.86	22:32	3:13	26.63
18:33	2:39	32.35	19:33	2:48	30.69	20:33	2:56	29.20	21:33	3:05	27.84	22:33	3:13	26.61
18:34	2:39	32.32	19:34	2:48	30.66	20:34	2:56	29.17	21:34	3:05	27.82	22:34	3:13	26.59
18:35	2:39	32.29	19:35	2:48	30.64	20:35	2:56	29.15	21:35	3:05	27.80	22:35	3:14	26.57
18:36	2:39	32.26	19:36	2:48	30.61	20:36	2:57	29.13	21:36	3:05	27.78	22:36	3:14	26.55
18:37	2:40	32.23	19:37	2:48	30.59	20:37	2:57	29.10	21:37	3:05	27.76	22:37	3:14	26.53
18:38	2:40	32.20	19:38	2:48	30.56	20:38	2:57	29.08	21:38	3:05	27.73	22:38	3:14	26.51
18:39	2:40	32.17	19:39	2:48	30.53	20:39	2:57	29.06	21:39	3:06	27.71	22:39	3:14	26.49
18:40	2:40	32.14	19:40	2:49	30.51	20:40	2:57	29.03	21:40	3:06	27.69	22:40	3:14	26.47
18:41	2:40	32.11	19:41	2:49	30.48	20:41	2:57	29.01	21:41	3:06	27.67	22:41	3:14	26.45
18:42	2:40	32.09	19:42	2:49	30.46	20:42	2:57	28.99	21:42	3:06	27.65	22:42	3:15	26.43
18:43	2:40	32.06	19:43	2:49	30.43	20:43	2:58	28.96	21:43	3:06	27.63	22:43	3:15	26.41
18:44	2:41	32.03	19:44	2:49	30.41	20:44	2:58	28.94	21:44	3:06	27.61	22:44	3:15	26.39
18:45	2:41	32.00	19:45	2:49	30.38	20:45	2:58	28.92	21:45	3:06	27.59	22:45	3:15	26.37
18:46	2:41	31.97	19:46	2:49	30.35	20:46	2:58	28.89	21:46	3:07	27.57	22:46	3:15	26.35
18:47	2:41	31.94	19:47	2:50	30.33	20:47	2:58	28.87	21:47	3:07	27.54	22:47	3:15	26.34
18:48	2:41	31.91	19:48	2:50	30.30	20:48	2:58	28.85	21:48	3:07	27.52	22:48	3:15	26.32
18:49	2:41	31.89	19:49	2:50	30.28	20:49	2:58	28.82	21:49	3:07	27.50	22:49	3:16	26.30
18:50	2:41	31.86	19:50	2:50	30.25	20:50	2:59	28.80	21:50	3:07	27.48	22:50	3:16	26.28
18:51	2:42	31.83	19:51	2:50	30.23	20:51	2:59	28.78	21:51	3:07	27.46	22:51	3:16	26.26
18:52	2:42	31.80	19:52	2:50	30.20	20:52	2:59	28.75	21:52	3:07	27.44	22:52	3:16	26.24
18:53	2:42	31.77	19:53	2:50	30.18	20:53	2:59	28.73	21:53	3:08	27.42	22:53	3:16	26.22
18:54	2:42	31.75	19:54	2:51	30.15	20:54	2:59	28.71	21:54	3:08	27.40	22:54	3:16	26.20
18:55	2:42	31.72	19:55	2:51	30.13	20:55	2:59	28.69	21:55	3:08	27.38	22:55	3:16	26.18
18:56	2:42	31.69	19:56	2:51	30.10	20:56	2:59	28.66	21:56	3:08	27.36	22:56	3:17	26.16
18:57	2:42	31.66	19:57	2:51	30.08	20:57	3:00	28.64	21:57	3:08	27.33	22:57	3:17	26.14
18:58	2:43	31.63	19:58	2:51	30.05	20:58	3:00	28.62	21:58	3:08	27.31	22:58	3:17	26.12
18:59	2:43	31.61	19:59	2:51	30.03	20:59	3:00	28.59	21:59	3:08	27.29	22:59	3:17	26.11

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7 laps = 7 laps = 10 Miles



Total Time	Avg. Per Lap Time	MPH	Total Time	Avg. Per Lap Time	MPH	Total Time	Avg. Per Lap Time	MPH	Total Time	Avg. Per Lap Time	MPH	Total Time	Avg. Per Lap Time	MPH
23:00	3:17	26.09	24:00	3:26	25.00	25:00	3:34	24.00	26:00	3:43	23.08	27:00	3:51	22.22
23:01	3:17	26.07	24:01	3:26	24.98	25:01	3:34	23.98	26:01	3:43	23.06	27:01	3:52	22.21
23:02	3:17	26.05	24:02	3:26	24.97	25:02	3:35	23.97	26:02	3:43	23.05	27:02	3:52	22.19
23:03	3:18	26.03	24:03	3:26	24.95	25:03	3:35	23.95	26:03	3:43	23.03	27:03	3:52	22.18
23:04	3:18	26.01	24:04	3:26	24.93	25:04	3:35	23.94	26:04	3:43	23.02	27:04	3:52	22.17
23:05	3:18	25.99	24:05	3:26	24.91	25:05	3:35	23.92	26:05	3:44	23.00	27:05	3:52	22.15
23:06	3:18	25.97	24:06	3:27	24.90	25:06	3:35	23.90	26:06	3:44	22.99	27:06	3:52	22.14
23:07	3:18	25.96	24:07	3:27	24.88	25:07	3:35	23.89	26:07	3:44	22.97	27:07	3:52	22.13
23:08	3:18	25.94	24:08	3:27	24.86	25:08	3:35	23.87	26:08	3:44	22.96	27:08	3:53	22.11
23:09	3:18	25.92	24:09	3:27	24.84	25:09	3:36	23.86	26:09	3:44	22.94	27:09	3:53	22.10
23:10	3:19	25.90	24:10	3:27	24.83	25:10	3:36	23.84	26:10	3:44	22.93	27:10	3:53	22.09
23:11	3:19	25.88	24:11	3:27	24.81	25:11	3:36	23.83	26:11	3:44	22.92	27:11	3:53	22.07
23:12	3:19	25.86	24:12	3:27	24.79	25:12	3:36	23.81	26:12	3:45	22.90	27:12	3:53	22.06
23:13	3:19	25.84	24:13	3:28	24.78	25:13	3:36	23.79	26:13	3:45	22.89	27:13	3:53	22.05
23:14	3:19	25.82	24:14	3:28	24.76	25:14	3:36	23.78	26:14	3:45	22.87	27:14	3:53	22.03
23:15	3:19	25.81	24:15	3:28	24.74	25:15	3:36	23.76	26:15	3:45	22.86	27:15	3:54	22.02
23:16	3:19	25.79	24:16	3:28	24.73	25:16	3:37	23.75	26:16	3:45	22.84	27:16	3:54	22.00
23:17	3:20	25.77	24:17	3:28	24.71	25:17	3:37	23.73	26:17	3:45	22.83	27:17	3:54	21.99
23:18	3:20	25.75	24:18	3:28	24.69	25:18	3:37	23.72	26:18	3:45	22.81	27:18	3:54	21.98
23:19	3:20	25.73	24:19	3:28	24.67	25:19	3:37	23.70	26:19	3:46	22.80	27:19	3:54	21.96
23:20	3:20	25.71	24:20	3:29	24.66	25:20	3:37	23.68	26:20	3:46	22.78	27:20	3:54	21.95
23:21	3:20	25.70	24:21	3:29	24.64	25:21	3:37	23.67	26:21	3:46	22.77	27:21	3:54	21.94
23:22	3:20	25.68	24:22	3:29	24.62	25:22	3:37	23.65	26:22	3:46	22.76	27:22	3:55	21.92
23:23	3:20	25.66	24:23	3:29	24.61	25:23	3:38	23.64	26:23	3:46	22.74	27:23	3:55	21.91
23:24	3:21	25.64	24:24	3:29	24.59	25:24	3:38	23.62	26:24	3:46	22.73	27:24	3:55	21.90
23:25	3:21	25.62	24:25	3:29	24.57	25:25	3:38	23.61	26:25	3:46	22.71	27:25	3:55	21.88
23:26	3:21	25.60	24:26	3:29	24.56	25:26	3:38	23.59	26:26	3:47	22.70	27:26	3:55	21.87
23:27	3:21	25.59	24:27	3:30	24.54	25:27	3:38	23.58	26:27	3:47	22.68	27:27	3:55	21.86
23:28	3:21	25.57	24:28	3:30	24.52	25:28	3:38	23.56	26:28	3:47	22.67	27:28	3:55	21.84
23:29	3:21	25.55	24:29	3:30	24.51	25:29	3:38	23.54	26:29	3:47	22.66	27:29	3:56	21.83
23:30	3:21	25.53	24:30	3:30	24.49	25:30	3:39	23.53	26:30	3:47	22.64	27:30	3:56	21.82
23:31	3:22	25.51	24:31	3:30	24.47	25:31	3:39	23.51	26:31	3:47	22.63	27:31	3:56	21.80
23:32	3:22	25.50	24:32	3:30	24.46	25:32	3:39	23.50	26:32	3:47	22.61	27:32	3:56	21.79
23:33	3:22	25.48	24:33	3:30	24.44	25:33	3:39	23.48	26:33	3:48	22.60	27:33	3:56	21.78
23:34	3:22	25.46	24:34	3:31	24.42	25:34	3:39	23.47	26:34	3:48	22.58	27:34	3:56	21.77
23:35	3:22	25.44	24:35	3:31	24.41	25:35	3:39	23.45	26:35	3:48	22.57	27:35	3:56	21.75
23:36	3:22	25.42	24:36	3:31	24.39	25:36	3:39	23.44	26:36	3:48	22.56	27:36	3:57	21.74
23:37	3:22	25.41	24:37	3:31	24.37	25:37	3:40	23.42	26:37	3:48	22.54	27:37	3:57	21.73
23:38	3:23	25.39	24:38	3:31	24.36	25:38	3:40	23.41	26:38	3:48	22.53	27:38	3:57	21.71
23:39	3:23	25.37	24:39	3:31	24.34	25:39	3:40	23.39	26:39	3:48	22.51	27:39	3:57	21.70
23:40	3:23	25.35	24:40	3:31	24.32	25:40	3:40	23.38	26:40	3:49	22.50	27:40	3:57	21.69
23:41	3:23	25.33	24:41	3:32	24.31	25:41	3:40	23.36	26:41	3:49	22.49	27:41	3:57	21.67
23:42	3:23	25.32	24:42	3:32	24.29	25:42	3:40	23.35	26:42	3:49	22.47	27:42	3:57	21.66
23:43	3:23	25.30	24:43	3:32	24.28	25:43	3:40	23.33	26:43	3:49	22.46	27:43	3:58	21.65
23:44	3:23	25.28	24:44	3:32	24.26	25:44	3:41	23.32	26:44	3:49	22.44	27:44	3:58	21.63
23:45	3:24	25.26	24:45	3:32	24.24	25:45	3:41	23.30	26:45	3:49	22.43	27:45	3:58	21.62
23:46	3:24	25.25	24:46	3:32	24.23	25:46	3:41	23.29	26:46	3:49	22.42	27:46	3:58	21.61
23:47	3:24	25.23	24:47	3:32	24.21	25:47	3:41	23.27	26:47	3:50	22.40	27:47	3:58	21.60
23:48	3:24	25.21	24:48	3:33	24.19	25:48	3:41	23.26	26:48	3:50	22.39	27:48	3:58	21.58
23:49	3:24	25.19	24:49	3:33	24.18	25:49	3:41	23.24	26:49	3:50	22.37	27:49	3:58	21.57
23:50	3:24	25.17	24:50	3:33	24.16	25:50	3:41	23.23	26:50	3:50	22.36	27:50	3:59	21.56
23:51	3:24	25.16	24:51	3:33	24.14	25:51	3:42	23.21	26:51	3:50	22.35	27:51	3:59	21.54
23:52	3:25	25.14	24:52	3:33	24.13	25:52	3:42	23.20	26:52	3:50	22.33	27:52	3:59	21.53
23:53	3:25	25.12	24:53	3:33	24.11	25:53	3:42	23.18	26:53	3:50	22.32	27:53	3:59	21.52
23:54	3:25	25.10	24:54	3:33	24.10	25:54	3:42	23.17	26:54	3:51	22.30	27:54	3:59	21.51
23:55	3:25	25.09	24:55	3:34	24.08	25:55	3:42	23.15	26:55	3:51	22.29	27:55	3:59	21.49
23:56	3:25	25.07	24:56	3:34	24.06	25:56	3:42	23.14	26:56	3:51	22.28	27:56	3:59	21.48
23:57	3:25	25.05	24:57	3:34	24.05	25:57	3:42	23.12	26:57	3:51	22.26	27:57	4:00	21.47
23:58	3:25	25.03	24:58	3:34	24.03	25:58	3:43	23.11	26:58	3:51	22.25	27:58	4:00	21.45
23:59	3:26	25.02	24:59	3:34	24.02	25:59	3:43	23.09	26:59	3:51	22.24	27:59	4:00	21.44

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7 laps = 10 Miles



Total Time	Avg. Per Lap Time	MPH	Total Time	Avg. Per Lap Time	MPH	Total Time	Avg. Per Lap Time	MPH	Total Time	Avg. Per Lap Time	MPH	Total Time	Avg. Per Lap Time	MPH
28:00	4:00	21.43	29:00	4:09	20.69	30:00	4:17	20.00	31:00	4:26	19.35	32:00	4:34	18.75
28:01	4:00	21.42	29:01	4:09	20.68	30:01	4:17	19.99	31:01	4:26	19.34	32:01	4:34	18.74
28:02	4:00	21.40	29:02	4:09	20.67	30:02	4:17	19.98	31:02	4:26	19.33	32:02	4:35	18.73
28:03	4:00	21.39	29:03	4:09	20.65	30:03	4:18	19.97	31:03	4:26	19.32	32:03	4:35	18.72
28:04	4:01	21.38	29:04	4:09	20.64	30:04	4:18	19.96	31:04	4:26	19.31	32:04	4:35	18.71
28:05	4:01	21.36	29:05	4:09	20.63	30:05	4:18	19.94	31:05	4:26	19.30	32:05	4:35	18.70
28:06	4:01	21.35	29:06	4:09	20.62	30:06	4:18	19.93	31:06	4:27	19.29	32:06	4:35	18.69
28:07	4:01	21.34	29:07	4:10	20.61	30:07	4:18	19.92	31:07	4:27	19.28	32:07	4:35	18.68
28:08	4:01	21.33	29:08	4:10	20.59	30:08	4:18	19.91	31:08	4:27	19.27	32:08	4:35	18.67
28:09	4:01	21.31	29:09	4:10	20.58	30:09	4:18	19.90	31:09	4:27	19.26	32:09	4:36	18.66
28:10	4:01	21.30	29:10	4:10	20.57	30:10	4:19	19.89	31:10	4:27	19.25	32:10	4:36	18.65
28:11	4:02	21.29	29:11	4:10	20.56	30:11	4:19	19.88	31:11	4:27	19.24	32:11	4:36	18.64
28:12	4:02	21.28	29:12	4:10	20.55	30:12	4:19	19.87	31:12	4:27	19.23	32:12	4:36	18.63
28:13	4:02	21.26	29:13	4:10	20.54	30:13	4:19	19.86	31:13	4:28	19.22	32:13	4:36	18.62
28:14	4:02	21.25	29:14	4:11	20.52	30:14	4:19	19.85	31:14	4:28	19.21	32:14	4:36	18.61
28:15	4:02	21.24	29:15	4:11	20.51	30:15	4:19	19.83	31:15	4:28	19.20	32:15	4:36	18.60
28:16	4:02	21.23	29:16	4:11	20.50	30:16	4:19	19.82	31:16	4:28	19.19	32:16	4:37	18.60
28:17	4:02	21.21	29:17	4:11	20.49	30:17	4:20	19.81	31:17	4:28	19.18	32:17	4:37	18.59
28:18	4:03	21.20	29:18	4:11	20.48	30:18	4:20	19.80	31:18	4:28	19.17	32:18	4:37	18.58
28:19	4:03	21.19	29:19	4:11	20.47	30:19	4:20	19.79	31:19	4:28	19.16	32:19	4:37	18.57
28:20	4:03	21.18	29:20	4:11	20.45	30:20	4:20	19.78	31:20	4:29	19.15	32:20	4:37	18.56
28:21	4:03	21.16	29:21	4:12	20.44	30:21	4:20	19.77	31:21	4:29	19.14	32:21	4:37	18.55
28:22	4:03	21.15	29:22	4:12	20.43	30:22	4:20	19.76	31:22	4:29	19.13	32:22	4:37	18.54
28:23	4:03	21.14	29:23	4:12	20.42	30:23	4:20	19.75	31:23	4:29	19.12	32:23	4:38	18.53
28:24	4:03	21.13	29:24	4:12	20.41	30:24	4:21	19.74	31:24	4:29	19.11	32:24	4:38	18.52
28:25	4:04	21.11	29:25	4:12	20.40	30:25	4:21	19.73	31:25	4:29	19.10	32:25	4:38	18.51
28:26	4:04	21.10	29:26	4:12	20.39	30:26	4:21	19.72	31:26	4:29	19.09	32:26	4:38	18.50
28:27	4:04	21.09	29:27	4:12	20.37	30:27	4:21	19.70	31:27	4:30	19.08	32:27	4:38	18.49
28:28	4:04	21.08	29:28	4:13	20.36	30:28	4:21	19.69	31:28	4:30	19.07	32:28	4:38	18.48
28:29	4:04	21.06	29:29	4:13	20.35	30:29	4:21	19.68	31:29	4:30	19.06	32:29	4:38	18.47
28:30	4:04	21.05	29:30	4:13	20.34	30:30	4:21	19.67	31:30	4:30	19.05	32:30	4:39	18.46
28:31	4:04	21.04	29:31	4:13	20.33	30:31	4:22	19.66	31:31	4:30	19.04	32:31	4:39	18.45
28:32	4:05	21.03	29:32	4:13	20.32	30:32	4:22	19.65	31:32	4:30	19.03	32:32	4:39	18.44
28:33	4:05	21.02	29:33	4:13	20.30	30:33	4:22	19.64	31:33	4:30	19.02	32:33	4:39	18.43
28:34	4:05	21.00	29:34	4:13	20.29	30:34	4:22	19.63	31:34	4:31	19.01	32:34	4:39	18.42
28:35	4:05	20.99	29:35	4:14	20.28	30:35	4:22	19.62	31:35	4:31	19.00	32:35	4:39	18.41
28:36	4:05	20.98	29:36	4:14	20.27	30:36	4:22	19.61	31:36	4:31	18.99	32:36	4:39	18.40
28:37	4:05	20.97	29:37	4:14	20.26	30:37	4:22	19.60	31:37	4:31	18.98	32:37	4:40	18.40
28:38	4:05	20.95	29:38	4:14	20.25	30:38	4:23	19.59	31:38	4:31	18.97	32:38	4:40	18.39
28:39	4:06	20.94	29:39	4:14	20.24	30:39	4:23	19.58	31:39	4:31	18.96	32:39	4:40	18.38
28:40	4:06	20.93	29:40	4:14	20.22	30:40	4:23	19.57	31:40	4:31	18.95	32:40	4:40	18.37
28:41	4:06	20.92	29:41	4:14	20.21	30:41	4:23	19.55	31:41	4:32	18.94	32:41	4:40	18.36
28:42	4:06	20.91	29:42	4:15	20.20	30:42	4:23	19.54	31:42	4:32	18.93	32:42	4:40	18.35
28:43	4:06	20.89	29:43	4:15	20.19	30:43	4:23	19.53	31:43	4:32	18.92	32:43	4:40	18.34
28:44	4:06	20.88	29:44	4:15	20.18	30:44	4:23	19.52	31:44	4:32	18.91	32:44	4:41	18.33
28:45	4:06	20.87	29:45	4:15	20.17	30:45	4:24	19.51	31:45	4:32	18.90	32:45	4:41	18.32
28:46	4:07	20.86	29:46	4:15	20.16	30:46	4:24	19.50	31:46	4:32	18.89	32:46	4:41	18.31
28:47	4:07	20.85	29:47	4:15	20.15	30:47	4:24	19.49	31:47	4:32	18.88	32:47	4:41	18.30
28:48	4:07	20.83	29:48	4:15	20.13	30:48	4:24	19.48	31:48	4:33	18.87	32:48	4:41	18.29
28:49	4:07	20.82	29:49	4:16	20.12	30:49	4:24	19.47	31:49	4:33	18.86	32:49	4:41	18.28
28:50	4:07	20.81	29:50	4:16	20.11	30:50	4:24	19.46	31:50	4:33	18.85	32:50	4:41	18.27
28:51	4:07	20.80	29:51	4:16	20.10	30:51	4:24	19.45	31:51	4:33	18.84	32:51	4:42	18.26
28:52	4:07	20.79	29:52	4:16	20.09	30:52	4:25	19.44	31:52	4:33	18.83	32:52	4:42	18.26
28:53	4:08	20.77	29:53	4:16	20.08	30:53	4:25	19.43	31:53	4:33	18.82	32:53	4:42	18.25
28:54	4:08	20.76	29:54	4:16	20.07	30:54	4:25	19.42	31:54	4:33	18.81	32:54	4:42	18.24
28:55	4:08	20.75	29:55	4:16	20.06	30:55	4:25	19.41	31:55	4:34	18.80	32:55	4:42	18.23
28:56	4:08	20.74	29:56	4:17	20.04	30:56	4:25	19.40	31:56	4:34	18.79	32:56	4:42	18.22
28:57	4:08	20.73	29:57	4:17	20.03	30:57	4:25	19.39	31:57	4:34	18.78	32:57	4:42	18.21
28:58	4:08	20.71	29:58	4:17	20.02	30:58	4:25	19.38	31:58	4:34	18.77	32:58	4:43	18.20
28:59	4:08	20.70	29:59	4:17	20.01	30:59	4:26	19.37	31:59	4:34	18.76	32:59	4:43	18.19

Lowe's Motor Speedway - Concord, NC

7 laps = 10 Miles



Total Time	Avg. Per Lap Time	MPH	Total Time	Avg. Per Lap Time	MPH	Total Time	Avg. Per Lap Time	MPH
33:00	4:43	18.18	34:00	4:51	17.65	35:00	5:00	17.14
33:01	4:43	18.17	34:01	4:52	17.64	35:01	5:00	17.13
33:02	4:43	18.16	34:02	4:52	17.63	35:02	5:00	17.13
33:03	4:43	18.15	34:03	4:52	17.62	35:03	5:00	17.12
33:04	4:43	18.15	34:04	4:52	17.61	35:04	5:01	17.11
33:05	4:44	18.14	34:05	4:52	17.60	35:05	5:01	17.10
33:06	4:44	18.13	34:06	4:52	17.60	35:06	5:01	17.09
33:07	4:44	18.12	34:07	4:52	17.59	35:07	5:01	17.09
33:08	4:44	18.11	34:08	4:53	17.58	35:08	5:01	17.08
33:09	4:44	18.10	34:09	4:53	17.57	35:09	5:01	17.07
33:10	4:44	18.09	34:10	4:53	17.56	35:10	5:01	17.06
33:11	4:44	18.08	34:11	4:53	17.55	35:11	5:02	17.05
33:12	4:45	18.07	34:12	4:53	17.54	35:12	5:02	17.05
33:13	4:45	18.06	34:13	4:53	17.54	35:13	5:02	17.04
33:14	4:45	18.05	34:14	4:53	17.53	35:14	5:02	17.03
33:15	4:45	18.05	34:15	4:54	17.52	35:15	5:02	17.02
33:16	4:45	18.04	34:16	4:54	17.51	35:16	5:02	17.01
33:17	4:45	18.03	34:17	4:54	17.50	35:17	5:02	17.01
33:18	4:45	18.02	34:18	4:54	17.49	35:18	5:03	17.00
33:19	4:46	18.01	34:19	4:54	17.48	35:19	5:03	16.99
33:20	4:46	18.00	34:20	4:54	17.48	35:20	5:03	16.98
33:21	4:46	17.99	34:21	4:54	17.47	35:21	5:03	16.97
33:22	4:46	17.98	34:22	4:55	17.46	35:22	5:03	16.97
33:23	4:46	17.97	34:23	4:55	17.45	35:23	5:03	16.96
33:24	4:46	17.96	34:24	4:55	17.44	35:24	5:03	16.95
33:25	4:46	17.96	34:25	4:55	17.43	35:25	5:04	16.94
33:26	4:47	17.95	34:26	4:55	17.42	35:26	5:04	16.93
33:27	4:47	17.94	34:27	4:55	17.42	35:27	5:04	16.93
33:28	4:47	17.93	34:28	4:55	17.41	35:28	5:04	16.92
33:29	4:47	17.92	34:29	4:56	17.40	35:29	5:04	16.91
33:30	4:47	17.91	34:30	4:56	17.39	35:30	5:04	16.90
33:31	4:47	17.90	34:31	4:56	17.38	35:31	5:04	16.89
33:32	4:47	17.89	34:32	4:56	17.37	35:32	5:05	16.89
33:33	4:48	17.88	34:33	4:56	17.37	35:33	5:05	16.88
33:34	4:48	17.87	34:34	4:56	17.36	35:34	5:05	16.87
33:35	4:48	17.87	34:35	4:56	17.35	35:35	5:05	16.86
33:36	4:48	17.86	34:36	4:57	17.34	35:36	5:05	16.85
33:37	4:48	17.85	34:37	4:57	17.33	35:37	5:05	16.85
33:38	4:48	17.84	34:38	4:57	17.32	35:38	5:05	16.84
33:39	4:48	17.83	34:39	4:57	17.32	35:39	5:06	16.83
33:40	4:49	17.82	34:40	4:57	17.31	35:40	5:06	16.82
33:41	4:49	17.81	34:41	4:57	17.30	35:41	5:06	16.81
33:42	4:49	17.80	34:42	4:57	17.29	35:42	5:06	16.81
33:43	4:49	17.80	34:43	4:58	17.28	35:43	5:06	16.80
33:44	4:49	17.79	34:44	4:58	17.27	35:44	5:06	16.79
33:45	4:49	17.78	34:45	4:58	17.27	35:45	5:06	16.78
33:46	4:49	17.77	34:46	4:58	17.26	35:46	5:07	16.78
33:47	4:50	17.76	34:47	4:58	17.25	35:47	5:07	16.77
33:48	4:50	17.75	34:48	4:58	17.24	35:48	5:07	16.76
33:49	4:50	17.74	34:49	4:58	17.23	35:49	5:07	16.75
33:50	4:50	17.73	34:50	4:59	17.22	35:50	5:07	16.74
33:51	4:50	17.73	34:51	4:59	17.22	35:51	5:07	16.74
33:52	4:50	17.72	34:52	4:59	17.21	35:52	5:07	16.73
33:53	4:50	17.71	34:53	4:59	17.20	35:53	5:08	16.72
33:54	4:51	17.70	34:54	4:59	17.19	35:54	5:08	16.71
33:55	4:51	17.69	34:55	4:59	17.18	35:55	5:08	16.71
33:56	4:51	17.68	34:56	4:59	17.18	35:56	5:08	16.70
33:57	4:51	17.67	34:57	5:00	17.17	35:57	5:08	16.69
33:58	4:51	17.66	34:58	5:00	17.16	35:58	5:08	16.68
33:59	4:51	17.66	34:59	5:00	17.15	35:59	5:08	16.67