

FRC WINTER HANDICAP FEMALE

Age	5.4 Mile 1584	Fraserburgh Running Club Standards				
OC sec		Plat	Gold	Silver	Bronze	Copper
OC						
5	00:37:39	00:45:11	00:50:50	00:56:29	01:02:07	01:09:39
6	00:36:21	00:43:37	00:49:04	00:54:31	00:59:58	01:07:14
7	00:34:50	00:41:48	00:47:01	00:52:15	00:57:28	01:04:26
8	00:33:31	00:40:14	00:45:15	00:50:17	00:55:19	01:02:01
9	00:32:23	00:38:51	00:43:43	00:48:34	00:53:25	00:59:54
10	00:31:23	00:37:39	00:42:22	00:47:04	00:51:46	00:58:03
11	00:30:30	00:36:36	00:41:11	00:45:46	00:50:20	00:56:26
12	00:29:45	00:35:41	00:40:09	00:44:37	00:49:05	00:55:01
13	00:29:03	00:34:52	00:39:13	00:43:35	00:47:56	00:53:45
14	00:28:28	00:34:10	00:38:26	00:42:42	00:46:59	00:52:40
15	00:27:58	00:33:33	00:37:45	00:41:56	00:46:08	00:51:44
16	00:27:30	00:33:00	00:37:08	00:41:16	00:45:23	00:50:53
17	00:27:03	00:32:28	00:36:31	00:40:35	00:44:38	00:50:03
18	00:26:41	00:32:02	00:36:02	00:40:02	00:44:02	00:49:22
19	00:26:28	00:31:46	00:35:44	00:39:42	00:43:41	00:48:58
20	00:26:24	00:31:41	00:35:38	00:39:36	00:43:33	00:48:50
21	00:26:24	00:31:41	00:35:38	00:39:36	00:43:33	00:48:50
22	00:26:24	00:31:41	00:35:38	00:39:36	00:43:33	00:48:50
23	00:26:24	00:31:41	00:35:38	00:39:36	00:43:33	00:48:50
24	00:26:24	00:31:41	00:35:38	00:39:36	00:43:33	00:48:50
25	00:26:24	00:31:41	00:35:38	00:39:36	00:43:33	00:48:50
26	00:26:24	00:31:41	00:35:38	00:39:36	00:43:33	00:48:50
27	00:26:24	00:31:41	00:35:38	00:39:36	00:43:33	00:48:50
28	00:26:24	00:31:41	00:35:38	00:39:36	00:43:33	00:48:50
29	00:26:24	00:31:41	00:35:38	00:39:36	00:43:33	00:48:50
30	00:26:24	00:31:41	00:35:38	00:39:36	00:43:33	00:48:50
31	00:26:24	00:31:41	00:35:38	00:39:36	00:43:33	00:48:50
32	00:26:25	00:31:42	00:35:40	00:39:37	00:43:35	00:48:52
33	00:26:27	00:31:45	00:35:43	00:39:41	00:43:39	00:48:56
34	00:26:30	00:31:48	00:35:47	00:39:46	00:43:44	00:49:02
35	00:26:35	00:31:54	00:35:53	00:39:52	00:43:51	00:49:10
36	00:26:40	00:32:00	00:36:00	00:40:00	00:44:00	00:49:20
37	00:26:46	00:32:07	00:36:08	00:40:08	00:44:09	00:49:30
38	00:26:52	00:32:15	00:36:16	00:40:18	00:44:20	00:49:43
39	00:27:01	00:32:25	00:36:28	00:40:31	00:44:35	00:49:59
40	00:27:10	00:32:36	00:36:40	00:40:44	00:44:49	00:50:15
41	00:27:19	00:32:47	00:36:53	00:40:59	00:45:05	00:50:33
42	00:27:30	00:33:00	00:37:08	00:41:16	00:45:23	00:50:53
43	00:27:43	00:33:16	00:37:26	00:41:35	00:45:45	00:51:17
44	00:27:57	00:33:32	00:37:43	00:41:55	00:46:06	00:51:42
45	00:28:12	00:33:50	00:38:04	00:42:18	00:46:32	00:52:10
46	00:28:27	00:34:09	00:38:25	00:42:41	00:46:57	00:52:38
47	00:28:45	00:34:29	00:38:48	00:43:07	00:47:26	00:53:10
48	00:29:04	00:34:53	00:39:15	00:43:36	00:47:58	00:53:47
49	00:29:24	00:35:17	00:39:41	00:44:06	00:48:30	00:54:23
50	00:29:45	00:35:41	00:40:09	00:44:37	00:49:05	00:55:01
51	00:30:05	00:36:06	00:40:37	00:45:08	00:49:39	00:55:40
52	00:30:26	00:36:31	00:41:05	00:45:39	00:50:13	00:56:18

FRC WINTER HANDICAP FEMALE

Age	5.4 Mile 1584	Fraserburgh Running Club Standards				
OC sec		Plat	Gold	Silver	Bronze	Copper
OC						
53	00:30:48	00:36:57	00:41:35	00:46:12	00:50:49	00:56:58
54	00:31:11	00:37:25	00:42:05	00:46:46	00:51:27	00:57:41
55	00:31:34	00:37:52	00:42:36	00:47:20	00:52:04	00:58:23
56	00:31:57	00:38:20	00:43:07	00:47:55	00:52:42	00:59:06
57	00:32:21	00:38:49	00:43:40	00:48:31	00:53:22	00:59:50
58	00:32:46	00:39:19	00:44:14	00:49:08	00:54:03	01:00:36
59	00:33:11	00:39:49	00:44:47	00:49:46	00:54:45	01:01:23
60	00:33:37	00:40:20	00:45:23	00:50:25	00:55:28	01:02:11
61	00:34:04	00:40:53	00:46:00	00:51:06	00:56:13	01:03:02
62	00:34:31	00:41:26	00:46:36	00:51:47	00:56:58	01:03:52
63	00:34:59	00:41:58	00:47:13	00:52:28	00:57:43	01:04:43
64	00:35:28	00:42:34	00:47:53	00:53:12	00:58:31	01:05:37
65	00:35:58	00:43:09	00:48:33	00:53:56	00:59:20	01:06:32
66	00:36:28	00:43:46	00:49:14	00:54:42	01:00:10	01:07:28
67	00:37:00	00:44:24	00:49:57	00:55:30	01:01:03	01:08:27
68	00:37:33	00:45:03	00:50:41	00:56:19	01:01:57	01:09:27
69	00:38:06	00:45:44	00:51:27	00:57:09	01:02:52	01:10:30
70	00:38:40	00:46:24	00:52:12	00:58:00	01:03:48	01:11:32
71	00:39:15	00:47:06	00:52:59	00:58:53	01:04:46	01:12:37
72	00:39:52	00:47:51	00:53:49	00:59:48	01:05:47	01:13:45
73	00:40:29	00:48:35	00:54:39	01:00:44	01:06:48	01:14:54
74	00:41:08	00:49:22	00:55:32	01:01:43	01:07:53	01:16:07
75	00:41:49	00:50:11	00:56:27	01:02:43	01:09:00	01:17:21
76	00:42:29	00:50:59	00:57:21	01:03:44	01:10:06	01:18:36
77	00:43:13	00:51:51	00:58:20	01:04:49	01:11:18	01:19:57
78	00:43:56	00:52:44	00:59:19	01:05:55	01:12:30	01:21:17
79	00:44:44	00:53:41	01:00:24	01:07:07	01:13:49	01:22:46
80	00:45:38	00:54:45	01:01:36	01:08:27	01:15:18	01:24:25
81	00:46:38	00:55:57	01:02:57	01:09:57	01:16:57	01:26:16
82	00:47:46	00:57:19	01:04:28	01:11:38	01:18:48	01:28:21
83	00:49:02	00:58:50	01:06:12	01:13:33	01:20:54	01:30:42
84	00:50:28	01:00:34	01:08:08	01:15:42	01:23:16	01:33:22
85	00:52:04	01:02:29	01:10:17	01:18:06	01:25:55	01:36:19
86	00:53:54	01:04:41	01:12:46	01:20:51	01:28:56	01:39:43
87	00:55:59	01:07:10	01:15:34	01:23:58	01:32:22	01:43:33
88	00:58:19	01:09:59	01:18:44	01:27:29	01:36:14	01:47:54
89	01:01:01	01:13:13	01:22:22	01:31:31	01:40:40	01:52:52
90	01:04:07	01:16:57	01:26:34	01:36:11	01:45:48	01:58:37
91	01:07:42	01:21:15	01:31:24	01:41:33	01:51:43	02:05:15
92	01:11:54	01:26:17	01:37:04	01:47:51	01:58:38	02:13:01
93	01:16:54	01:32:17	01:43:49	01:55:21	02:06:53	02:22:16
94	01:22:50	01:39:24	01:51:49	02:04:15	02:16:40	02:33:14
95	01:30:06	01:48:07	02:01:38	02:15:09	02:28:40	02:46:41
96	01:39:03	01:58:51	02:13:43	02:28:34	02:43:25	03:03:14
97	01:50:27	02:12:32	02:29:06	02:45:40	03:02:14	03:24:19
98	02:05:21	02:30:25	02:49:13	03:08:02	03:26:50	03:51:54
99	02:25:41	02:54:49	03:16:40	03:38:31	04:00:22	04:29:30
100	02:54:56	03:29:55	03:56:09	04:22:24	04:48:38	05:23:37

FRC WINTER HANDICAP MALE

Age	5.4 Mile 1395	Fraserburgh Running Club Standards				
OC sec		Plat	Gold	Silver	Bronze	Copper
OC						
5	00:38:24	00:46:05	00:51:50	00:57:36	01:03:21	01:11:02
6	00:35:15	00:42:18	00:47:35	00:52:53	00:58:10	01:05:13
7	00:32:46	00:39:19	00:44:14	00:49:08	00:54:03	01:00:36
8	00:30:47	00:36:56	00:41:33	00:46:10	00:50:47	00:56:56
9	00:29:10	00:35:00	00:39:22	00:43:44	00:48:07	00:53:57
10	00:27:50	00:33:24	00:37:35	00:41:45	00:45:56	00:51:30
11	00:26:45	00:32:05	00:36:06	00:40:07	00:44:08	00:49:28
12	00:25:51	00:31:01	00:34:54	00:38:47	00:42:39	00:47:50
13	00:25:07	00:30:09	00:33:55	00:37:41	00:41:27	00:46:29
14	00:24:33	00:29:27	00:33:08	00:36:49	00:40:30	00:45:24
15	00:24:05	00:28:54	00:32:31	00:36:08	00:39:45	00:44:34
16	00:23:45	00:28:30	00:32:03	00:35:37	00:39:11	00:43:55
17	00:23:27	00:28:09	00:31:40	00:35:11	00:38:42	00:43:23
18	00:23:16	00:27:55	00:31:25	00:34:54	00:38:24	00:43:03
19	00:23:15	00:27:54	00:31:23	00:34:53	00:38:22	00:43:01
20	00:23:15	00:27:54	00:31:23	00:34:53	00:38:22	00:43:01
21	00:23:15	00:27:54	00:31:23	00:34:53	00:38:22	00:43:01
22	00:23:15	00:27:54	00:31:23	00:34:53	00:38:22	00:43:01
23	00:23:15	00:27:54	00:31:23	00:34:53	00:38:22	00:43:01
24	00:23:15	00:27:54	00:31:23	00:34:53	00:38:22	00:43:01
25	00:23:15	00:27:54	00:31:23	00:34:53	00:38:22	00:43:01
26	00:23:15	00:27:54	00:31:23	00:34:53	00:38:22	00:43:01
27	00:23:15	00:27:54	00:31:23	00:34:53	00:38:22	00:43:01
28	00:23:15	00:27:54	00:31:23	00:34:53	00:38:22	00:43:01
29	00:23:15	00:27:54	00:31:23	00:34:53	00:38:22	00:43:01
30	00:23:16	00:27:55	00:31:25	00:34:54	00:38:24	00:43:03
31	00:23:17	00:27:57	00:31:26	00:34:56	00:38:26	00:43:05
32	00:23:19	00:27:59	00:31:29	00:34:59	00:38:29	00:43:09
33	00:23:23	00:28:03	00:31:34	00:35:04	00:38:35	00:43:15
34	00:23:27	00:28:09	00:31:40	00:35:11	00:38:42	00:43:23
35	00:23:33	00:28:15	00:31:47	00:35:19	00:38:51	00:43:33
36	00:23:39	00:28:23	00:31:56	00:35:29	00:39:02	00:43:45
37	00:23:47	00:28:32	00:32:06	00:35:40	00:39:14	00:44:00
38	00:23:55	00:28:43	00:32:18	00:35:53	00:39:29	00:44:16
39	00:24:05	00:28:54	00:32:31	00:36:08	00:39:45	00:44:34
40	00:24:16	00:29:07	00:32:46	00:36:24	00:40:03	00:44:54
41	00:24:27	00:29:21	00:33:01	00:36:41	00:40:21	00:45:14
42	00:24:38	00:29:34	00:33:15	00:36:57	00:40:39	00:45:34
43	00:24:50	00:29:48	00:33:32	00:37:15	00:40:59	00:45:57
44	00:25:01	00:30:01	00:33:46	00:37:31	00:41:17	00:46:17
45	00:25:13	00:30:16	00:34:02	00:37:49	00:41:36	00:46:39
46	00:25:25	00:30:30	00:34:19	00:38:07	00:41:56	00:47:01
47	00:25:37	00:30:44	00:34:35	00:38:25	00:42:16	00:47:23
48	00:25:49	00:30:59	00:34:51	00:38:43	00:42:36	00:47:46
49	00:26:02	00:31:14	00:35:09	00:39:03	00:42:57	00:48:10
50	00:26:15	00:31:30	00:35:26	00:39:23	00:43:19	00:48:34
51	00:26:28	00:31:46	00:35:44	00:39:42	00:43:41	00:48:58
52	00:26:41	00:32:02	00:36:02	00:40:02	00:44:02	00:49:22

FRC WINTER HANDICAP MALE

Age	5.4 Mile 1395 00:23:15	Fraserburgh Running Club Standards				
OC sec		Plat	Gold	Silver	Bronze	Copper
OC						
53	00:26:54	00:32:17	00:36:19	00:40:22	00:44:24	00:49:47
54	00:27:09	00:32:34	00:36:39	00:40:43	00:44:47	00:50:13
55	00:27:22	00:32:50	00:36:56	00:41:02	00:45:09	00:50:37
56	00:27:36	00:33:07	00:37:15	00:41:24	00:45:32	00:51:03
57	00:27:50	00:33:24	00:37:35	00:41:45	00:45:56	00:51:30
58	00:28:05	00:33:42	00:37:55	00:42:08	00:46:21	00:51:58
59	00:28:19	00:33:59	00:38:14	00:42:29	00:46:44	00:52:24
60	00:28:35	00:34:18	00:38:35	00:42:52	00:47:09	00:52:52
61	00:28:50	00:34:36	00:38:56	00:43:15	00:47:35	00:53:21
62	00:29:06	00:34:56	00:39:18	00:43:40	00:48:02	00:53:51
63	00:29:22	00:35:14	00:39:38	00:44:02	00:48:27	00:54:19
64	00:29:38	00:35:34	00:40:00	00:44:27	00:48:54	00:54:49
65	00:29:54	00:35:53	00:40:22	00:44:52	00:49:21	00:55:20
66	00:30:12	00:36:14	00:40:46	00:45:18	00:49:50	00:55:52
67	00:30:28	00:36:34	00:41:08	00:45:42	00:50:16	00:56:22
68	00:30:46	00:36:55	00:41:32	00:46:08	00:50:45	00:56:54
69	00:31:04	00:37:17	00:41:57	00:46:36	00:51:16	00:57:29
70	00:31:25	00:37:42	00:42:25	00:47:07	00:51:50	00:58:07
71	00:31:48	00:38:09	00:42:56	00:47:42	00:52:28	00:58:49
72	00:32:12	00:38:38	00:43:28	00:48:18	00:53:07	00:59:34
73	00:32:40	00:39:12	00:44:06	00:49:00	00:53:54	01:00:26
74	00:33:10	00:39:48	00:44:46	00:49:44	00:54:43	01:01:21
75	00:33:42	00:40:27	00:45:30	00:50:34	00:55:37	01:02:21
76	00:34:18	00:41:10	00:46:19	00:51:28	00:56:36	01:03:28
77	00:34:57	00:41:56	00:47:10	00:52:25	00:57:39	01:04:39
78	00:35:40	00:42:48	00:48:09	00:53:30	00:58:51	01:05:59
79	00:36:27	00:43:44	00:49:13	00:54:41	01:00:09	01:07:26
80	00:37:17	00:44:45	00:50:20	00:55:56	01:01:31	01:08:59
81	00:38:14	00:45:53	00:51:37	00:57:21	01:03:05	01:10:44
82	00:39:15	00:47:06	00:52:59	00:58:53	01:04:46	01:12:37
83	00:40:23	00:48:27	00:54:31	01:00:34	01:06:37	01:14:42
84	00:41:37	00:49:56	00:56:11	01:02:25	01:08:40	01:16:59
85	00:43:00	00:51:36	00:58:03	01:04:30	01:10:57	01:19:33
86	00:44:30	00:53:24	01:00:05	01:06:45	01:13:26	01:22:20
87	00:46:12	00:55:26	01:02:22	01:09:18	01:16:13	01:25:28
88	00:48:05	00:57:42	01:04:55	01:12:08	01:19:21	01:28:58
89	00:50:13	01:00:15	01:07:47	01:15:19	01:22:51	01:32:54
90	00:52:37	01:03:08	01:11:02	01:18:55	01:26:49	01:37:20
91	00:55:19	01:06:23	01:14:41	01:22:59	01:31:17	01:42:21
92	00:58:26	01:10:07	01:18:53	01:27:39	01:36:25	01:48:06
93	01:02:01	01:14:25	01:23:43	01:33:01	01:42:19	01:54:43
94	01:06:12	01:19:26	01:29:22	01:39:17	01:49:13	02:02:27
95	01:11:06	01:25:19	01:35:59	01:46:39	01:57:19	02:11:32
96	01:16:58	01:32:22	01:43:55	01:55:28	02:07:00	02:22:24
97	01:24:06	01:40:55	01:53:32	02:06:09	02:18:46	02:35:35
98	01:32:56	01:51:31	02:05:28	02:19:24	02:33:21	02:51:56
99	01:44:05	02:04:54	02:20:31	02:36:07	02:51:44	03:12:33
100	01:58:45	02:22:30	02:40:19	02:58:08	03:15:56	03:39:41