

Handicap race			HCP	Place	Points	Scr	AGP	Minutes	Minutes	Summer route PB	World Std Time
07/07/2021		7	TIME	53'33"			%	Per Mile	per Km		
CHARLIE NOBLE	15:25	37:28	52:53	1	10	5	78.43	7:21	4:34	31:40	29:23
LYNNE MARIE MASSON	14:25	38:44	53:09	2	9	7	66.91	7:36	4:43	38:45	25:55
LAURELLA NOBLE	14:40	38:39	53:19	3	8	6	63.99	7:35	4:43	38:08	24:44
DEREK MILNE	20:35	32:53	53:28	4	7	3	71.72	6:27	4:00	32:56	23:35
DAVID ABERNETHY	12:00	41:29	53:29	5	6	10	60.67	8:08	5:03	36:18	25:10
ALISON WEST	13:35	40:15	53:50	6	5	8	66.09	7:54	4:54	39:33	26:36
JOHN BRUCE	12:20	41:53	54:13	7	4	11	54.20	8:13	5:06		22:42
JIM BOWIE	17:05	37:25	54:30	8	3	4	74.74	7:20	4:34	33:34	27:58
MARK BROWN	26:05	29:26	55:31	9	2	1	74.12	5:46	3:35	28:47	21:49
ROBBIE COOMAN	24:45	30:50	55:35	10	1	2	70.54	6:03	3:45	27:56	21:45
JOHNNY BEEDIE	16:15	40:16	56:31	11		9	61.96	7:54	4:54	35:57	24:57