

Handicap race			HCP	Place	Points	Scr	AGP	Minutes	Minutes	Summer route PB	World Std Time
21/07/2021		8	TIME	53'33"			%	Per Mile	per Km		
JOHN BRUCE	11:55	40:41	52:36	1	10		55.80	7:59	4:57		22:42
ANDREW WEST	17:05	35:54	52:59	2	9		67.83	7:02	4:22	34:27	24:21
LAURELLA NOBLE	14:55	38:27	53:22	3	8		64.33	7:32	4:41	38:08	24:44
CAROL MASSIE	14:50	38:37	53:27	4	7		78.33	7:34	4:42	36:17	30:15
JIM BOWIE	16:40	37:11	53:51	5	6		75.21	7:17	4:32	33:34	27:58
LYNNE MARIE MASSON	14:50	39:27	54:17	6	5		65.69	7:44	4:48	38:44	25:55
STUART CRAIB	19:50	34:33	54:23	7	4		66.18	6:46	4:13		22:52
GILLIAN STRACHAN	16:50	37:41	54:31	8	3		70.59	7:23	4:36	33:21	26:36
DEREK MILNE	20:40	33:55	54:35	9	2		69.53	6:39	4:08	32:56	23:35
DAVID ABERNETHY	12:05	42:58	55:03	10	1		58.57	8:25	5:14	36:18	25:10
BRENDA MUTCH	00:00	55:22	55:22	11			47.20	10:51	6:45	53:13	26:08
GREG BRUCE	13:50	44:08	57:58	12			49.89	8:39	5:23	38:28	22:01
KEVIN BROOKS	12:30	46:30	59:00	13			59.03	9:07	5:40	35:00	27:27