

Handicap race			HCP	Place	Points	Scr	AGP	Minutes	Minutes	Summer route PB	World Std Time
20/07/2022	8	TIME	53'33"				%	Per Mile	per Km		20/07/2022
MATTHEW CRAWFORD	17:50	35:38	53:28	1	10	4	62.07	6:59	4:21	35:43	22:07
ROBBIE YOUNGSON	22:20	31:14	53:34	2	9	1	83.35	6:07	3:48	29:53	26:02
MORAG THOMPSON	13:45	40:04	53:49	3	8	9	66.39	7:51	4:53	36:30	26:36
LISA ALLAN	20:05	33:51	53:56	4	7	3	77.89	6:38	4:08	32:24	26:22
ANDREW WEST	18:00	36:15	54:15	5	6	7	67.72	7:06	4:25	34:27	24:33
GILLIAN STRACHAN	18:55	35:44	54:39	6	5	5	75.23	7:00	4:21	33:21	26:53
JIM BOWIE	14:35	40:25	55:00	7	4	10	69.86	7:55	4:56	33:34	28:14
CHARLIE NOBLE	15:25	39:57	55:22	8	3	8	75.34	7:50	4:52	31:40	30:06
GRAEME CLARK	12:35	43:09	55:44	9	2	12	66.67	8:28	5:16	32:49	28:46
ALISON WEST	12:10	43:54	56:04	10	1	13	61.24	8:36	5:21	39:33	26:53
GREG BRUCE	15:55	40:51	56:46	11		11	54.14	8:01	4:59	37:15	22:07
BRIAN URQUHART	21:05	35:49	56:54	12		6	78.08	7:01	4:22	32:13	27:58
MARK BROWN	25:15	33:07	58:22	13		2	66.03	6:30	4:02	28:47	21:52