

Handicap race			HCP	Place	Points	Scr	AGP	Minutes	Minutes	Summer route PB	World Std Time
26/04/2023	<b>2</b>	TIME	<b>53'33"</b>				<b>%</b>	Per Mile	per Km		26/04/2023
TRACEY WESTON	-0:08:15	00:59:07	0:50:52	1	10	18	49.93	11:35	7:12	1:00:53	29:31
CHARLIE NOBLE	12:45	00:39:10	51:55	2	9	7	76.85	7:41	4:46	31:40	30:06
MALCOLM TAYLOR	10:35	0:41:42	52:17	3	8	12	60.35	8:11	5:05	43:30	25:10
SCOTT GIBB	07:25	0:45:12	52:37	4	7	16	58.11	8:52	5:30		26:16
DUNCAN ABERNETHY	16:35	0:36:30	53:05	5	6	4	68.95	7:09	4:27	33:22	25:10
STUART CRAIB	20:35	0:32:39	53:14	6	5	2	71.11	6:24	3:59	32:49	23:13
MARTIN WATT	17:00	0:36:42	53:42	7	4	5	62.76	7:12	4:28	33:21	23:02
RICHARD MUTCH	13:15	0:40:36	53:51	8	3	8	58.54	7:58	4:57	36:28	23:46
DAVID ABERNETHY	10:40	0:43:26	54:06	9	2	15	58.90	8:31	5:18	36:18	25:35
ANDY HIGGINS	07:15	0:46:52	54:07	10	1	17	61.98	9:11	5:43		29:03
KEITH BUCHAN	23:30	0:30:39	54:09	11		1	78.74	6:01	3:44	28:05	24:08
BRIAN URQUHART	19:50	0:34:34	54:24	12		3	81.68	6:47	4:13	32:13	28:14
MORAG THOMPSON	13:50	0:40:49	54:39	13		10	65.86	8:00	4:58	36:30	26:53
GREG BRUCE	16:35	00:38:23	54:58	14		6	57.92	7:32	4:41	37:15	22:14
CAROL MASSIE	14:25	0:40:43	55:08	15		9	76.22	7:59	4:58	36:17	31:02
STEPHEN HADDEN	13:20	0:41:52	55:12	16		13	56.33	8:13	5:06		23:35
GRACE RENNIE	15:10	0:41:24	56:34	17		11	59.62	8:07	5:03	37:38	24:41
MIKE HARTLEY	14:00	0:42:51	56:51	18		14	65.27	8:24	5:13	36:11	27:58