

Handicap race			HCP	Place	Points	Scr	AGP	Minutes	Minutes	Summer route PB	World Std Time
19/07/2023	8	TIME	53'33"				%	Per Mile	per Km		19/07/2023
RICHARD MUTCH	12:05	0:40:25	52:30	1	10	11	59.26	7:55	4:56	36:28	23:57
JIM BOWIE	13:40	0:38:52	52:32	2	9	9	73.33	7:37	4:44	33:34	28:30
MORAG THOMPSON	12:40	0:39:54	52:34	3	8	10	67.38	7:49	4:52	36:30	26:53
MARTIN WATT	17:15	0:35:49	53:04	4	7	5	64.82	7:01	4:22	33:21	23:13
CAROL MASSIE	12:45	0:40:47	53:32	5	6	12	76.09	8:00	4:58	36:17	31:02
GREG BRUCE	15:05	0:38:32	53:37	6	5	8	57.70	7:33	4:42	37:15	22:14
DUNCAN ABERNETHY	16:50	0:36:50	53:40	7	4	7	68.33	7:13	4:29	33:22	25:10
BRIAN URQUHART	19:10	0:34:34	53:44	8	3	2	82.45	6:47	4:13	32:13	28:30
ANDREW WEST	17:05	0:36:41	53:46	9	2	6	67.47	7:12	4:28	34:27	24:45
STUART CRAIB	21:08	0:32:42	53:50	10	1	1	71.00	6:25	3:59	32:29	23:13
LISA ALLAN	18:55	0:35:19	54:14	11		4	75.32	6:55	4:18	32:24	26:36
SHAUN PIRIE	19:30	0:34:54	54:24	12		3	62.85	6:51	4:15	34:01	21:56
CHARLIE NOBLE	12:45	0:41:53	54:38	13		13	72.94	8:13	5:06	31:40	30:33
NATHAN GRAHAM	12:05	0:43:54	55:59	14		14	49.54	8:36	5:21		21:45
DAVID ABERNETHY	09:50	0:00:00	09:50	DNF			#DIV/0!	0:00	0:00	36:18	25:35
GRACE RENNIE	15:10	0:00:00	15:10	DNF			#DIV/0!	0:00	0:00	37:38	24:41