

Handicap race			HCP	Place	Points	Scr	AGP	Minutes	Minutes	Summer route PB	World Std Time
16/08/2023	<b>10</b>	TIME	<b>53'33"</b>				<b>%</b>	Per Mile	per Km		16/08/2023
JIM BOWIE	14:15	0:38:40	52:55	1	10		73.71	7:35	4:43	33:34	28:30
CHARLIE NOBLE	11:55	0:41:17	53:12	2	9		74.00	8:06	5:02	31:40	30:33
BRIAN URQUHART	19:00	0:34:30	53:30	3	8		82.61	6:46	4:12	32:13	28:30
MARTIN WATT	17:45	0:35:59	53:44	4	7		64.52	7:03	4:23	33:21	23:13
SHAUN PIRIE	19:30	0:34:39	54:09	5	6		63.30	6:48	4:13	34:01	21:56
SCOTT GIBB	09:50	0:44:36	54:26	6	5		58.89	8:45	5:26	43:19	26:16
MORAG THOMPSON	13:15	0:41:13	54:28	7	4		65.22	8:05	5:01	36:30	26:53
NATHAN GRAHAM	11:15	0:43:56	55:11	8	3		49.51	8:37	5:21	43:54	21:45
ALISON WEST	11:30	0:43:46	55:16	9	2		62.11	8:35	5:20	39:33	27:11
ROBBIE COOMAN	23:50	0:32:17	56:07	10	1		67.48	6:20	3:56	27:20	21:47
GREG BRUCE	14:35	0:42:19	56:54	11			52.54	8:18	5:09	37:15	22:14