

Handicap race			HCP	Place	Points	Scr	AGP	Minutes	Minutes	Summer route PB	World Std Time
30/08/2023	11	TIME	53'33"				%	Per Mile	per Km		30/08/2023
MARTIN WATT	17:35	0:35:41	53:16	1	10	4	65.06	7:00	4:21	33:21	23:13
SHAUN PIRIE	19:05	0:34:19	53:24	2	9	2	63.91	6:44	4:11	34:01	21:56
JIM BOWIE	14:55	0:38:56	53:51	3	8	5	73.20	7:38	4:45	33:34	28:30
GREG BRUCE	14:10	0:39:44	53:54	4	7	7	55.96	7:47	4:51	37:15	22:14
BRIAN URQUHART	19:05	0:34:52	53:57	5	6	3	81.74	6:50	4:15	32:13	28:30
CHARLIE NOBLE	12:15	0:42:31	54:46	6	5	8	71.85	8:20	5:11	31:40	30:33
NATHAN GRAHAM	10:50	0:44:03	54:53	7	4	9	49.38	8:38	5:22	43:54	21:45
ROBBIE YOUNGSON	21:00	0:34:02	55:02	8	3	1	77.18	6:40	4:09	29:53	26:16
MORAG THOMPSON	12:50	0:44:16	57:06	9	2	10	60.73	8:41	5:24	36:30	26:53
GILLIAN STRACHAN	18:20	0:38:54	57:14	10	1	6	69.88	7:38	4:44	33:21	27:11
SCOTT GIBB	09:25	0:48:18	57:43	11		11	54.38	9:28	5:53	43:19	26:16