

COLLEGE LOOP on February 17, 2015
Distance 3.33 miles

Pos	Runner	M/F	Age	Handicap	Handicap Position	Elapsed Time	Running Time	How did I do?	Pace per mile	Handicap Pace	H/Cap %	Age %	Club Standard
1	Gary Bligh	M	45	11:39	6	0:31:00	19:21	Beats your previous best of 20:19	05:49	06:00	103.3%	78.5%	Gold
2	Martin Jennings	M	44	11:39	7	0:31:00	19:21	Beats your previous best of 19:22	05:49	06:00	103.3%	77.9%	Silver
3	Shane Draper	M	47	11:39	16	0:31:30	19:51	Season best stays at 19:48	05:58	06:00	100.7%	77.8%	Silver
4	Stuart Follen	M	41	10:16	5	0:30:58	20:42	Beats your previous best of 21:40	06:13	06:25	103.2%	71.2%	Silver
5	Rod Sinnott	M	48	08:53	1	0:30:30	21:37	Beats your previous best of 22:14	06:30	06:50	105.2%	71.9%	Silver
6	Paul Griffin	M	50	09:26	8	0:31:04	21:38	Beats your previous best of 22:02	06:30	06:40	102.6%	73.1%	Silver
7	Tim Chapman	M	50	10:16	20	0:32:05	21:49	Season best stays at 21:15	06:33	06:25	97.9%	72.4%	Silver
8	Paul Wiegand	M	55	08:53	4	0:30:56	22:03	Beats your previous best of 22:10	06:37	06:50	103.2%	74.7%	Silver
9	Clive Harrod	M	56	09:09	14	0:31:26	22:17	Beats your previous best of 22:27	06:41	06:45	100.9%	74.6%	Silver
10	Adam Chown	M	26	09:26	19	0:31:55	22:29	Season best stays at 21:49	06:45	06:40	98.7%	61.5%	Bronze
11	Maire Irlam	F	49	08:20	13	0:31:24	23:04	Season best stays at 22:51	06:56	07:00	101.0%	76.9%	Silver
12	Max Pearson	M	38	05:50	9	0:31:14	25:24	Season best stays at 25:12	07:38	07:45	101.6%	56.7%	
13	Philip England	M	56	05:50	11	0:31:18	25:28	Welcome to your first run of the season	07:39	07:45	101.3%	65.2%	Bronze
14	Jay Gilbert	F	36	05:00	2	0:30:36	25:36	Beats your previous best of 26:20	07:41	08:00	104.0%	62.8%	Bronze
15	Paulina Zub	F	34	05:50	18	0:31:55	26:05	Welcome to your first run of the season	07:50	07:45	98.9%	61.2%	Bronze
16	Roger Williams	M	67	05:00	17	0:31:45	26:45	Season best stays at 26:43	08:02	08:00	99.6%	68.4%	Silver
17	Ann Trett	F	31	06:40	23	0:33:51	27:11	Season best stays at 24:43	08:10	07:30	91.9%	58.4%	Bronze
18	Joice Showell	F	33	05:00	21	0:32:30	27:30	Welcome to your first run of the season	08:16	08:00	96.9%	57.9%	
19	Sara Basuc	F	39	02:30	12	0:31:19	28:49	Welcome to your first run of the season	08:39	08:45	101.1%	56.5%	
20	Larissa Follen	F	41	02:30	15	0:31:26	28:56	Season best stays at 28:43	08:41	08:45	100.7%	57.0%	
21	Cheryl Chapman	F	46	00:00	3	0:30:43	30:43	Season best stays at 30:15	09:13	09:30	103.0%	55.9%	
22	Jane Greenwood	F	59	00:00	10	0:31:17	31:17	Beats your previous best of 32:44	09:24	09:30	101.1%	64.6%	Bronze
23	Sarah Rippon	F	48	00:00	22	0:32:58	32:58	Season best stays at 31:03	09:54	09:30	96.0%	53.2%	