

ERIC'S on July 2, 2015
Distance 4.4 miles

Pos	Runner	M/F	Age	Handicap	Handicap Position	Elapsed Time	Running Time	How did I do?	Pace per mile	Handicap Pace	Performance H/Cap %	Age %	Club Standard
1	Ryan Jones	M	26	20:47	4	0:48:31	27:44	Season best stays at 27:39	06:18	06:18	100.0%	69.2%	Silver
2	Rod Sinnott	M	48	19:15	2	0:48:17	29:02	Season best stays at 28:40	06:36	06:39	100.8%	74.3%	Silver
3	Andre Pittock	M	49	18:29	1	0:47:43	29:14	Beats your previous best of 29:33	06:39	06:50	102.7%	74.4%	Silver
4	Colin Simpson	M	61	16:56	3	0:48:30	31:34	Welcome to your first run of the season	07:10	07:10	100.0%	76.2%	Silver
5	Paul Wiegand	M	55	17:43	14	0:49:48	32:05	Season best stays at 30:56	07:18	07:00	96.0%	71.2%	Silver
6	Richard Aggar	M	38	16:56	8	0:49:05	32:09	Season best stays at 31:41	07:18	07:10	98.2%	62.2%	Bronze
7	Maire Irlam	F	50	16:10	7	0:48:52	32:42	Season best stays at 30:57	07:26	07:21	98.9%	76.2%	Silver
8	Nicky Jennings	F	41	15:24	9	0:49:09	33:45	Welcome to your first run of the season	07:40	07:31	98.1%	67.8%	Bronze
9	Max Pearson	M	39	15:24	11	0:49:28	34:04	Welcome to your first run of the season	07:45	07:31	97.2%	59.1%	Bronze
10	Ian King	M	46	13:52	6	0:48:50	34:58	Beats your previous best of 35:08	07:57	07:52	99.1%	60.7%	Bronze
11	Jay Gilbert	F	37	13:05	10	0:49:22	36:17	Welcome to your first run of the season	08:15	08:03	97.6%	61.7%	Bronze
12	Ramune Raicheliene	F	35	11:33	5	0:48:33	37:00	Beats your previous best of 41:55	08:25	08:24	99.9%	60.0%	Bronze
13	Jon Rowell	M	43	11:33	12	0:49:32	37:59	Welcome to your first run of the season	08:38	08:24	97.3%	54.6%	
14	Larissa Follen	F	41	10:01	15	0:50:13	40:12	Season best stays at 37:59	09:08	08:45	95.8%	56.9%	
15	Gill Holmes	F	61	00:00	13	0:49:47	49:47	Season best stays at 49:25	11:19	11:01	97.4%	57.9%	