

NORTH BRINK on July 16, 2015
Distance 3.71 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	18:33	6	0:39:57	21:24	Beats your previous best of 22:02	05:46	06:00	104.0%	72.0%	Silver
2	Paul Griffin	M	50	17:19	10	0:40:10	22:51	Season best stays at 22:42	06:10	06:20	102.8%	77.0%	Silver
3	Rod Sinnott	M	48	17:19	14	0:40:30	23:11	Season best stays at 23:09	06:15	06:20	101.3%	74.7%	Silver
4	Stuart Follen	M	41	16:42	7	0:40:02	23:20	Beats your previous best of 23:56	06:17	06:30	103.3%	70.4%	Silver
5	Gary Bligh	M	46	16:42	11	0:40:11	23:29	Welcome to your first run of the season	06:20	06:30	102.7%	72.6%	Silver
6	Tom Richards	M	48	16:05	15	0:40:34	24:29	Welcome to your first run of the season	06:36	06:40	101.0%	70.8%	Silver
7	Andre Pittock	M	49	17:19	23	0:41:52	24:33	Welcome to your first run of the season	06:37	06:20	95.7%	71.1%	Silver
8	Paul Wiegand	M	55	15:28	9	0:40:07	24:39	Beats your previous best of 24:43	06:39	06:50	102.8%	74.4%	Silver
9	Graham Milham	M	39	16:42	22	0:41:45	25:03	Welcome to your first run of the season	06:45	06:30	96.2%	64.6%	Bronze
10	Dan Carrington	M	23	16:05	21	0:41:23	25:18	Welcome to your first run of the season	06:49	06:40	97.7%	60.9%	Bronze
11	Maire Irlam	F	50	14:50	16	0:40:37	25:47	Season best stays at 25:28	06:57	07:00	100.8%	77.6%	Silver
12	Max Pearson	M	39	14:13	19	0:41:06	26:53	Season best stays at 26:13	07:15	07:10	98.9%	60.2%	Bronze
13	Ian King	M	46	12:59	8	0:40:03	27:04	Beats your previous best of 27:29	07:18	07:30	102.8%	63.0%	Bronze
14	Justin Brown	M	43	11:08	2	0:38:23	27:15	Welcome to your first run of the season	07:21	08:00	108.9%	61.2%	Bronze
15	Keith White	M	68	12:22	17	0:40:40	28:18	Welcome to your first run of the season	07:38	07:40	100.5%	72.8%	Silver
16	Jon Rowell	M	43	09:54	3	0:39:02	29:08	Welcome to your first run of the season	07:51	08:20	106.1%	57.2%	
17	Sam Lyddiatt	F	44	09:54	4	0:39:12	29:18	Beats your previous best of 30:08	07:54	08:20	105.5%	64.1%	Bronze
18	Larissa Follen	F	41	09:54	5	0:39:45	29:51	Beats your previous best of 30:47	08:03	08:20	103.6%	61.5%	Bronze
19	Lauren Mowbray	F	24	07:25	1	0:37:35	30:10	Welcome to your first run of the season	08:08	09:00	110.7%	58.6%	Bronze
20	Jac Richards	F	48	09:16	13	0:40:19	31:02	Welcome to your first run of the season	08:22	08:30	101.6%	63.0%	Bronze
21	Neil Bailey	M	38	08:39	20	0:41:13	32:34	Season best stays at 32:17	08:47	08:40	98.8%	49.3%	
22	Stephen Brunton	M	35	05:34	18	0:41:00	35:26	Season best stays at 35:02	09:33	09:30	99.5%	44.4%	
23	Kristy Burton	F	35	00:00	12	0:40:12	40:12	Beats your previous best of 42:57	10:50	11:00	101.5%	44.4%	