

5k Nice Tri Run Handicap Results - 3rd December 2013

Time Keeper: Keith Ritchie, Keith Pritchard & Micheala Ridley

Name	#	Start Split (mm:ss:00)	Adjusted Time	Av. Speed PACE Min Per Mile	Change (Improvement)	Previous Time (5.11.13)	PB	Comments
Tom Steed	13	0:06:00	0:16:45	05:23	-0.7%	0:16:38	0:16:38	Fastest Male
Duncan Bush	12	0:05:30	0:17:38	05:40	0.3%	0:17:41	0:17:38	
Less Thomas	11	0:05:00	0:17:44	05:42	1.4%	0:17:59	0:17:44	
Mike Biriham	9	0:04:00	0:18:05	05:49	1.1%	0:18:17	0:18:05	
Paul Ridley	10	0:04:30	0:18:06	05:49			0:18:06	
Piers Sargy	8	0:03:30	0:19:18	06:12	0.0%	0:19:18	0:19:18	
Paul Newel	7	0:03:00	0:21:00	06:45	2.6%	0:21:34	0:21:00	Most Improved
Ian Malc	6	0:02:30	0:21:48	07:01			0:21:48	
Lucy Taylor	5	0:02:00	0:22:23	07:12			0:22:23	Fastest Female
Owen Hurley	4	0:01:30	0:22:29	07:14	0.5%	0:22:36	0:22:29	
Rosie Gibbson	3	0:01:00	0:23:28	07:33			0:23:28	
Lucy Bush	1	0:00:00	0:24:05	07:45	-2.1%	0:23:35	0:23:35	
Nicky Sargy	2	0:00:30	0:26:55	08:39			0:26:55	

Comments

5k NiceTri Handicap Run (Longsands Circuit) 6.0oC / Weather OK