

5k Nice Tri Run Handicap Results - 4th February 2014

Time Keeper: Micheala Ridley, Duncan Bush

Name	#	Start Split (mm:ss.00)	RACE TIME	Av. Speed PACE Min Per Mile	Change (Improvement)	Previous Time (7.1.14)	PB	Comments
Paul Ridley	11	05:00	18:20	05:54	-1.3%	0:18:06	18:20	Fastest Male
Kyle Chesterman	10	04:30	18:29	05:57			18:29	
Piers Sargy	9	04:00	19:42	06:20	-2.1%	0:19:18	19:18	
Izzie (NM)	4	01:30	20:33	06:36			20:33	Fastest Female
Lucy Taylor	8	03:30	21:01	06:45	6.1%	0:22:23	21:01	Most Improved Female
Paul Newell	7	03:00	21:42	06:59	-3.3%	0:21:00	21:42	
Nick Payne	6	02:30	22:06	07:06			22:06	
Dawn Parr	5	02:00	23:06	07:26			23:06	
Lucy Bush	3	01:00	24:20	07:49	-1.0%	0:24:05	23:35	
Hayley (Mikes Mrs)	2	00:30	24:42	07:57			24:42	
Nicky Sargy	1	00:00	26:14	08:26	2.5%	0:26:55	26:14	

Comments

5k NiceTri Handicap Run (Longsands Circuit) 8.5oC / Dry - Wind from the South West @ 16mph