

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

Time Keeper: Keith Ritchie, Chris Ritchie, Duncan Bush

Name	#	Start Split (mm:ss:00)	RACE TIME	Av. Speed PACE Min Per Mile	Change (Improvement)	Previous Time (4.2.14)	Previous Time (7.1.14)	Previous Time (5.11.13)	PB	Comments
Nicky Sargy	1	00:00	25:33	08:13	2.6%	00:26:14	0:26:55		25:33	
Sarah Shephard	2	00:30	26:08	08:24				0:23:33	23:33	
Lucy Bush	3	01:00	23:51	07:40	2.0%	00:24:20	0:24:05	0:23:35	23:35	
Dawn Parr	4	01:30	22:14	07:09	3.8%	00:23:06		0:24:32	22:14	
Ben Hall	5	02:00	23:29	07:33					:23:29	
Nick Payne	6	02:30	22:27	07:13	5.1%	00:23:39			22:06	Most Improved Male
Paul Newell	7	03:00	21:26	06:54	1.2%	00:21:42	0:21:00	0:21:34	21:00	
Lucy Taylor	8	03:30	20:08	06:28	4.2%	00:21:01	0:22:23		20:08	Fastest & Most Improved Female
Brad (New Guy)	9	04:00	19:09	06:09					19:09	
Steve Hughes	10	04:30	18:56	06:05					18:56	
Vinney Byatt	11	05:00	19:53	06:24				0:20:21	19:53	
Piers Sargy	12	05:30	19:11	06:10	2.6%	00:19:42	0:19:18	0:19:18	19:11	
Kyle Chesterman	13	06:30	18:50	06:03	-1.9%	00:18:29		0:19:27	18:29	
Paul Ridley	13	06:00	18:11	05:51	0.8%	00:18:20	0:18:06		18:06	
Chris Wright	15	07:00	15:48	05:05				0:16:26	0:15:48	Fastest Male

Comments

5k NiceTri Handicap Run (Longsands Circuit) 6.5oC / Dry - Wind from the South @ 5mph