

5k Nice Tri Run Handicap Results - 8th April 2014

Time Keeper: Michaela Ridley, Chris Ritchie, Duncan Bush

Name	#	Start Split (mm:ss:00)	RACE TIME	Av. Speed PACE Min Per Mile	Change (Improvement)	Previous Time (4.3.14)	PB	Comments
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Paul Ridley	8	07:00	17:42	05:41	2.7%	0:18:11	18:06	Fastest Male & NEW PB
Kyle Chesterman	9	08:00	18:21	05:54	2.6%	0:18:50	18:29	NEW PB
Matt Mowbray	6	05:00	19:12	06:10			24:45	NEW PB
Vinney Byatt	7	06:00	19:14	06:11	3.3%	0:19:53	19:53	Most Improved Male & NEW PB
Ryan (New Member)	5	04:00	20:24	06:34				
Jeremy Turner	2	01:00	20:56	06:44			21:48	NEW PB
Paul Newell	3	02:00	21:02	06:46	1.9%	0:21:26	21:00	
Chris Ward	4	03:00	21:04	06:46			20:46	
Nicky Sargy	1	00:00	24:52	08:00	2.7%	0:25:33	25:33	Fastest Female & NEW PB & Most Improved Female

Comments

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