

5k Nice Tri Run Handicap Results - 5th November 2013

Time Keeper: Keith Ritchie, Keith Pritchard & Chelle Ritchie

Name	#	Start Split (mm:ss:00)	Adjusted Time	Av. Speed PACE Min Per Mile	Overall Time (mm:sec:00)	Comments
Chris Wright	17	0:08:00	0:16:26	05:17	0:24:26	FIRST MALE
Tom Steed	15	0:07:00	0:16:38	05:21	0:23:38	
Chris Ritchie Fatboy	16	0:07:30	0:17:29	05:37	0:24:59	
Duncan Bush	14	0:06:30	0:17:41	05:41	0:24:11	
Less Thomas	12	0:05:30	0:17:59	05:47	0:23:29	
Mike Birihani	13	0:06:00	0:18:17	05:53	0:24:17	
Karl Hiner	10	0:04:30	0:18:41	06:00	0:23:11	
Piers Sargy	11	0:05:00	0:19:18	06:12	0:24:18	
Kyle Chesterman	9	0:04:00	0:19:27	06:15	0:23:27	
Vinney Byatt	7	0:03:00	0:20:21	06:33	0:23:21	
Chris Ward	8	0:03:30	0:20:46	06:41	0:24:16	
Paul Newel	18	0:08:30	0:21:34	06:56	0:30:04	
Jeremy Jumbo	6	0:02:30	0:21:48	07:01	0:24:18	
Owen Hurley	5	0:02:00	0:22:36	07:16	0:24:36	
Sarah Shephard	3	0:01:00	0:23:33	07:34	0:24:33	FIRST FEMALE
Lucy Bush	4	0:01:30	0:23:35	07:35	0:25:05	
Dawn Parr	2	0:00:30	0:24:32	07:53	0:25:02	
Matt Mowbray	19	0:09:00	0:24:45	07:57	0:33:45	GOT LOST AND HAS A BAD MO
Hayley (Mikes Mrs)	1	0:00:00	0:26:07	08:24	0:26:07	

Comments

5k NiceTri Handicap Run (Longsands Circuit) - 8.5oC / Weather OK