

Christian Name	Surname	Pred/Hand	Est 7.2km	Start Time
Paul	Thomas	1905	0:31:45	0:13:23
Sam	McGrath	2427	0:40:27	0:04:41
John	Poulton	1995	0:33:15	0:11:53
Dale	Midwinter	1729	0:28:49	0:16:19
Norm	Lever	2204	0:36:44	0:08:24
Colin	Watkins	2598	0:43:18	0:01:50
Kim	Davenport	2239	0:37:19	0:07:49
Peter	Haken	1972	0:32:52	0:12:16
Sarah	Wallbridge	2365	0:39:25	0:05:43
Cathy	Booth	2308	0:38:28	0:06:40
Brian	Todd	1859	0:30:59	0:14:09
Catherine	Mason	2356	0:39:16	0:05:52
Doug	Waymark	1804	0:30:04	0:15:04
Duncan	Mounsor	1842	0:30:42	0:14:26
Phil	Withers	1865	0:31:05	0:14:03
Debbie	Bishop	2708	0:45:08	0:00:00
Becky	Stephens	2354	0:39:14	0:05:54

Handicap Race Time					
Min	Sec	Rank	Points	Penalties	
43	16	1	50	25	
43	25	2	49	20	
44	3	3	48	15	
44	36	4	47	10	
44	38	5	46	5	
44	42	6	45		
44	57	7	44		
45	15	8	43		
45	37	9	42		
45	56	10	41		
46	13	11	40		
46	17	12	39		
46	41	13	38		
47	7	14	37		
47	33	15	36		
47	41	16	35		
47	42	17	34		

TOTAL TIME	Est. 7.2km (sec)	Est. 7.2km (real)	Handicap	REAL TIME (sec)	REAL TIME (real)	Difference
2596	1905	0:31:45	803	1793	0:29:53	112
2605	2427	0:40:27	281	2324	0:38:44	103
2643	1995	0:33:15	713	1930	0:32:10	65
2676	1729	0:28:49	979	1697	0:28:17	32
2678	2204	0:36:44	504	2174	0:36:14	30
2682	2598	0:43:18	110	2572	0:42:52	26
2697	2239	0:37:19	469	2228	0:37:08	11
2715	1972	0:32:52	736	1979	0:32:59	-7
2737	2365	0:39:25	343	2394	0:39:54	-29
2756	2308	0:38:28	400	2356	0:39:16	-48
2773	1859	0:30:59	849	1924	0:32:04	-65
2777	2356	0:39:16	352	2425	0:40:25	-69
2801	1804	0:30:04	904	1897	0:31:37	-93
2827	1842	0:30:42	866	1961	0:32:41	-119
2853	1865	0:31:05	843	2010	0:33:30	-145
2861	2708	0:45:08	0	2861	0:47:41	-153
2862	2354	0:39:14	354	2508	0:41:48	-154

Notes:

Est 7.2km	Your predicted OR fastest time for the race
Start Time	The time you start (in min/sec) the race AFTER the 1st starter
TOTAL TIME	Your total time for the race (including handicap)
Handicap	Number of seconds you start after the 1st starter
REAL TIME (sec) (real)	Your ACTUAL time it took to complete the race
Difference	Difference between estimated/fastest time & your actual time for that race