

Christian Name	Surname	Pred/Hand	Est 7.2km	Start Time
Jeanette	Gullick	2089	0:34:49	0:06:53
Miranda	Foster	2040	0:34:00	0:07:42
Gareth	Wilkes	2445	0:40:45	0:00:57
Dale	Midwinter	1775	0:29:35	0:12:07
Jane	Birch	2474	0:41:14	0:00:28
Gemma	Hargraves	1662	0:27:42	0:14:00
Tim	Sluman	2047	0:34:07	0:07:35
Deborah	Elliot	2309	0:38:29	0:03:13
Hayley	Woolnough	2108	0:35:08	0:06:34
Ceri	Griffiths	1907	0:31:47	0:09:55
Richard	Birch	1666	0:27:46	0:13:56
Martin	Thomas	1813	0:30:13	0:11:29
Michael	Grant	1786	0:29:46	0:11:56
Sue	Monaghan	2302	0:38:22	0:03:20
Darren	Lewington	2502	0:41:42	0:00:00

Handicap Race Time					
Min	Sec	Rank	Points	Penalties	
38	59	1	50	25	
39	44	2	49	20	
39	56	3	48	15	
41	26	4	47	10	
41	32	5	46	5	
41	47	6	45		
42	2	7	44		
42	7	8	43		
42	8	9	42		
42	15	10	41		
42	30	11	40		
42	40	12	39		
42	58	13	38		
43	19	14	37		
47	14	15	36		

TOTAL TIME	Est. 7.2km (sec)	Est. 7.2km (real)	Handicap	REAL TIME (sec)	REAL TIME (real)	Difference
2339	2089	0:34:49	413	1926	0:32:06	-163
2384	2040	0:34:00	462	1922	0:32:02	-118
2396	2445	0:40:45	57	2339	0:38:59	-106
2486	1775	0:29:35	727	1759	0:29:19	-16
2492	2474	0:41:14	28	2464	0:41:04	-10
2507	1662	0:27:42	840	1667	0:27:47	5
2522	2047	0:34:07	455	2067	0:34:27	20
2527	2309	0:38:29	193	2334	0:38:54	25
2528	2108	0:35:08	394	2134	0:35:34	26
2535	1907	0:31:47	595	1940	0:32:20	33
2550	1666	0:27:46	836	1714	0:28:34	48
2560	1813	0:30:13	689	1871	0:31:11	58
2578	1786	0:29:46	716	1862	0:31:02	76
2599	2302	0:38:22	200	2399	0:39:59	97
2834	2502	0:41:42	0	2834	0:47:14	332

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) *	Your ACTUAL time it took to complete the race
Difference	Difference between estimated/fastest time & your actual time for that race