

McKays Crossing

14 July 2012 10km and 5km

10 KM RACE

Race No	Name	Club	lap 1		lap 2		lap 3		lap 4		lap 5		lap 6		lap 7		lap 8		Avg min/km	
			Elapse	Split	Elapse	Split	Elapse	Split	Elapse	Split	Elapse	Split	Elapse	Split	Elapse	Split	Elapse	Split		
1588	Terri Grimmett	Scottish	08:09	08:09	16:19	08:10	24:27	08:08	32:42	08:15	41:02	08:20	49:29	08:27	57:58	08:29	1:06:26	08:28	06:39	
1597	John Leonard	Scottish	08:06	08:06	16:23	08:17	24:38	08:15	33:01	08:23	41:21	08:20	49:50	08:29	58:26	08:36	1:07:05	08:39	06:43	
1598	Ian Morton	Scottish	08:00	08:00	16:12	08:12	24:30	08:18	33:00	08:30	41:24	08:24	50:04	08:40	58:47	08:43	1:07:28	08:41	06:45	DQ
1443	David Cooke	Scottish	08:42	08:42	17:28	08:46	26:13	08:45	34:58	08:45	43:44	08:46	52:30	08:46	1:01:17	08:47	1:09:41	08:24	06:58	
1439	Leeane Palmer	Scottish	08:43	08:43	17:25	08:42	26:11	08:46	34:58	08:47	43:45	08:47	52:30	08:45	1:01:19	08:49	1:09:55	08:36	07:00	
1585	Daphne Jones	Scottish	09:00	09:00	18:17	09:17	27:50	09:33	37:02	09:12	46:40	09:38	56:19	09:39	1:05:58	09:39	1:15:29	09:31	07:33	
1599	John Hines	Scottish	09:12	09:12	18:42	09:30	28:22	09:40	38:09	09:47	48:04	09:55	58:00	09:56	1:07:43	09:43	1:17:20	09:37	07:44	DQ
1440	Mike Hardiman	Scottish	09:47	09:47	19:38	09:51	29:33	09:55	39:29	09:56	49:27	09:58	59:24	09:57	1:09:22	09:58	1:19:13	09:51	07:55	
1584	Peter Tearle	Scottish	10:27	10:27	20:55	10:28	31:23	10:28	42:00	10:37	52:58	10:58	1:03:41	10:43	1:14:35	10:54	1:25:30	10:55	08:33	DQ

5 KM Race

Race No	Name	Club	lap 1		lap 2		lap 3		lap 4		Avg min/km	
			Elapse	Split	Elapse	Split	Elapse	Split	Elapse	Split		
2087	Fraser Samson	WHAC	08:12	08:12	16:16	08:04	24:14	07:58	32:04	07:50	06:25	
2049	Jackie Wilson	Trenthar	08:12	08:12	16:39	08:27	25:21	08:42	33:56	08:35	06:47	
1600	Warren Jowett	Trenthar	09:06	09:06	17:50	08:44	26:22	08:32	34:57	08:35	06:59	
1592	Jenny Lippross	Trenthar	09:08	09:08	18:35	09:27	27:57	09:22	37:02	09:05	07:24	DQ
1538	Geoff Iremonger	Scottish	09:32	09:32	18:45	09:13	28:02	09:17	37:02	09:00	07:24	
2086	Phillip du Toit	Trenthar	09:52	09:52	19:56	10:04	29:26	09:30	39:12	09:46	07:50	
1589	Murray Gowans	Scottish	10:08	10:08	20:01	09:53	30:00	09:59	39:45	09:45	07:57	
2080	Paula Binkhorst	Olympic	10:29	10:29	20:51	10:22	31:17	10:26	41:19	10:02	08:16	
2084	Pauline Binkhors	Olympic	10:29	10:29	20:51	10:22	31:17	10:26	41:24	10:07	08:17	
1593	Marg Bowmar	Trenthar	10:25	10:25	20:25	10:00	31:15	10:50	41:26	10:11	08:17	
2097	Rachel Kennedy	Scottish	10:27	10:27	21:33	11:06	32:36	11:03	43:26	10:50	08:41	