

WELLINGTON CENTRE ROAD CHAMPIONSHIPS

TRENTHAM

18-Aug-12

10km and 5km

10 KM RACE

Race Nc Name		Club	lap 1		lap 2		lap 3		lap 4		lap 5		lap 6		lap 7		lap 8		Avg
			Elapse	Split	Elapse	Split	Elapse	Split	Elapse	Split	Elapse	Split	Elapse	Split	Elapse	Split	Elapse	Split	min/km
Woman																			
31	Natasha Murrihy	Scottish	07:05	07:05	14:24	07:19	21:44	07:20	29:13	07:29	36:41	07:28	44:14	07:33	0:51:49	07:35	0:59:16	07:27	05:56
42	Terri Grimmett	Scottish	07:15	07:15	14:37	07:22	22:01	07:24	29:31	07:30	37:11	07:40	45:02	07:51	0:52:54	07:52	1:00:34	07:40	06:03
30	Jackie Wilson	Trentham	07:58	07:58	16:18	08:20	24:42	08:24	33:12	08:30	41:42	08:30	50:13	08:31	58:40	08:27	1:06:48	08:08	06:41
9	Daphne Jones	Scottish	08:55	08:55	18:10	09:15	27:31	09:21	37:05	09:34	46:40	09:35	56:25	09:45	1:06:16	09:51	1:15:48	09:32	07:35
Men																			
35	John Leonard	Scottish	07:43	07:43	15:41	07:58	23:41	08:00	32:02	08:21	40:35	08:33	49:08	08:33	0:57:42	08:34	1:06:12	08:30	06:37
11	Bob Gardner	Scottish	08:17	08:17	16:43	08:26	25:14	08:31	34:01	08:47	42:31	08:30	51:49	09:18	1:01:14	09:25	1:10:30	09:16	07:03
2	David Cooke	Scottish	08:37	08:37	17:35	08:58	26:37	09:02	35:41	09:04	44:41	09:00	53:43	09:02	1:02:47	09:04	1:11:55	09:08	07:11
36	Warren Jowett	Trentham	08:17	08:17	16:46	08:29	25:24	08:38	34:05	08:41	42:42	08:37	51:57	09:15	1:01:21	09:24	1:10:33	09:12	07:03
41	John Roskvist	Trentham	08:03	08:03	16:30	08:27	25:06	08:36	33:43	08:37									06:45
8	Geoff Iremonger	Scottish	09:02	09:02	17:59	08:57	26:58	08:59	35:53	08:55									07:11
Junior 5 KM Race																			
Race Nc Name		Club	lap 1		lap 2		lap 3		lap 4										Avg
38	Stuart Hood	Trentham	07:03	07:03	14:18	07:15	21:38	07:20	28:55	07:17									05:47
37	Fraser Samson	WHAC	07:44	07:44	15:42	07:58	23:39	07:57	31:28	07:49									06:18
Non Championship																			
2080	Richard Willis	Trentham	08:37	08:37	17:35	08:58	26:37	09:02	35:18	08:41	43:45	08:27	52:17	08:32	1:00:54	08:37	1:09:28	08:34	06:57
2087	David Fisher	Scottish	08:38	08:38	17:36	08:58	26:38	09:02	35:26	08:48	44:16	08:50	53:10	08:54	1:02:19	09:09	1:10:44	08:25	07:04
1593	Ben Bowles	Rimutaka	09:02	09:02	17:59	08:57	26:58	08:59	35:54	08:56	44:52	08:58	53:43	08:51	1:02:35	08:52	1:11:27	08:52	07:09
2084	John Hines	Scottish	09:16	09:16	18:43	09:27	28:24	09:41	38:06	09:42	47:47	09:41	57:18	09:31	1:06:41	09:23	1:16:00	09:19	07:36
1538	Peter Tearle	Scottish	10:35	10:35	21:15	10:40	31:58	10:43	42:24	10:26	53:35	11:11	1:04:30	10:55	1:15:20	10:50	1:25:56	10:36	08:36
2086	Murray Gowans	Scottish	09:46	09:46	19:39	09:53	29:35	09:56	39:36	10:01									07:55

DQ'd
DNF
DNF