Paekakariki 9 July 2016

10km race

Name	Race No.	Club	Time	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
Sean Lake	2147	Scottish	**0:59:30**	*06:58*	*06:58*	*14:08*	*07:10*	*21:30*	*07:22*	*28:54*	*07:24*	*36:35*	*07:41*	*44:13*	*07:38*	*51:56*	*07:43*	*0:59:30*	*07:34*	*0:05:57*
Peter Baillie	253	Scottish	**1:01:04**	*07:44*	*07:44*	*15:10*	*07:26*	*22:35*	*07:25*	*30:08*	*07:33*	*37:40*	*07:32*	*45:24*	*07:44*	*53:11*	*07:47*	*1:01:04*	*07:53*	*0:06:06*
Terri Grimmett	115	Scottish	**1:04:51**	*07:50*	*07:50*	*15:47*	*07:57*	*23:46*	*07:59*	*31:49*	*08:03*	*40:02*	*08:13*	*48:17*	*08:15*	*56:32*	*08:15*	*1:04:51*	*08:19*	*0:06:29*
Ian Morton	2100	Scottish	**1:06:38**	*07:44*	*07:44*	*15:50*	*08:06*	*24:13*	*08:23*	*32:39*	*08:26*	*41:09*	*08:30*	*49:43*	*08:34*	*58:17*	*08:34*	*1:06:38*	*08:21*	*0:06:40*
John Leonard	884	Scottish	**1:07:00**	*08:29*	*08:29*	*16:27*	*07:58*	*24:51*	*08:24*	*33:16*	*08:25*	*41:48*	*08:32*	*50:13*	*08:25*	*58:38*	*08:25*	*1:07:00*	*08:22*	*0:06:42*
Arlene Wong-Tung	877	Scottish	**1:10:53**	*09:01*	*09:01*	*18:05*	*09:04*	*27:11*	*09:06*	*36:15*	*09:04*	*44:57*	*08:42*	*53:38*	*08:41*	*1:02:18*	*08:40*	*1:10:53*	*08:35*	*0:07:05*

5km race

Daniel du Toit	882	Trentham	**28:25**	*06:57*	*06:57*	*14:06*	*07:09*	*21:25*	*07:19*	*28:25*	*07:00*									*05:41*
Jackie Wilson	2182	Trentham	**32:16**	*08:03*	*08:03*	*16:12*	*08:09*	*24:24*	*08:12*	*32:16*	*07:52*									*06:27*
Bob Gardner	248	Scottish	**32:17**	*09:12*	*09:12*	*17:03*	*07:51*	*24:44*	*07:41*	*32:17*	*07:33*									*06:27*
John Roskvist	887	Trentham	**35:17**	*08:03*	*08:03*	*17:16*	*09:13*	*26:08*	*08:52*	*35:17*	*09:09*									*07:03*
Andrea Adams	885	Olympic	**37:48**	*09:22*	*09:22*	*18:48*	*09:26*	*28:17*	*09:29*	*37:48*	*09:31*									*07:34*
Geoff Iremonger	2183	Scottish	**38:28**	*09:50*	*09:50*	*19:21*	*09:31*	*28:55*	*09:34*	*38:28*	*09:33*									*07:42*
Jenny Lipross	876	Trentham	**39:24**	*09:58*	*09:58*	*19:49*	*09:51*	*29:37*	*09:48*	*39:24*	*09:47*									*07:53*
Leeane Palmer	886	Scottish	**39:24**	*09:58*	*09:58*	*19:49*	*09:51*	*29:37*	*09:48*	*39:24*	*09:47*									*07:53*
Murray Gowans	878	Scottish	**42:32**	*10:23*	*10:23*	*21:00*	*10:37*	*31:42*	*10:42*	*42:32*	*10:50*									*08:30*
Peter Tearle	883	Scottish	**49:44**	*12:38*	*12:38*	*24:59*	*12:21*	*37:21*	*12:22*	*49:44*	*12:23*									*09:57*