

Christian Name	Surname	Pred/Hand	Est 7.2km	Start Time
Rita	Crane	2835	0:47:15	0:00:00
Vasco	Barreto	2110	0:35:10	0:12:05
Megan	Davis	2400	0:40:00	0:07:15
Duncan	Mounsor	1878	0:31:18	0:15:57
Helen	Barker	2146	0:35:46	0:11:29
Rob	Foord	1982	0:33:02	0:14:13
Phil	Jukes	1735	0:28:55	0:18:20
Robert	Dalton-Morris	1856	0:30:56	0:16:19
Hester	Coggin	2015	0:33:35	0:13:40
Ross	Greening	1888	0:31:28	0:15:47
Nela	Trowbridge	2336	0:38:56	0:08:19
Peter	Allsopp	2402	0:40:02	0:07:13
Jim	Trowbridge	1998	0:33:18	0:13:57
Shaun	Carr	1636	0:27:16	0:19:59
Dan	Reeves	2077	0:34:37	0:12:38

Handicap Race Time				
Min	Sec	Rank	Points	Penalties
43	25	1	50	25
44	50	2	49	20
46	30	3	48	15
46	33	4	47	10
46	49	5	46	5
46	52	6	45	
47	6	7	44	
47	20	8	43	
47	25	9	42	
47	40	10	41	
47	57	11	40	
48	15	12	39	
48	55	13	38	
49	30	14	37	
50	9	15	36	

TOTAL TIME	Est. 7.2km (sec)	Est. 7.2km (real)	Handicap	REAL TIME (sec)	REAL TIME (real)	Difference
2605	2835	0:47:15	0	2605	0:43:25	-230
2690	2110	0:35:10	725	1965	0:32:45	-145
2790	2400	0:40:00	435	2355	0:39:15	-45
2793	1878	0:31:18	957	1836	0:30:36	-42
2809	2146	0:35:46	689	2120	0:35:20	-26
2812	1982	0:33:02	853	1959	0:32:39	-23
2826	1735	0:28:55	1100	1726	0:28:46	-9
2840	1856	0:30:56	979	1861	0:31:01	5
2845	2015	0:33:35	820	2025	0:33:45	10
2860	1888	0:31:28	948	1913	0:31:52	25
2877	2336	0:38:56	499	2378	0:39:38	42
2895	2402	0:40:02	433	2462	0:41:02	60
2935	1998	0:33:18	837	2098	0:34:58	100
2970	1636	0:27:16	1199	1771	0:29:31	135
3009	2077	0:34:37	758	2251	0:37:31	174

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