

Paekakariki

19 July 2014

10km

Name	Club	Time	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	
Peter Baillie	Scottish	58:13	07:17	07:17	14:35	07:18	21:47	07:12	29:03	07:16	36:21	07:18	43:42	07:21	51:01	07:19	0:58:13	07:12	0:05:49
Terri Grimmett	Scottish	1:02:35	07:47	07:47	15:30	07:43	23:16	07:46	31:02	07:46	38:50	07:48	46:51	08:01	54:48	07:57	1:02:35	07:47	0:06:15
Kevin Watson	Scottish	1:03:15	07:42	07:42	15:33	07:51	23:21	07:48	31:13	07:52	39:09	07:56	47:05	07:56	55:08	08:03	1:03:15	08:07	0:06:20
Chris Harp	Scottish	1:04:00	07:48	07:48	15:51	08:03	23:59	08:08	32:00	08:01	40:09	08:09	48:12	08:03	56:18	08:06	1:04:00	07:42	0:06:24
Sean Lake	Scottish	1:04:10	07:53	07:53	16:03	08:10	24:08	08:05	31:58	07:50	39:59	08:01	48:00	08:01	56:11	08:11	1:04:10	07:59	0:06:25
Bob Gardner	Trentham	1:04:26	08:12	08:12	16:08	07:56	24:17	08:09	32:23	08:06	40:35	08:12	48:40	08:05	56:45	08:05	1:04:26	07:41	0:06:27
John Leonard	Scottish	1:04:48	07:42	07:42	15:32	07:50	23:29	07:57	31:41	08:12	39:57	08:16	48:12	08:15	56:33	08:21	1:04:48	08:15	0:06:29
Ian Morton	Scottish	1:06:58	07:58	07:58	16:08	08:10	24:32	08:24	33:03	08:31	41:36	08:33	50:06	08:30	58:34	08:28	1:06:58	08:24	0:06:42
Leeane Palmer	Scottish	1:12:01	09:13	09:13	18:08	08:55	27:04	08:56	35:57	08:53	44:52	08:55	53:55	09:03	1:02:52	08:57	1:12:01	09:09	0:07:12
Arlene Wong-Tunç	Scottish	1:12:12	09:15	09:15	18:25	09:10	27:31	09:06	36:30	08:59	45:24	08:54	54:18	08:54	1:03:18	09:00	1:12:12	08:54	0:07:13

5km

Name	Club	Time	lap 1		lap 2		lap 3		lap 4		Avg min/km
			Elapse	Split	Elapse	Split	Elapse	Split	Elapse	Split	
Daniel du Toit	Trentham	31:56	08:12	08:12	16:03	07:51	24:08	08:05	31:56	07:48	06:23
John Roskvist	Trentham	35:15	08:23	08:23	17:13	08:50	26:15	09:02	35:15	09:00	07:03
Geoff Iremonger	Scottish	37:14	09:14	09:14	18:30	09:16	27:49	09:19	37:14	09:25	07:27
Philip du Toit	Trentham	38:08	09:10	09:10	18:47	09:37	28:33	09:46	38:08	09:35	07:38
Andrea Adams	Olympic	38:40	09:42	09:42	19:24	09:42	28:57	09:33	38:40	09:43	07:44
Robbie Hannan	Wainuiomata	39:03	10:15	10:15	19:47	09:32	29:26	09:39	39:03	09:37	07:49
John Hines	Scottish	39:37	09:51	09:51	19:29	09:38	29:23	09:54	39:37	10:14	07:55
Murray Gowans	Scottish	40:18	09:53	09:53	20:04	10:11	30:11	10:07	40:18	10:07	08:04
Rachel Kennedy	Scottish	42:09	10:40	10:40	21:37	10:57	31:58	10:21	42:09	10:11	08:26
Robyn Iremonger	Scottish	42:10	11:08	11:08	21:39	10:31	31:49	10:10	42:10	10:21	08:26
Peter Tearle	Scottish	45:52	10:58	10:58	22:20	11:22	34:02	11:42	45:52	11:50	09:10