

5K Time Trial
Race 4 - 13th November 2016

Position	Name	Actual or Estimated PB	Start Time	Finish Time	Result	Points	Points including PB
1	Siobhan Latham	42:00	10:30	45:47	35:17	20	25
2	Sam Twaddle	42:00	10:30	47:21	36:51	19	19
3	James Daly	37:30	15:00	47:54	32:54	18	23
4	Edward Luppi	46:00	06:30	48:32	42:02	17	17
5	Luis Blanco	42:00	10:30	49:42	39:12	16	16
6	Yazmin / Eilidh	34:45	17:45	51:48	34:03	15	20
7	Emilia Boylan	33:45	18:45	52:15	33:30	14	19
8	Pablo Blanco	37:30	15:00	52:49	37:49	13	13
9	Paul / Richard C2	29:45	22:45	53:08	30:23	12	12
10	Catherine Robinson	37:15	15:15	53:20	38:05	11	11
11	Kirsten Queenie	33:00	19:30	53:43	34:13	10	10
12	Jack Ward	43:00	09:30	53:54	44:24	9	9
13	Francesca Luppi	42:00	10:30	53:59	43:29	8	8
14	Lexie White	30:00	22:30	54:19	31:49	7	7
15	Gary / Wayne C2	31:45	20:45	54:30	33:45	6	6
16	Connor Higgins	34:15	18:15	54:58	36:43	5	5
17	William Rowe	37:45	14:45	56:48	42:03	4	4
18	Jessica Gaynor	36:15	16:15	00:59	44:44	3	3