

Howden 10k

Name	League	Time	Pace	Speed (MPH)	Time diff to 1st	% Diff	Position Points	Pace Points	Total Points
Richard Ward	P	0:38:06	06:08	9.79	00:00:00	100.00%	10	10	20.00
Maksims Palciks	P	0:38:59	06:16	9.56	00:00:53	97.73%	9	9.77	18.77
Jordan Ripley	P	0:40:40	06:33	9.17	00:02:34	93.69%	8	9.37	17.37
Richard Burke	P	0:41:22	06:39	9.01	00:03:16	92.10%	7	9.21	16.21
Helen Morgan	P	0:41:26	06:40	9.00	00:03:20	91.95%	6	9.20	15.20
Bill Winder	1	0:41:21	06:39	9.02	00:03:15	92.14%	10	9.21	19.21
Mark Leadbeater	1	0:43:01	06:55	8.67	00:04:55	88.57%	9	8.86	17.86
Stephen Batty	1	0:43:48	07:03	8.51	00:05:42	86.99%	8	8.70	16.70
Sue Francis	1	0:54:06	08:42	6.89	00:16:00	70.43%	7	7.04	14.04
Liam Saddler	2	0:42:38	06:52	8.75	00:04:32	89.37%	10	8.94	18.94
Joe Middleton	2	0:45:00	07:15	8.29	00:06:54	84.67%	9	8.47	17.47
Andrew Smith	2	0:46:50	07:32	7.96	00:08:44	81.35%	8	8.14	16.14
Joanne Burke	2	0:47:03	07:34	7.92	00:08:57	80.98%	7	8.10	15.10
David Wallace	2	0:47:03	07:34	7.92	00:08:57	80.98%	6	8.10	14.10
Adrian Leach	2	0:50:57	08:12	7.32	00:12:51	74.78%	5	7.48	12.48
Lucy Vamplew	2	0:54:11	08:43	6.88	00:16:05	70.32%	4	7.03	11.03
Kevin Guttridge	3	0:47:21	07:37	7.87	00:09:15	80.46%	10	8.05	18.05
Fiona Marcantonio-J	3	0:49:41	08:00	7.50	00:11:35	76.69%	9	7.67	16.67
Bev Brown	4	0:54:27	08:46	6.85	00:16:21	69.97%	10	7.00	17.00
Jill Daly	5	0:55:59	09:01	6.66	00:17:53	68.06%	10	6.81	16.81
Debbie Macklam	5	0:59:56	09:39	6.22	00:21:50	63.57%	9	6.36	15.36