

November 2013 Time Trial (Winter Course)



Name	Lap 1	Lap 2	Lap 3	Total	Quickest Lap x 3	(Diff)	Quickest 5km	Predicted 10km	Predicted 13.1m
Steve Barber	→ 09:27	↓ 09:31	↑ 09:22	28:20	28:06	00:14	18:49	38:26	01:24:49
Paul Collingwood	↑ 09:56	→ 10:06	↓ 10:14	30:16	29:48	00:28	20:02	41:03	01:30:36
Dan O'Grady	↓ 10:30	↑ 10:27	↓ 10:31	31:28	31:21	00:07	20:57	42:41	01:34:12
Graham Werrett	↑ 10:35	↓ 10:51	↓ 10:47	32:13	31:45	00:28	21:22	43:42	01:36:26
Craig Hibbert	↑ 10:33	↓ 10:51	↓ 10:56	32:20	31:39	00:41	21:24	43:52	01:36:47
Paul Ward	↑ 10:32	↓ 11:13	↓ 11:17	33:02	31:36	01:26	21:45	44:49	01:38:53
Mick Aydon	↑ 11:06	↓ 11:19	↓ 11:16	33:41	33:18	00:23	22:22	45:42	01:40:50
Phil Tordoff	↓ 12:38	↑ 10:43	↑ 11:19	34:40	32:09	02:31	22:02	47:02	01:43:46
Steve Pearson	↑ 11:29	→ 11:45	↓ 12:02	35:16	34:27	00:49	23:14	47:50	01:45:34
Phil Cooper	↓ 12:02	↓ 12:02	↑ 11:48	35:52	35:24	00:28	23:50	48:39	01:47:22
Sarah Skelton	↑ 12:41	↓ 13:07	↓ 13:09	38:57	38:03	00:54	25:48	52:50	01:56:36
Christine Peacock	↑ 12:39	↓ 13:09	↓ 13:10	38:58	37:57	01:01	25:48	52:52	01:56:39
Jen Barber	↓ 14:01	↑ 13:42	→ 13:49	41:32	41:06	00:26	27:31	56:21	02:04:20
Mick Collingwood	↓ 16:02	↑ 15:28	↑ 15:17	46:47	45:51	00:56	30:45	03:28	02:20:03
Barry Tate	↑ 16:02	→ 16:47	↓ 17:20	50:09	48:06	02:03	32:49	08:02	02:30:07
Roy Cook	↑ 13:51	↓ 13:57	#N/A	#N/A	#N/A	#N/A	#N/A	#N/A	#N/A
Duncan Marlow	↓ 10:21	#N/A	#N/A	#N/A	#N/A	#N/A	#N/A	#N/A	#N/A

Bit of fun with this one, some calculated columns:

- **Quickest Lap x 3**; self-explanatory really
- **(Diff)**; between your actual time and 'Quickest Lap x 3'. Shows how consistent you were (Boo me)
- **Quickest 5km**; your fastest two laps totalled
- **Predicted 10km** and **Predicted 13.1m**. Using a well-known prediction formula (Pete Riegel) – how well you'd do at these distances. It assumes you will do appropriate training for the distance (ahem) and you don't have a natural significant bias towards either speed or endurance.

P.S. Steve Barber had run a marathon four days before, and PB'd. Clearly it hadn't taken it out of him...