

Handicap 5KM

NICSAC Predicted Time 5km Handicap 30 September 2016

Pos	No	Name	M/F	Predicted Time	Actual Time	Time Difference
1	311	Tara McBride	F	00:24:30	00:24:16	00:00:14
2	310	Heidi Rodgers	F	00:24:10	00:23:52	00:00:18
1	321	Joe Quinn	M	00:32:07	00:32:09	00:00:02
2	309	Ray Murray	M	00:25:00	00:25:11	00:00:11
3	315	Philip Carson	M	00:20:30	00:20:15	00:00:15
4	322	Sean McIntyre	M	00:21:00	00:20:40	00:00:20
5	317	Ivo Damkat	M	00:20:15	00:19:49	00:00:26
6	320	John O'Hagan	M	00:23:45	00:23:12	00:00:33
7	319	Tony Scullion	M	00:20:30	00:19:56	00:00:34
8	318	Stephen Lemon	M	00:23:03	00:22:29	00:00:34
9	313	Paul Moore	M	00:23:50	00:23:01	00:00:49
10	316	Gareth Reilly	M	00:23:30	00:22:38	00:00:52
11	314	Mark Gilmore	M	00:28:40	00:27:20	00:01:20
12	312	Ivan Baxter	M	00:35:00	00:32:09	00:02:51