

Ryston XC 5K - 21 Jan 2018

Race	Pos	Age Cat	First name	Surname	Gun Time	Chip Time	Cat	CatGrd%	Pace min/mile
5K	1		Jenny	Morgan	00:23:18		F55	75.0	07:30
5K	3		Steven	Rue	00:22:24		M60	71.3	07:13
5K	2		Dawn	Marshall	00:24:18		F55	71.9	07:49
5K	5		Rita	Rue	00:25:58		F55	67.3	08:21