

September 2021 Staffs Knot 5M

Please note, your target time is your 5M PB over the last two years. If you haven't completed a 5M in the last 2 years your target time is based off the fastest time achieved by any runner of the same sex during that time

Ranked by Time

Name		Category	Running Time hr:min:sec	Overall Position	Gender Position	Category Position	Grand Prix Points
Morgan	Bradley	MSEN	1	1	1	00:32:27	N/A
Hermione	Green	FSEN	2	1	1	00:34:16	N/A
Paul	Keighley	MV60	3	2	1	00:39:08	N/A
Alan	Miles	MV50	4	3	1	00:44:21	N/A
Denise	Softley	FV50	5	2	1	00:44:29	N/A
Helen	King	FV40	6	3	1	00:45:01	N/A
Jo	Turrell	FV50	7	4	2	00:45:20	N/A
Richard	Newman	MV50	00:00:00	4	2	00:45:56	N/A

Ranked by Age Grading

Name		Running Time hr:min:sec	Age Grading	Age Grading Position	Age Grading Points
Paul	Keighley	00:39:08	71.54%	1	N/A
Hermione	Green	00:34:16	70.62%	2	N/A
Jo	Turrell	00:45:20	68.03%	3	N/A
Morgan	Bradley	00:32:27	66.26%	4	N/A
Denise	Softley	00:44:29	60.87%	5	N/A
Alan	Miles	00:44:21	57.79%	6	N/A
Helen	King	00:45:01	57.18%	7	N/A
Richard	Newman	00:45:56	53.97%	8	N/A

Ranked by Improvement

Name		Running Time hr:min:sec	Target Time hr:min:sec	Improvement	TT Points
Alan	Miles	00:44:21	00:45:40	2.88%	N/A
Morgan	Bradley	00:32:27	00:33:19	2.60%	N/A
Denise	Softley	00:44:29	00:41:48	-6.42%	N/A
Helen	King	00:45:01	00:42:18	-6.42%	N/A
Richard	Newman	00:45:56	00:42:35	-7.87%	N/A
Hermione	Green	00:34:16	00:31:31	-8.73%	N/A
Jo	Turrell	00:45:20	00:41:32	-9.15%	N/A
Paul	Keighley	00:39:08	00:27:19	-43.26%	N/A