

Race	<b>Three Peaks</b>
Date of Race	30-Apr-16
Winning Time	2:48:58
Race Difficulty Weighting	0.94

Number of Entrants	0
Number of CVFR Entrants	0

pos	name	club	category	time	category pos	number in category	Today's Race Rating	Previous Rolling Handicap	Improvement	Comments
0	<i>Marc Lauenstein</i>	<i>Team Salomon</i>	<i>M</i>	2:48:58	1	221	0.94			
0	<b>Karl Gray</b>	<b>CVFR</b>	<b>MV40</b>	<b>2:57:13</b>	<b>1</b>	<b>241</b>	<b>0.98</b>	<b>1.04</b>	<b>5.8%</b>	
0	<b>Richard Pattinson</b>	<b>CVFR</b>		<b>3:18:55</b>	<b>1</b>	<b>126</b>	<b>1.10</b>	<b>1.15</b>	<b>4.5%</b>	best ever!
0	<i>Victoria Wilkinson</i>	<i>Bingley Harriers &amp; A</i>	<i>F</i>	3:26:47	1	35	1.14			
0	<i>Matthew Hobbs</i>	<i>Pudsey &amp; Bramley A</i>	<i>MU25</i>	3:32:09	1	8	1.17			
0	<b>Kevin Houlst</b>	<b>CVFR</b>	<b>MV40</b>	<b>3:36:39</b>	<b>14</b>	<b>241</b>	<b>1.20</b>	<b>1.18</b>	<b>-1.8%</b>	
0	<i>Helen Berry</i>	<i>Holmfirth Harriers A</i>	<i>FV40</i>	3:37:20	1	48	1.20			
0	<b>Gayle Sugden</b>	<b>CVFR</b>	<b>FV40</b>	<b>3:46:50</b>	<b>4</b>	<b>48</b>	<b>1.26</b>	<b>1.36</b>	<b>7.9%</b>	best this year
0	<b>Mark O'Connor</b>	<b>CVFR</b>	<b>M</b>	<b>3:51:10</b>	<b>74</b>	<b>221</b>	<b>1.28</b>	<b>1.30</b>	<b>1.2%</b>	best this year
0	<b>Jon Smith</b>	<b>CVFR</b>	<b>M</b>	<b>3:51:42</b>	<b>77</b>	<b>221</b>	<b>1.28</b>	<b>1.23</b>	<b>-4.6%</b>	
0	<b>Jo Buckley</b>	<b>CVFR</b>	<b>FV40</b>	<b>3:58:28</b>	<b>7</b>	<b>48</b>	<b>1.32</b>	<b>1.35</b>	<b>1.9%</b>	best this year
0	<i>Jackie Winn</i>	<i>Ellenborough AC</i>	<i>MV60</i>	4:12:51	1	15	1.40			
0	<b>Mark Wharton</b>	<b>CVFR</b>	<b>MV50</b>	<b>4:27:39</b>	<b>40</b>	<b>126</b>	<b>1.48</b>	<b>1.45</b>	<b>-2.1%</b>	
0	<i>Sally Houghton</i>	<i>Ripon Runners</i>	<i>FV50</i>	4:30:17	1	5	1.50			
0	<i>Eleanor Johnstone</i>	<i>Imperial College Cro</i>	<i>FU25</i>	4:39:20	1	3	1.55			
0	<b>Johnnie Watson</b>	<b>CVFR</b>	<b>MV40</b>	<b>4:46:20</b>	<b>168</b>	<b>241</b>	<b>1.59</b>	<b>1.94</b>	<b>18.5%</b>	best this year
0	<b>Stephen Grimley</b>	<b>CVFR</b>	<b>MV40</b>	<b>4:50:59</b>	<b>179</b>	<b>241</b>	<b>1.61</b>	<b>1.62</b>	<b>0.8%</b>	
0	<b>Darren Sargent</b>	<b>CVFR</b>	<b>MV40</b>	<b>5:14:45</b>	<b>224</b>	<b>241</b>	<b>1.74</b>	<b>1.64</b>	<b>-6.4%</b>	
0	<i>Wendy Dodds</i>	<i>Clayton-le-Moors Ha</i>	<i>FV60</i>	5:15:01	1	1	1.74			
0	<b>Craig Hall</b>	<b>CVFR</b>	<b>M</b>	<b>5:43:01</b>	<b>220</b>	<b>221</b>	<b>1.90</b>	<b>1.77</b>	<b>-7.0%</b>	