

Race	Langdale
Date of Race	09-Oct-16
Winning Time	1:59:51
Race Difficulty Weighting	0.91

Number of Entrants	388
Number of CVFR Entrants	13

pos	name	club	category	time	category pos	number in category	Today's Race Rating	Previous Rolling Handicap	Improvement	Comments
1	<i>Sam Tosh</i>	<i>Rossendale Harrier</i>	<i>M</i>	<i>1:59:51</i>	<i>0</i>	<i>0</i>	<i>0.91</i>			
-	Ben Mounsey	CVFR	M	2:05:33	0	0	0.95	1.08	11.8%	best this year
-	Karl Gray	CVFR	MV45	2:12:57	0	0	1.01	1.02	0.8%	
-	Tim Ellis	CVFR	M	2:12:58	0	0	1.01	1.09	7.1%	best this year
-	Gavin Mulholland	CVFR	MV45	2:19:27	0	0	1.06	1.07	1.5%	best this year
-	Darren Kay	CVFR	MV45	2:24:23	0	0	1.10	1.15	4.9%	best ever!
-	James Logue	CVFR	MV45	2:29:48	0	0	1.14	1.12	-1.5%	
-	Alex Whitem	CVFR	M	2:32:03	0	0	1.15	1.12	-3.4%	best this year
-	Mark O'Connor	CVFR	M	2:41:00	0	0	1.22	1.27	3.7%	
-	Gayle Sugden	CVFR	FV40	2:47:13	0	0	1.27	1.28	0.9%	
-	Rachael Crossland	CVFR	F	3:10:38	0	0	1.45	1.78	18.8%	
-	Helen Buchan	CVFR	F	3:45:28	0	0	1.71	1.60	-7.2%	
-	Graham Lloyd	CVFR	MV50	4:11:38	0	0	1.91	1.75	-9.4%	
-	Dan Biggs	CVFR	M	4:28:29	0	0	2.04	1.87	-9.0%	