Race	<u>Dunnerdale</u>
Date of Race	10-Nov-12
Winning Time	0:41:48
Race Difficulty Weighting	0.00









Rac	e	D

pos	name	club	category		category	in	Race	Previous Rolling Handicap	Improvement	Comments
1	Carl Bell	Howgill Harriers	M	00:41:48						
32	Stephen Smithies	CVFR	M40	00:47:50						
140	Trevor Murgatroyd	CVFR	M50	00:59:58						