

''	Name	ΣKm.	ΣTime	Pace	P-L	2016	2015	2014
1	HOPKINS Jim	21.1	1:36:47	4:35.2	71.6%	1:38:46	1:40:50	1:37:53
2	HEJTMANEK Jim	21.1	1:31:12	4:19.3	65.9%		1:33:23	1:29:43
3	BAYLEY Rod	21.1	1:52:27	5:19.8	65.5%	1:46:21	1:40:58	1:49:15
4	PAUL Graeme	21.1	1:41:43	4:49.2	64.5%	1:51:41		
5	POCOCK John	21.1	1:57:27	5:34.0	63.9%	1:57:24	1:49:17	1:51:15
6	RUSSO Chris	21.1	1:36:44	4:35.1	61.4%			
7	FABRE Sofie	21.1	1:43:48	4:55.2	59.4%			1:44:23
8	HORN Michael	21.1	1:48:04	5:07.3	58.0%		1:43:47	
9	BRAIN Glenyse	21.1	2:46:12	7:52.6	57.2%			
10	HALLETT Len	21.1	1:59:39	5:40.2	55.0%	2:00:27	1:47:54	1:44:51
11	DUNNING Robert	21.1	1:58:15	5:36.3	53.8%			
12	HALLETT Matthew	21.1	1:36:24	4:34.1	53.3%	1:41:50	1:46:11	1:35:30
13	HERBSTREIT Herbie	21.1	2:03:52	5:52.2	52.0%	2:03:03	2:10:47	
14	IOVENITTI Carlo	21.1	2:05:21	5:56.4	51.8%			
15	WOOD Sue	21.1	2:46:12	7:52.6	48.5%			
16	BAN Paul	21.1	2:28:15	7:01.6	44.3%			
17	BELL Gary	15.0		6:23.6		2:06:44		
18	MORRISON Glenn	11.4		4:31.0				
19	ELY Fiona	10.8		4:51.4				
20	WINNEN Ian	10.2		3:57.4		1:30:39	1:24:09	
21	LEWIS Rob	8.6		5:37.5			1:55:42	1:51:47
22	ADRIEN Gerard	8.0		3:54.2		1:35:57		1:38:17

''	Name	ΣKm.	ΣTime	Pace	P-L	2016	2015	2014
1	HEJTMANEK Jim	21.1	1:31:12	4:19.3	65.9%		1:33:23	1:29:43
2	HALLETT Matthew	21.1	1:36:24	4:34.1	53.3%	1:41:50	1:46:11	1:35:30
3	RUSSO Chris	21.1	1:36:44	4:35.1	61.4%			
4	HOPKINS Jim	21.1	1:36:47	4:35.2	71.6%	1:38:46	1:40:50	1:37:53
5	PAUL Graeme	21.1	1:41:43	4:49.2	64.5%	1:51:41		
6	FABRE Sofie	21.1	1:43:48	4:55.2	59.4%			1:44:23
7	HORN Michael	21.1	1:48:04	5:07.3	58.0%		1:43:47	
8	BAYLEY Rod	21.1	1:52:27	5:19.8	65.5%	1:46:21	1:40:58	1:49:15
9	POCOCK John	21.1	1:57:27	5:34.0	63.9%	1:57:24	1:49:17	1:51:15
10	DUNNING Robert	21.1	1:58:15	5:36.3	53.8%			
11	HALLETT Len	21.1	1:59:39	5:40.2	55.0%	2:00:27	1:47:54	1:44:51
12	HERBSTREIT Herbie	21.1	2:03:52	5:52.2	52.0%	2:03:03	2:10:47	
13	IOVENITTI Carlo	21.1	2:05:21	5:56.4	51.8%			
14	BAN Paul	21.1	2:28:15	7:01.6	44.3%			
15	BRAIN Glenyse	21.1	2:46:12	7:52.6	57.2%			
16	WOOD Sue	21.1	2:46:12	7:52.6	48.5%			
17	BELL Gary	15.0		6:23.6		2:06:44		
18	MORRISON Glenn	11.4		4:31.0				
19	ELY Fiona	10.8		4:51.4				
20	WINNEN Ian	10.2		3:57.4		1:30:39	1:24:09	
21	LEWIS Rob	8.6		5:37.5			1:55:42	1:51:47
22	ADRIEN Gerard	8.0		3:54.2		1:35:57		1:38:17

MM21 2017		Week 1.	Week 2.	Week 3.	Week 4.	Week 5.	Week 6.
BAN Paul	21.1Km.	Time-2:28:15					
	0.1 k						0:26
	0.4 k					3:24	
	3.2 k						21:20
	4.0 k	28:08				27:38	
	4.4 k			31:51			
	5.0 k				35:28		
BAYLEY Rod	21.1Km.	Time-1:52:27					
	0.1 k					0:24	
	4.0 k	20:17					20:38
	5.0 k				25:19		
	8.0 k					45:49	
BRAIN Glenyse	21.1Km.	Time-2:46:12					
	1.3 k						10:13
	2.4 k						18:52
	4.0 k	31:35				30:54	
	4.4 k			34:22			
	5.0 k				40:16		
DUNNING Robert	21.1Km.	Time-1:58:15					
	0.8 k			4:02			
	1.3 k		6:40				
	1.6 k	9:20					
	4.0 k		21:35				21:46
	4.4 k			25:27			
	5.0 k				29:25		
FABRE Sofie	21.1Km.	Time-1:43:48					
	0.1 k		0:19				0:18
	0.2 k			0:39			0:38
	0.3 k	1:06					
	0.4 k			1:32		1:28	
	0.8 k			3:35			
	1.3 k		5:53				
	1.5 k					7:05	
	1.6 k	7:31					
	2.0 k					9:54	
	2.4 k		12:14				
	2.8 k			15:10			
	3.0 k				14:52		
	4.0 k						21:34
HALLETT Len	21.1Km.	Time-1:59:39					
	0.1 k	0:29					
	0.3 k	1:22					
	0.4 k			1:49			
	0.8 k			4:08			
	0.9 k				4:56		
	1.3 k		7:39				
	1.5 k					7:53	
	1.6 k	8:54					
	2.0 k	11:33					
	2.4 k						13:15
	2.8 k			16:17			
	3.0 k				17:51		
	4.0 k					23:34	

MM21 2017		Week 1.	Week 2.	Week 3.	Week 4.	Week 5.	Week 6.
HALLETT Matthew	21.1Km.	Time-1:36:24					
	0.1 k	0:17					
	0.3 k	0:58					
	0.9 k				3:31		
	1.3 k		5:16				
	1.5 k					6:26	
	1.6 k	6:36					
	2.0 k	8:34					
	2.4 k						10:26
	5.0 k				24:35		
	6.0 k					29:45	
HEJTMANEK Jim	21.1Km.	Time-1:31:12					
	0.8 k			2:52			
	1.5 k					6:01	
	1.6 k	6:14					
	4.0 k						17:47
	6.0 k	25:58					
	7.2 k			32:20			
HERBSTREIT Herbie	21.1Km.	Time-2:03:52					
	0.1 k	0:19					0:19
	0.2 k			0:44			
	0.4 k			1:40		1:41	
	0.5 k				2:16		
	1.3 k						7:00
	1.5 k					7:50	
	1.6 k	8:50					
	2.0 k					11:45	
	2.8 k			17:32			
	3.0 k				17:18		
	3.2 k						23:11
	4.0 k	23:28					
HOPKINS Jim	21.1Km.	Time-1:36:47					
	0.4 k			1:23			
	0.8 k			3:17			
	0.9 k				3:53		
	4.0 k		18:29			18:20	
	5.0 k				23:26		
	6.0 k	27:59					
HORN Michael	21.1Km.	Time-1:48:04					
	0.1 k	0:16	0:15			0:17	
	0.2 k			0:33	0:33		
	0.4 k			1:30		1:24	
	0.5 k				2:03		
	0.8 k			3:37			
	0.9 k				4:22		
	1.3 k		6:07				
	1.5 k					7:23	
	1.6 k	8:04					
	2.0 k	10:13				10:59	
	2.8 k			16:01			
	3.0 k				16:49		
	3.2 k		17:39				

MM21 2017		Week 1.	Week 2.	Week 3.	Week 4.	Week 5.	Week 6.
IOVENITTI Carlo	21.1Km.	Time-2:05:21					
	0.4 k					1:48	
	0.9 k				4:29		
	4.8 k						26:33
	5.0 k				27:24		
	10.0 k					65:07	
PAUL Graeme	21.1Km.	Time-1:41:43					
	0.8 k			4:01			
	0.9 k				4:30		
	3.0 k				14:06		
	4.0 k	19:25				18:55	19:27
	4.4 k			21:19			
POCOCK John	21.1Km.	Time-1:57:27					
	0.1 k						0:32
	0.8 k			3:52			
	2.4 k						15:43
	2.8 k			14:17			
	3.0 k				19:11		
	6.0 k	31:43				32:09	
RUSSO Chris	21.1Km.	Time-1:36:44					
	0.1 k					0:16	
	0.9 k				3:42		
	1.5 k					6:18	
	1.6 k	6:40					
	4.0 k	18:22					
	6.0 k					27:56	
	7.0 k				33:30		
WOOD Sue	21.1Km.	Time-2:46:12					
	1.3 k						10:13
	2.4 k						18:52
	4.0 k	31:35				30:54	
	4.4 k			34:22			
	5.0 k				40:16		

MM21 2017		Week 1.	Week 2.	Week 3.	Week 4.	Week 5.	Week 6.
ADRIEN Gerard	8.0Km.	Time-0:31:14					
	0.1 k		0:15			0:15	0:14
	0.2 k		0:31	0:30			0:29
	0.4 k			1:15		1:10	
	0.5 k				1:43		
	0.8 k			3:05			
	0.9 k				3:42		
	1.3 k		5:54				5:34
	1.5 k					6:35	
ELY Fiona	10.8Km.	Time-0:52:27					
	1.3 k						6:07
	1.5 k					7:11	
	1.6 k	8:20					
	2.0 k	9:37				9:36	
	2.4 k						11:36
LEWIS Rob	8.6Km.	Time-0:48:22					
	0.1 k	0:18				0:19	0:19
	0.3 k	1:12					
	1.6 k	9:10					
	2.0 k	12:33				12:26	
	2.4 k						12:05
MORRISON Glenn	11.4Km.	Time-0:51:29					
	0.1 k						0:17
	0.2 k			0:37			0:35
	0.4 k			1:23			
	0.8 k			3:04			
	1.3 k						5:37
	4.0 k						18:55
	4.4 k			21:01			
WINNEN Ian	10.2Km.	Time-0:40:21					
	0.1 k					0:14	
	0.2 k				0:30		
	0.5 k				1:35		
	0.9 k				3:09		
	1.5 k					5:25	
	3.0 k				12:52		
	4.0 k					16:36	