

Derwent AC Cockermouth

Setmurthy Half mile intervals 27th March 2012

Forename	Surname	1	2	3	4	5	6
		Out	Back	Out	Back	Out	Back
Anna	Blackburn	04:08	03:34	04:07	03:40		
Peter	Crompton	03:22	02:45	03:15			
Phil	Cueto	03:00	02:45	03:00	02:45	03:00	02:34
Tony	Davis	03:06	02:44	03:06	02:48	03:08	02:44
Debbie	Evans	03:45	03:16	03:45	03:22	03:55	03:17
Steve	Hackly	03:04	02:43	03:08	02:56	03:14	03:34
Kirsty	Hitchin	03:04	02:54	03:15	03:00	03:21	02:55
Andy	Rodger	03:03	02:48	03:10	02:59	03:16	02:41
Howard	Seal	02:59	02:36	02:57	02:37	02:58	02:30
Ellie	Ulyatt	03:20	03:00	03:25	03:13	03:30	02:43

