

Day 3

4/6/2007

Name: Martin Flynn

SI Number: 10837

Club: AJAX

Class: M35L

Course: 2

Time: 95:32

1(125)	3:08	3:08
2(216)	2:21	5:29
3(134)	8:06	13:35
4(135)	9:42	23:17
5(104)	4:58	28:15
6(105)	15:06	43:21
7(117)	5:47	49:08
8(107)	7:43	56:51
9(130)	4:48	61:39
10(132)	9:52	71:31
11(138)	2:54	74:25
12(140)	3:43	78:08
13(139)	6:24	84:32
14(122)	2:53	87:25
15(121)	4:29	91:54
16(100)	2:58	94:52
F	0:40	95:32

Slow: > 17.6 min/km

Average: 13.2 min/km

Fast: < 8.8 min/km

Distance: 7.2 km

