

Saturday, 5th October, 2024

Analysis of times for Round Rotherham

Result for relay

Cumulative Time and Stage Time in hr:min

Pace in min:sec per km

Pos'n.	Name Club start time	total distance stage length	Grange	Treeton	Harhill	Woodsetts	Firbeck	Malby	H.Roberts	Finish
			15.6 km 15.6	25.7 km 10.1	37.6 km 11.9	46.8 km 9.2	55.8 km 9	62.1 km 6.3	71.2 km 9.1	80.7 km 9.5
1	WH Green Gods Worksop Harriers 8:00:07	Time & posn Stage & change min/km & rank	1:03 (1) 1:03 4:05 (1)	1:45 (1) 0:41 (=) 4:04 (1)	2:42 (1) 0:57 (=) 4:49 (3)	3:28 (1) 0:46 (=) 5:02 (3)	4:05 (1) 0:36 (=) 4:06 (1)	4:36 (1) 0:31 (=) 4:56 (4)	5:16 (1) 0:39 (=) 4:20 (1)	5:51 (1) 0:35 (=) 3:44 (1)
2	Kimberworth Men Kimberworth Striders 8:00:07	Time & posn Stage & change min/km & rank	1:09 (4) 1:09 4:27 (4)	1:58 (4) 0:48 (=) 4:48 (3)	2:58 (3) 1:00 (+1) 5:06 (5)	3:45 (3) 0:46 (=) 5:04 (4)	4:34 (3) 0:48 (=) 5:22 (9)	5:05 (3) 0:31 (=) 5:02 (5)	5:47 (3) 0:41 (=) 4:32 (2)	6:28 (2) 0:41 (+1) 4:23 (2)
3	Kestrels Originals Killamarsh Kestrels 8:00:07	Time & posn Stage & change min/km & rank	1:08 (2) 1:08 4:23 (2)	1:57 (3) 0:49 (-1) 4:53 (5)	2:48 (2) 0:51 (+1) 4:17 (1)	3:33 (2) 0:44 (=) 4:53 (1)	4:18 (2) 0:44 (=) 4:56 (4)	5:04 (2) 0:46 (=) 7:22 (21)	5:46 (2) 0:41 (=) 4:36 (3)	6:36 (3) 0:49 (-1) 5:14 (6)
4	Hogs A Handsworth Roadhogs 8:00:07	Time & posn Stage & change min/km & rank	1:14 (6) 1:14 4:46 (6)	2:09 (7) 0:55 (-1) 5:28 (6)	3:12 (4) 1:02 (+3) 5:17 (6)	3:58 (4) 0:46 (=) 5:00 (2)	4:42 (4) 0:43 (=) 4:51 (2)	5:18 (4) 0:36 (=) 5:43 (8)	6:05 (4) 0:46 (=) 5:07 (5)	6:56 (4) 0:51 (=) 5:24 (8)
5	Kestrels Chargers Killamarsh Kestrels 8:00:07	Time & posn Stage & change min/km & rank	1:36 (23) 1:36 6:11 (23)	2:33 (17) 0:56 (+6) 5:37 (9)	3:39 (13) 1:05 (+4) 5:32 (8)	4:30 (10) 0:51 (+3) 5:34 (5)	5:19 (9) 0:49 (+1) 5:28 (11)	5:48 (6) 0:28 (+3) 4:31 (1)	6:35 (6) 0:47 (=) 5:12 (6)	7:19 (5) 0:43 (+1) 4:36 (3)
6	WH Green Goddesses Worksop Harriers 8:00:07	Time & posn Stage & change min/km & rank	1:10 (5) 1:10 4:29 (5)	2:06 (5) 0:56 (=) 5:33 (7)	3:13 (5) 1:07 (=) 5:37 (11)	4:06 (5) 0:52 (=) 5:45 (8)	4:52 (5) 0:46 (=) 5:11 (8)	5:28 (5) 0:35 (=) 5:36 (6)	6:23 (5) 0:54 (=) 6:02 (17)	7:20 (6) 0:57 (-1) 6:02 (18)
7	Rawmarsh Runners Rawmarsh Rotherham 8:00:07	Time & posn Stage & change min/km & rank	1:28 (18) 1:28 5:41 (18)	2:25 (12) 0:56 (+6) 5:34 (8)	3:17 (6) 0:52 (+6) 4:23 (2)	4:10 (6) 0:53 (=) 5:46 (9)	5:15 (6) 1:04 (=) 7:10 (23)	5:50 (7) 0:35 (-1) 5:37 (7)	6:40 (7) 0:50 (=) 5:31 (10)	7:28 (7) 0:48 (=) 5:03 (5)
8	Kestrels Rockets Killamarsh Kestrels 8:00:07	Time & posn Stage & change min/km & rank	1:28 (19) 1:28 5:42 (19)	2:34 (19) 1:05 (=) 6:31 (17)	3:39 (14) 1:04 (+5) 5:25 (7)	4:34 (12) 0:54 (+2) 5:56 (11)	5:25 (12) 0:51 (=) 5:43 (14)	6:11 (11) 0:29 (+4) 4:41 (2)	6:44 (8) 0:48 (=) 5:22 (8)	7:37 (8) 0:53 (=) 5:39 (11)
9	Black & White Star Rotherham Harriers & AC 8:00:07	Time & posn Stage & change min/km & rank	1:19 (8) 1:19 5:05 (8)	2:33 (16) 1:13 (-8) 7:17 (22)	3:38 (12) 1:05 (+4) 5:32 (9)	4:31 (11) 0:52 (+1) 5:43 (7)	5:29 (14) 0:58 (-3) 6:28 (19)	6:00 (11) 0:30 (+3) 4:53 (3)	6:48 (9) 0:47 (+2) 5:16 (7)	7:41 (9) 0:52 (=) 5:33 (9)
10	Rotherham Stanley Rotherham Running Club 8:00:07	Time & posn Stage & change min/km & rank	1:24 (16) 1:24 5:25 (16)	2:21 (9) 0:57 (+7) 5:38 (10)	3:31 (8) 1:10 (+1) 5:53 (12)	4:28 (9) 0:56 (-1) 6:07 (12)	5:18 (7) 0:50 (+1) 5:38 (13)	5:57 (9) 0:38 (-1) 6:05 (9)	6:51 (10) 0:53 (-1) 5:54 (15)	7:47 (10) 0:56 (=) 5:58 (17)
11	Dumfries Doonhamers Dumfries Running Club 8:00:07	Time & posn Stage & change min/km & rank	1:24 (11) 1:24 5:23 (11)	2:21 (10) 0:57 (+1) 5:42 (11)	3:32 (10) 1:10 (=) 5:57 (13)	4:26 (8) 0:54 (+2) 5:54 (10)	5:18 (7) 0:51 (+1) 5:45 (15)	5:59 (10) 0:40 (-3) 6:30 (13)	7:03 (13) 1:03 (-3) 7:00 (26)	7:53 (11) 0:50 (+2) 5:15 (7)
12	WH Green Gang Worksop Harriers 8:00:07	Time & posn Stage & change min/km & rank	1:23 (10) 1:23 5:22 (10)	2:24 (11) 1:00 (-1) 5:58 (13)	3:39 (15) 1:15 (-4) 6:20 (19)	4:35 (13) 0:56 (+2) 6:07 (13)	5:20 (10) 0:44 (+3) 4:55 (3)	6:09 (13) 0:48 (-3) 7:43 (22)	6:58 (11) 0:49 (+2) 5:23 (9)	7:57 (12) 0:59 (-1) 6:14 (19)
13	Kimberworth Women Kimberworth Striders 8:00:07	Time & posn Stage & change min/km & rank	1:24 (15) 1:24 5:25 (15)	2:26 (13) 1:01 (+2) 6:07 (14)	3:41 (17) 1:15 (-4) 6:18 (17)	4:38 (14) 0:57 (+3) 6:12 (14)	5:27 (13) 0:49 (+1) 5:27 (10)	6:08 (12) 0:41 (+1) 6:31 (14)	7:04 (14) 0:55 (-2) 6:07 (18)	7:57 (13) 0:53 (+1) 5:37 (10)
14	Hogs B Handsworth Roadhogs 8:00:07	Time & posn Stage & change min/km & rank	1:25 (17) 1:25 5:29 (17)	2:32 (15) 1:07 (+2) 6:39 (18)	3:46 (19) 1:13 (-4) 6:12 (16)	4:44 (18) 0:57 (+1) 6:13 (15)	5:39 (17) 0:55 (+1) 6:08 (16)	6:25 (17) 0:46 (=) 7:20 (20)	7:11 (15) 0:45 (+2) 5:02 (4)	8:06 (14) 0:55 (+1) 5:51 (14)
15	TRAC Purple Team Tickhill Running & AC 8:00:07	Time & posn Stage & change min/km & rank	1:24 (13) 1:24 5:24 (13)	2:28 (14) 1:04 (-1) 6:20 (15)	3:41 (16) 1:13 (-2) 6:08 (15)	4:40 (16) 0:59 (=) 6:26 (16)	5:25 (11) 0:45 (+5) 5:00 (5)	6:10 (14) 0:44 (-3) 7:01 (17)	7:00 (12) 0:50 (+2) 5:35 (12)	8:08 (15) 1:07 (-3) 7:04 (23)
16	RRC A Rotherham Running Club 8:00:07	Time & posn Stage & change min/km & rank	1:19 (9) 1:19 5:05 (9)	2:08 (6) 0:48 (+3) 4:49 (4)	3:19 (7) 1:10 (-1) 5:57 (14)	4:24 (7) 1:05 (=) 7:09 (22)	5:38 (16) 1:13 (-9) 8:12 (26)	6:23 (16) 0:44 (=) 7:04 (18)	7:16 (17) 0:52 (-1) 5:49 (14)	8:12 (16) 0:56 (+1) 5:56 (16)
17	Kimberworth Mixed B Kimberworth Striders 8:00:07	Time & posn Stage & change min/km & rank	1:16 (7) 1:16 4:54 (7)	2:14 (8) 0:58 (-1) 5:45 (12)	3:37 (11) 1:22 (-3) 6:57 (23)	4:42 (17) 1:04 (-6) 7:00 (21)	5:31 (15) 0:49 (+2) 5:32 (12)	6:15 (15) 0:43 (=) 6:56 (15)	7:11 (16) 0:56 (-1) 6:09 (20)	8:14 (17) 1:02 (-1) 6:37 (22)
18	RRC B Rotherham Running Club 8:00:07	Time & posn Stage & change min/km & rank	1:09 (3) 1:09 4:26 (3)	1:57 (2) 0:47 (+1) 4:44 (2)	3:32 (9) 1:35 (-7) 8:00 (26)	4:39 (15) 1:06 (-6) 7:15 (23)	5:40 (18) 1:01 (-3) 6:48 (22)	6:26 (18) 0:45 (=) 7:17 (19)	7:29 (19) 1:03 (-1) 6:55 (24)	8:25 (18) 0:55 (+1) 5:53 (15)
19	Swallows Rother Valley Swallows 8:00:07	Time & posn Stage & change min/km & rank	1:30 (20) 1:30 5:47 (20)	2:37 (20) 1:07 (=) 6:40 (19)	3:44 (18) 1:06 (+2) 5:35 (10)	4:46 (19) 1:02 (-1) 6:48 (19)	5:54 (20) 1:07 (-1) 7:28 (24)	6:33 (19) 0:39 (+1) 6:20 (12)	7:24 (18) 0:50 (+1) 5:33 (11)	8:27 (19) 1:02 (-1) 6:37 (21)
20	ROWBOSCOTT Scott 8:00:07	Time & posn Stage & change min/km & rank	1:51 (25) 1:51 7:07 (25)	2:56 (23) 1:05 (+2) 6:27 (16)	4:21 (23) 1:24 (=) 7:08 (24)	5:13 (22) 0:51 (+1) 5:38 (6)	6:11 (23) 0:58 (-1) 6:30 (20)	6:55 (22) 0:43 (+1) 6:57 (16)	7:46 (20) 0:50 (+2) 5:35 (13)	8:40 (20) 0:54 (=) 5:43 (13)
21	SRC Sole Mates Sheffield Running Club 8:00:07	Time & posn Stage & change min/km & rank	1:30 (21) 1:30 5:47 (21)	2:49 (22) 1:19 (-1) 7:52 (25)	3:47 (20) 0:57 (+2) 4:52 (4)	5:19 (23) 1:31 (-3) 9:58 (26)	6:05 (21) 0:46 (+2) 5:06 (7)	6:55 (23) 0:50 (-2) 7:59 (23)	7:56 (24) 1:00 (-1) 6:36 (22)	8:41 (21) 0:45 (+3) 4:45 (4)
22	Kimberworth Mixed A Kimberworth Striders 8:00:07	Time & posn Stage & change min/km & rank	1:24 (12) 1:24 5:23 (12)	2:33 (18) 1:09 (-6) 6:53 (20)	3:56 (21) 1:22 (-3) 6:54 (22)	5:07 (21) 1:11 (=) 7:46 (24)	6:07 (22) 0:59 (-1) 6:38 (21)	6:47 (20) 0:39 (+2) 6:19 (11)	7:47 (21) 1:00 (-1) 6:38 (23)	8:41 (22) 0:54 (-1) 5:42 (12)
23	Woman In Black Rotherham Harriers & AC 8:00:07	Time & posn Stage & change min/km & rank	1:53 (26) 1:53 7:17 (26)	3:09 (26) 1:15 (=) 7:27 (23)	4:24 (24) 1:15 (+2) 6:19 (18)	5:28 (24) 1:03 (=) 6:55 (20)	6:13 (24) 0:45 (=) 5:00 (6)	6:52 (21) 0:38 (+3) 6:10 (10)	7:55 (23) 1:03 (-2) 6:58 (25)	9:02 (23) 1:07 (=) 7:04 (24)
24	Team Valley Hill Valley Hill Runners 8:00:07	Time & posn Stage & change min/km & rank	1:24 (14) 1:24 5:24 (14)	2:41 (21) 1:16 (-7) 7:34 (24)	3:56 (22) 1:15 (-1) 6:21 (20)	4:56 (20) 0:59 (+2) 6:28 (17)	5:52 (19) 0:55 (+1) 6:13 (18)	6:58 (24) 1:06 (-5) 10:36 (26)	7:53 (22) 0:54 (+2) 5:57 (16)	9:15 (24) 1:22 (-2) 8:38 (26)
25	TRAC Green Team Tickhill Running & AC 8:00:07	Time & posn Stage & change min/km & rank	1:51 (24) 1:51 7:06 (24)	3:03 (24) 1:12 (=) 7:12 (21)	4:30 (26) 1:26 (-2) 7:17 (25)	5:32 (25) 1:02 (+1) 6:45 (18)	6:44 (26) 1:11 (-1) 7:56 (25)	7:40 (26) 0:56 (=) 8:58 (25)	8:36 (25) 0:55 (+1) 6:08 (19)	9:38 (25) 1:02 (=) 6:31 (20)
26	Dumfries Plodders Dumfries Running Club 8:00:07	Time & posn Stage & change min/km & rank	1:35 (22) 1:35 6:08 (22)	3:03 (25) 1:28 (-3) 8:43 (26)	4:24 (25) 1:20 (=) 6:46 (21)	5:45 (26) 1:20 (-1) 8:48 (25)	6:41 (25) 0:55 (+1) 6:11 (17)	7:36 (25) 0:55 (=) 8:50 (24)	8:36 (26) 0:59 (-1) 6:35 (21)	9:50 (26) 1:13 (=) 7:42 (25)