

## Race the Castles, Knaresborough Results for Claro League 2019

Race	Name	Class	Course	Dist (km)	Climb (m)	Time (min)	(sec)	Adjust km	Raw min/km	Distance correct	Personal Factor	TD	Final min/km	Pts
Race the Castles	Quentin Harding	M55	B	3.6	130	29	10	4.90	5.95	1.04	0.83	1.00	4.740	100
Race the Castles	Luke Parker	M20	A	4	150	29	32	5.50	5.37	1.05	0.98	1.00	5.028	99
Race the Castles	Luke Fry	M16	G	1.7	35	12	38	2.05	6.16	0.99	0.91	1.00	5.637	98
Race the Castles	Tim Evans	M55	C	3.3	90	32	26	4.20	7.72	1.03	0.83	1.00	6.266	97
Race the Castles	Will Drewe	M35	A	4	150	38	37	5.50	7.02	1.05	0.96	1.00	6.441	96
Race the Castles	Adrian Parker	M50	B	3.6	130	37	35	4.90	7.67	1.04	0.87	1.00	6.473	95
Race the Castles	Lois Parker	W16	B	3.6	130	42	30	4.90	8.67	1.04	0.83	1.00	6.967	94
Race the Castles	David Day	M70	G	1.7	35	20	24	2.05	9.95	0.99	0.72	1.00	7.244	93
Race the Castles	Sharon Bowes	W50	C	3.3	90	41	42	4.20	9.93	1.03	0.77	1.00	7.430	92
Race the Castles	David Rochester	M45	C	3.3	90	36	29	4.20	8.69	1.03	0.88	1.00	7.466	91
Race the Castles	Andy Bowes	M50	C	3.3	90	37	54	4.20	9.02	1.03	0.85	1.00	7.509	90
Race the Castles	Stephen Fry	M50	B	3.6	130	45	44	4.90	9.33	1.04	0.85	1.00	7.623	89
Race the Castles	Jemima Parker	W50	C	3.3	90	43	47	4.20	10.42	1.03	0.76	1.00	7.705	88
Race the Castles	Allen Barnes	M75	D	2.8	80	47	47	3.60	13.27	1.02	0.66	1.00	8.563	87
Race the Castles	Jackie Barnes	W70	E	2.4	60	48	31	3.00	16.17	1.01	0.55	1.00	8.822	86
Race the Castles	Katie Gray	W50	C	3.3	90	52	28	4.20	12.49	1.03	0.73	1.00	8.886	85
Race the Castles	Linda Kelly	W60	D	2.8	80	50	57	3.60	14.15	1.02	0.65	1.00	9.102	84
Race the Castles	Alan Pounder	M65	D	2.8	80	44	8	3.60	12.26	1.02	0.77	1.00	9.274	83
Race the Castles	Maurice Kelly	M55	A	4	150	68	56	5.50	12.53	1.05	0.83	1.00	9.894	82
Race the Castles	Leo Hicks	M14	G	1.7	35	23	29	2.05	11.46	0.99	0.88	1.00	10.180	81
Race the Castles	Emma Walsh	W45	E	2.4	60	62	48	3.00	20.93	1.01	0.80	1.00	16.678	80
Race the Castles	Pamela Singleton	W55	C	3.3	90	104	12	4.20	24.81	1.03	0.70	1.00	16.961	79
Race the Castles	Liz Rochester	W45	F	2	50	54	25	2.50	21.77	1.00	0.79	1.00	17.110	78
Race the Castles	June Graham	W55	D	2.8	80			3.60		1.02	0.69	1.00		68
Race the Castles	Toby Rochester	M14	G	1.7	35			2.05		0.99	0.88	1.00		68
Race the Castles	Mike Cope	M70	Official								0.71	0.00		avg
Race the Castles	Liz Drewe	W35	Official								0.85	0.00		avg
Race the Castles	Matthew Rochester	M18	Official								0.97	0.00		avg