

Saturday, 7th October, 2023

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	Pace in min:sec per km								
			Grange 15.6 km 15.6	Treeton 25.7 km 10.1	Harthill 37.6 km 11.9	Woodsetts 46.8 km 9.2	Firbeck 55.8 km 9	Maltby 62.1 km 6.3	H.Roberts 71.2 km 9.1	Finish 80.7 km 9.5	
1	WH Green Gang Worksop Harriers 8:00:00	Time & posn Stage & change min/km & rank	1:03 (1) 1:03 4:05 (1)	1:45 (1) 0:41 (=) 4:08 (1)	2:52 (2) 1:07 (-1) 5:38 (7)	3:39 (3) 0:46 (-1) 5:04 (3)	4:16 (2) 0:36 (+1) 4:05 (1)	4:47 (3) 0:31 (-1) 4:57 (2)	5:22 (1) 0:35 (+2) 3:51 (1)	6:02 (1) 0:39 (=) 4:10 (2)	
2	WH Golden Boys Worksop Harriers 8:00:00	Time & posn Stage & change min/km & rank	1:09 (3) 1:09 4:27 (3)	1:57 (2) 0:47 (+1) 4:43 (2)	2:54 (3) 0:57 (-1) 4:48 (2)	3:37 (2) 0:43 (+1) 4:43 (1)	4:18 (3) 0:40 (-1) 4:27 (2)	4:47 (2) 0:29 (+1) 4:42 (1)	5:28 (3) 0:40 (-1) 4:29 (3)	6:06 (2) 0:38 (+1) 4:02 (1)	
3	Kestrels Originals Killamarsh Kestrels 8:00:00	Time & posn Stage & change min/km & rank	1:07 (2) 1:07 4:18 (2)	1:57 (2) 0:49 (=) 4:56 (3)	2:48 (1) 0:51 (+1) 4:17 (1)	3:31 (1) 0:43 (=) 4:44 (2)	4:12 (1) 0:40 (=) 4:31 (3)	4:45 (1) 0:32 (=) 5:12 (5)	5:26 (2) 0:41 (-1) 4:30 (5)	6:16 (3) 0:50 (-1) 5:18 (11)	
4	Wildhogs Handsworth Roadhogs 8:00:00	Time & posn Stage & change min/km & rank	1:14 (4) 1:14 4:48 (4)	2:08 (4) 0:53 (=) 5:17 (5)	3:16 (4) 1:07 (=) 5:42 (8)	4:04 (4) 0:48 (=) 5:13 (5)	4:45 (4) 0:40 (=) 4:32 (5)	5:17 (4) 0:32 (=) 5:11 (4)	6:00 (4) 0:42 (=) 4:40 (6)	6:44 (4) 0:44 (=) 4:40 (4)	
5	Kimberworth Men Kimberworth Striders 8:00:00	Time & posn Stage & change min/km & rank	1:18 (7) 1:18 5:03 (7)	2:12 (6) 0:53 (+1) 5:19 (7)	3:20 (5) 1:08 (+1) 5:43 (9)	4:09 (5) 0:48 (=) 5:19 (6)	4:50 (5) 0:40 (=) 4:31 (4)	5:25 (5) 0:35 (=) 5:36 (10)	6:06 (5) 0:41 (=) 4:30 (4)	6:46 (5) 0:40 (=) 4:12 (3)	
6	WH Young Guns Worksop Harriers 8:00:00	Time & posn Stage & change min/km & rank	1:27 (11) 1:27 5:36 (11)	2:23 (8) 0:55 (+3) 5:30 (10)	3:28 (8) 1:05 (=) 5:29 (5)	4:25 (8) 0:56 (=) 6:10 (13)	5:08 (6) 0:43 (+2) 4:47 (6)	5:45 (6) 0:36 (=) 5:50 (11)	6:20 (6) 0:35 (=) 3:53 (2)	7:09 (6) 0:48 (=) 5:08 (8)	
7	Kestrels Chargers Killamarsh Kestrels 8:00:00	Time & posn Stage & change min/km & rank	1:33 (20) 1:33 5:59 (20)	2:26 (13) 0:53 (+7) 5:15 (4)	3:30 (9) 1:03 (+4) 5:20 (4)	4:34 (12) 1:04 (-3) 7:00 (19)	5:18 (9) 0:43 (+3) 4:50 (7)	5:57 (7) 0:33 (+2) 5:22 (7)	6:40 (7) 0:48 (=) 5:18 (9)	7:27 (7) 0:47 (=) 4:59 (6)	
8	Lightning Rotherham Running Club 8:00:00	Time & posn Stage & change min/km & rank	1:17 (5) 1:17 4:57 (5)	2:13 (7) 0:55 (-2) 5:31 (11)	3:26 (7) 1:13 (=) 6:11 (17)	4:13 (6) 0:47 (+1) 5:07 (4)	5:11 (7) 0:58 (-1) 6:26 (18)	5:58 (9) 0:46 (-2) 7:19 (17)	6:41 (8) 0:43 (+1) 4:43 (7)	7:30 (8) 0:48 (=) 5:13 (10)	
9	Doonhamers Dumfries Running Club 8:00:00	Time & posn Stage & change min/km & rank	1:17 (6) 1:17 4:57 (6)	2:12 (5) 0:54 (+1) 5:25 (8)	3:26 (6) 1:14 (-1) 6:15 (19)	4:16 (7) 0:50 (-1) 5:28 (8)	5:17 (8) 1:00 (-1) 6:41 (22)	5:51 (8) 0:34 (=) 5:31 (8)	6:47 (9) 0:55 (-1) 6:05 (17)	7:38 (9) 0:50 (=) 5:21 (12)	
10	Kestrels Cruisers Killamarsh Kestrels 8:00:00	Time & posn Stage & change min/km & rank	1:30 (19) 1:30 5:49 (19)	2:24 (9) 0:53 (+10) 5:18 (6)	3:43 (13) 1:19 (-4) 6:39 (21)	4:37 (13) 0:53 (=) 5:51 (11)	5:28 (12) 0:51 (+1) 5:41 (10)	6:03 (10) 0:34 (+2) 5:32 (9)	6:51 (10) 0:47 (=) 5:15 (8)	7:41 (10) 0:49 (=) 5:12 (9)	
11	Hogwarts Handsworth Roadhogs 8:00:00	Time & posn Stage & change min/km & rank	1:28 (14) 1:28 5:40 (14)	2:25 (11) 0:56 (+3) 5:38 (12)	3:38 (12) 1:13 (-1) 6:09 (15)	4:30 (9) 0:51 (+3) 5:36 (9)	5:39 (15) 1:09 (-6) 7:41 (25)	6:26 (16) 0:46 (-1) 7:23 (18)	7:16 (15) 0:50 (+1) 5:33 (11)	8:04 (11) 0:48 (+4) 5:03 (7)	
12	TRAC Tickhill Running & Athletic Club 8:00:00	Time & posn Stage & change min/km & rank	1:26 (8) 1:26 5:31 (8)	2:25 (10) 0:59 (-2) 5:51 (15)	3:30 (10) 1:05 (=) 5:29 (6)	4:30 (10) 1:00 (=) 6:32 (18)	5:28 (11) 0:57 (-1) 6:25 (17)	6:07 (12) 0:38 (-1) 6:06 (12)	7:03 (12) 0:56 (=) 6:13 (18)	8:04 (12) 1:01 (=) 6:25 (17)	
13	Kimmy Krusiers Kimberworth Striders 8:00:00	Time & posn Stage & change min/km & rank	1:28 (13) 1:28 5:38 (13)	2:27 (14) 0:59 (-1) 5:53 (16)	3:37 (11) 1:09 (+3) 5:50 (10)	4:33 (11) 0:56 (=) 6:11 (14)	5:27 (10) 0:53 (+1) 5:58 (12)	6:06 (11) 0:39 (-1) 6:13 (13)	7:00 (11) 0:53 (=) 5:50 (13)	8:05 (13) 1:05 (-2) 6:50 (19)	
14	Kimberworth Women Kimberworth Striders 8:00:00	Time & posn Stage & change min/km & rank	1:38 (23) 1:38 6:17 (23)	2:41 (17) 1:03 (+6) 6:18 (17)	3:59 (19) 1:17 (-2) 6:28 (20)	4:48 (15) 0:48 (+4) 5:19 (7)	5:43 (16) 0:55 (-1) 6:12 (15)	6:15 (13) 0:31 (+3) 4:58 (3)	7:04 (13) 0:48 (=) 5:22 (10)	8:07 (14) 1:03 (-1) 6:40 (18)	
15	WH Bassetlaw Babes Worksop Harriers 8:00:00	Time & posn Stage & change min/km & rank	1:38 (21) 1:38 6:17 (21)	2:35 (15) 0:56 (+6) 5:38 (12)	3:47 (15) 1:12 (=) 6:06 (14)	4:45 (14) 0:57 (+1) 6:14 (16)	5:33 (13) 0:47 (+1) 5:19 (8)	6:16 (14) 0:43 (-1) 6:50 (14)	7:13 (14) 0:57 (=) 6:19 (19)	8:11 (15) 0:57 (-1) 6:05 (16)	
16	Thunder Rotherham Running Club 8:00:00	Time & posn Stage & change min/km & rank	1:51 (25) 1:51 7:08 (25)	2:46 (23) 0:55 (+2) 5:28 (9)	3:56 (18) 1:09 (+5) 5:52 (11)	4:49 (16) 0:52 (+2) 5:45 (10)	5:37 (14) 0:48 (+2) 5:20 (9)	6:21 (15) 0:43 (-1) 6:53 (15)	7:28 (16) 1:07 (-1) 7:22 (22)	8:24 (16) 0:56 (=) 5:55 (15)	
17	Rother Valley Swallows Rother Valley Swallows 8:00:00	Time & posn Stage & change min/km & rank	1:38 (22) 1:38 6:17 (22)	2:48 (24) 1:10 (-2) 6:57 (19)	4:01 (22) 1:13 (+2) 6:10 (16)	5:01 (20) 0:59 (+2) 6:27 (17)	6:02 (22) 1:00 (-2) 6:45 (23)	6:46 (19) 0:44 (+3) 7:00 (16)	7:40 (19) 0:53 (=) 5:54 (14)	8:34 (17) 0:54 (+2) 5:43 (14)	
18	Maltby muddlers Maltby Running Club 8:00:00	Time & posn Stage & change min/km & rank	1:27 (12) 1:27 5:38 (12)	2:25 (12) 0:57 (=) 5:44 (14)	4:00 (20) 1:34 (-8) 7:56 (25)	4:57 (19) 0:56 (+1) 6:11 (15)	5:58 (19) 1:01 (=) 6:49 (24)	6:32 (17) 0:33 (+2) 5:18 (6)	7:35 (18) 1:03 (-1) 7:00 (21)	8:50 (18) 1:14 (=) 7:51 (23)	
19	VH chips and cake club Valley Hill Runners 8:00:00	Time & posn Stage & change min/km & rank	1:29 (15) 1:29 5:44 (15)	2:46 (22) 1:16 (-7) 7:34 (23)	4:00 (21) 1:14 (+1) 6:13 (18)	4:56 (17) 0:56 (+4) 6:08 (12)	5:53 (18) 0:56 (-1) 6:15 (16)	6:40 (18) 0:46 (=) 7:26 (19)	7:32 (17) 0:52 (+1) 5:44 (12)	9:05 (19) 1:32 (-2) 9:46 (25)	
20	Rawmarsh Team B Rawmarsh Runners 8:00:00	Time & posn Stage & change min/km & rank	1:29 (17) 1:29 5:45 (17)	2:43 (19) 1:14 (-2) 7:19 (22)	3:54 (16) 1:10 (+3) 5:55 (12)	5:07 (22) 1:13 (-6) 7:57 (23)	6:01 (20) 0:54 (+2) 6:01 (13)	7:03 (22) 1:01 (-2) 9:43 (24)	8:21 (24) 1:18 (-2) 8:39 (24)	9:06 (20) 0:44 (+4) 4:41 (5)	
21	Valley Hill Buffaloes Valley Hill Runners 8:00:00	Time & posn Stage & change min/km & rank	1:30 (18) 1:30 5:46 (18)	2:41 (16) 1:10 (+2) 7:01 (20)	3:44 (14) 1:03 (+2) 5:19 (3)	4:56 (18) 1:12 (-4) 7:52 (21)	5:48 (17) 0:51 (+1) 5:46 (11)	6:52 (20) 1:03 (-3) 10:07 (25)	7:52 (20) 1:00 (=) 6:36 (20)	9:13 (21) 1:20 (-1) 8:29 (24)	
22	Rawmarsh Team A Rawmarsh Runners 8:00:00	Time & posn Stage & change min/km & rank	1:29 (16) 1:29 5:45 (16)	2:43 (18) 1:13 (-2) 7:17 (21)	3:54 (17) 1:10 (+1) 5:57 (13)	5:07 (21) 1:13 (-4) 7:56 (22)	6:01 (21) 0:54 (=) 6:02 (14)	7:01 (21) 0:59 (=) 9:23 (23)	8:21 (25) 1:20 (-4) 8:52 (25)	9:14 (22) 0:52 (+3) 5:29 (13)	
23	Harrier Hawks Rotherham Harriers and AC 8:00:00	Time & posn Stage & change min/km & rank	1:26 (9) 1:26 5:31 (9)	2:45 (21) 1:19 (-12) 7:49 (25)	4:12 (24) 1:27 (-3) 7:20 (23)	5:26 (24) 1:13 (=) 8:00 (24)	6:26 (24) 1:00 (=) 6:40 (21)	7:15 (24) 0:49 (=) 7:47 (21)	8:10 (22) 0:55 (+2) 6:02 (16)	9:21 (23) 1:10 (-1) 7:28 (20)	
=	Harrier Hens Rotherham Harriers and AC 8:00:00	Time & posn Stage & change min/km & rank	1:26 (10) 1:26 5:31 (10)	2:45 (20) 1:18 (-10) 7:48 (24)	4:12 (23) 1:27 (-3) 7:20 (24)	5:26 (25) 1:14 (-2) 8:03 (25)	6:26 (24) 0:59 (+1) 6:37 (20)	7:15 (25) 0:49 (-1) 7:47 (22)	8:10 (21) 0:54 (+4) 6:02 (15)	9:21 (24) 1:11 (-3) 7:28 (21)	
25	Kimmy Kreakers Kimberworth Striders 8:00:00	Time & posn Stage & change min/km & rank	1:46 (24) 1:46 6:48 (24)	2:56 (25) 1:10 (-1) 6:56 (18)	4:17 (25) 1:21 (=) 6:49 (22)	5:23 (23) 1:05 (+2) 7:07 (20)	6:21 (23) 0:58 (=) 6:31 (19)	7:08 (23) 0:47 (=) 7:30 (20)	8:16 (23) 1:07 (=) 7:26 (23)	9:28 (25) 1:12 (-2) 7:34 (22)	