

FCC Time Trial Results 3th September 2023

Name	Class/Age	Dist	Start Time	Finish Time	Elapsed Time	Comments
Nathan Windebank	K1V45	5	0	25:30	25:30	PB: 28 secs improvement!
Steve Johnson	K1 V65	5	3:57	34:56	30:59	First 5k time trial
Tony Ladson	K1 V60	5	5:49	32:51	27:02	First 5k time trial
Simon O'Carrigan	TK1	5	9:13	44:35	35:22	PB: 4 mins improvement!
Andrew Clinton	K1 V60	10	1:30	1:02:20	60:50	
David Cooke	K1 V50	10	1:50	1:05:52	64:02	First 10k time trial
Alex James	UC1 V60	10	2:55	1:13:02	70:07	

Start and finish times are all relative to time zero of 9:06:12am