

2024 New Zealand Road Relays – Taupo

28 September 2024

<https://www.sportsplits.com/races/47th-new-zealand-road-relay-championships-2024/events/1/results/individuals/337/>

47th New Zealand Road Relay Championships (2024) / Senior Men / Results / (#337) CAVERSHAM HARRIER AND ATHLETIC CLUB

CAVERSHAM HARRIER AND ATHLETIC CLUB (#337)

FINISHED

GUN TIME: 04:13:39

PLACE

32 OF 32

MALE

32 OF 32

OPEN B GRADE

6 OF 6

| Run | | | | | | | 4.6km | 00:29:26 | |
|-------------|----------|----------|-----------|-----------------|-----|------|--------------|--------------|----------|
| Location | Split | Run Time | Race Time | Team Member | Pos | Male | Open B Grade | Speed/Pace | TOD |
| Lap 1 2.3KM | 00:14:33 | 00:14:33 | 00:14:33 | | 31 | 31 | 5 | 9.47 / 06:19 | 09:59:43 |
| Lap 1 4.6KM | 00:14:53 | 00:29:26 | 00:29:26 | Sophanna Blakie | 31 | 31 | 5 | 9.37 / 06:24 | 10:14:36 |

| Run 2 | | | | | | | | 6.7km | 00:34:35 |
|-------------|----------|------------|-----------|-------------------|-----|------|--------------|---------------|----------|
| Location | Split | Run 2 Time | Race Time | Team Member | Pos | Male | Open B Grade | Speed/Pace | TOD |
| Lap 2 3.3KM | 00:16:17 | 00:16:17 | 00:45:44 | | 32 | 32 | 6 | 12.15 / 04:56 | 10:30:54 |
| Lap 2 6.7KM | 00:18:17 | 00:34:35 | 01:04:02 | Michelle Hilliard | 32 | 32 | 6 | 11.62 / 05:09 | 10:49:12 |

| Run 3 | | | | | | | | 10.0km | 00:46:02 |
|-------------|----------|------------|-----------|--------------|-----|------|--------------|---------------|----------|
| Location | Split | Run 3 Time | Race Time | Team Member | Pos | Male | Open B Grade | Speed/Pace | TOD |
| Lap 3 3.3KM | 00:14:26 | 00:14:26 | 01:18:28 | | 32 | 32 | 6 | 13.71 / 04:22 | 11:03:38 |
| Lap 3 6.7KM | 00:15:37 | 00:30:03 | 01:34:05 | | 32 | 32 | 6 | 13.37 / 04:29 | 11:19:15 |
| Lap 3 10KM | 00:15:58 | 00:46:02 | 01:50:04 | Ken McDonald | 32 | 32 | 6 | 13.03 / 04:36 | 11:35:14 |

| Run 4 | | | | | | | | 6.7km | 00:33:29 |
|-------------|----------|------------|-----------|------------------|-----|------|--------------|---------------|----------|
| Location | Split | Run 4 Time | Race Time | Team Member | Pos | Male | Open B Grade | Speed/Pace | TOD |
| Lap 4 3.3KM | 00:16:29 | 00:16:29 | 02:06:33 | | 32 | 32 | 6 | 12.01 / 04:59 | 11:51:43 |
| Lap 4 6.7KM | 00:17:00 | 00:33:29 | 02:23:33 | Evelyn Armstrong | 32 | 32 | 6 | 12 / 04:59 | 12:08:43 |

| Run 5 | | | | | | | | | 10.0km | 00:41:51 |
|-------------|----------|------------|-----------|---------------|-----|------|--------------|---------------|----------|----------|
| Location | Split | Run 5 Time | Race Time | Team Member | Pos | Male | Open B Grade | Speed/Pace | TOD | |
| Lap 5 3.3KM | 00:13:21 | 00:13:21 | 02:36:54 | | 31 | 31 | 5 | 14.82 / 04:02 | 12:22:04 | |
| Lap 5 6.7KM | 00:14:05 | 00:27:26 | 02:51:00 | | 31 | 31 | 5 | 14.65 / 04:05 | 12:36:10 | |
| Lap 5 10KM | 00:14:25 | 00:41:51 | 03:05:25 | Jayden Toomey | 31 | 31 | 5 | 14.33 / 04:11 | 12:50:35 | |

| Run 6 | | | | | | | | | 6.7km | 00:31:48 |
|-------------|----------|------------|-----------|--------------|-----|------|--------------|---------------|----------|----------|
| Location | Split | Run 6 Time | Race Time | Team Member | Pos | Male | Open B Grade | Speed/Pace | TOD | |
| Lap 6 3.3KM | 00:15:16 | 00:15:16 | 03:20:42 | | 31 | 31 | 5 | 12.95 / 04:37 | 13:05:52 | |
| Lap 6 6.7KM | 00:16:31 | 00:31:48 | 03:37:13 | Ian McDonald | 31 | 31 | 5 | 12.64 / 04:44 | 13:22:23 | |

| Run 7 | | | | | | | | | 10.0km | 00:36:26 |
|-------------|----------|------------|-----------|---------------|-----|------|--------------|---------------|----------|----------|
| Location | Split | Run 7 Time | Race Time | Team Member | Pos | Male | Open B Grade | Speed/Pace | TOD | |
| Lap 7 3.3KM | 00:11:31 | 00:11:31 | 03:48:45 | | 20 | 20 | 2 | 17.16 / 03:29 | 13:33:55 | |
| Lap 7 6.7KM | 00:12:21 | 00:23:53 | 04:01:07 | | 20 | 20 | 2 | 16.82 / 03:33 | 13:46:17 | |
| Lap 7 10KM | 00:12:32 | 00:36:26 | 04:13:39 | Leon Miyahara | 21 | 21 | 2 | 16.46 / 03:38 | 13:58:49 | |