

Splits

- [Brown](#)
- [Blue](#)
- [Green](#)
- [Red](#)
- [Orange](#)
- [Yellow](#)
- [White](#)
- [Family / Team](#)

Colour Code - Aberdeen Reservoirs

2015-11-15

Aberdeen Reservoirs

White

name	WONG MAN WAI		WONG SHEUNG YEUNG		YIP HO WANG OWEN		LEUNG YIM TING		LEE WAI MUN		LAU CHEUK NAM	
club												
result	0:32:35		0:44:17		0:47:31		0:50:04		1:09:43		1:38:12	
place	1		2		3		4		5		6	
* Lap time												
S - 1	0:02:22	1	0:03:24	2	0:05:45	4	0:04:41	3	0:07:44	5	0:16:55	6
1 - 2	0:00:59	1	0:06:32	5	0:07:08	6	0:01:59	2	0:02:02	3	0:05:32	4
2 - 3	0:02:48	1	0:06:59	5	0:05:43	3	0:04:59	2	0:06:19	4	0:12:57	6
3 - 4	0:01:30	1	0:01:38	2	0:01:49	3	0:02:25	4	0:02:54	5	0:07:10	6
4 - 5	0:01:32	1	0:02:06	3	0:01:57	2	0:02:41	4	0:02:44	5	0:05:16	6
5 - 6	0:02:13	1	0:03:28	3	0:03:09	2	0:03:36	4	0:14:14	6	0:06:20	5
6 - 7	0:05:10	1	0:07:20	3	0:05:24	2	0:07:43	4	0:09:38	5	0:13:35	6
7 - 8	0:01:48	1	0:02:44	3	0:02:27	2	0:03:46	4	0:05:30	5	0:05:47	6
8 - 9	0:05:49	3	0:03:07	2	0:02:55	1	0:06:35	5	0:06:11	4	0:08:01	6
9 - 10	0:05:14	4	0:02:48	1	0:03:48	2	0:04:16	3	0:06:11	5	0:08:57	6
10 - 11	0:01:53	1	0:03:09	2	0:05:33	5	0:05:04	4	0:04:16	3	0:05:53	6
11 - F	0:01:17	2	0:01:02	1	0:01:53	4	0:02:19	6	0:02:00	5	0:01:49	3
name	WONG MAN WAI		WONG SHEUNG YEUNG		YIP HO WANG OWEN		LEUNG YIM TING		LEE WAI MUN		LAU CHEUK NAM	
* Elapse time												
- 1	0:02:22	1	0:03:24	2	0:05:45	4	0:04:41	3	0:07:44	5	0:16:55	6
- 2	0:03:21	1	0:09:56	4	0:12:53	5	0:06:40	2	0:09:46	3	0:22:27	6
- 3	0:06:09	1	0:16:55	4	0:18:36	5	0:11:39	2	0:16:05	3	0:35:24	6
- 4	0:07:39	1	0:18:33	3	0:20:25	5	0:14:04	2	0:18:59	4	0:42:34	6
- 5	0:09:11	1	0:20:39	3	0:22:22	5	0:16:45	2	0:21:43	4	0:47:50	6
- 6	0:11:24	1	0:24:07	3	0:25:31	4	0:20:21	2	0:35:57	5	0:54:10	6
- 7	0:16:34	1	0:31:27	4	0:30:55	3	0:28:04	2	0:45:35	5	1:07:45	6
- 8	0:18:22	1	0:34:11	4	0:33:22	3	0:31:50	2	0:51:05	5	1:13:32	6
- 9	0:24:11	1	0:37:18	3	0:36:17	2	0:38:25	4	0:57:16	5	1:21:33	6
- 10	0:29:25	1	0:40:06	3	0:40:05	2	0:42:41	4	1:03:27	5	1:30:30	6
- 11	0:31:18	1	0:43:15	2	0:45:38	3	0:47:45	4	1:07:43	5	1:36:23	6
- F	0:32:35	1	0:44:17	2	0:47:31	3	0:50:04	4	1:09:43	5	1:38:12	6
name	WONG MAN WAI		WONG SHEUNG YEUNG		YIP HO WANG OWEN		LEUNG YIM TING		LEE WAI MUN		LAU CHEUK NAM	
* Cruising speed index												
-	68.3		90.5		95.1		120.6		147.9		212.7	
* Mistake ratio												
-	25.7		28.1		29.4		13.3		24.3		23.3	
name	WONG MAN WAI		WONG SHEUNG YEUNG		YIP HO WANG OWEN		LEUNG YIM TING		LEE WAI MUN		LAU CHEUK NAM	
* Leg speed index evaluated from best 3 laps (100=average of best3)												
S - 1	67.9		97.6		165.1		134.4		222.0		485.6	

1 - 2	59.0	392.0	428.0	119.0	122.0	332.0
2 - 3	62.2	155.2	127.0	110.7	140.4	287.8
3 - 4	90.9	99.0	110.1	146.5	175.8	434.3
4 - 5	82.4	112.8	104.8	144.2	146.9	283.0
5 - 6	75.3	117.7	107.0	122.3	483.4	215.1
6 - 7	86.6	122.9	90.5	129.3	161.5	227.7
7 - 8	77.3	117.4	105.3	161.8	236.3	248.4
8 - 9	147.3	78.9	73.8	166.7	156.5	203.0
9 - 10	144.5	77.3	104.9	117.8	170.7	247.1
10 - 11	60.8	101.6	179.0	163.4	137.6	189.8
11 - F	93.1	75.0	136.7	168.1	145.2	131.9
average	89.4	121.5	130.4	137.4	191.3	269.4

name	WONG MAN WAI	WONG SHEUNG YEUNG	YIP HO WANG OWEN	LEUNG YIM TING	LEE WAI MUN	LAU CHEUK NAM
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*** Leg mistake time (negative value=very good)**

S - 1	0:00:01	0:00:15	0:02:26	0:00:29	0:02:35	0:09:30
1 - 2	-0:00:09	0:05:02	0:05:33	-0:00:02	-0:00:26	0:01:59
2 - 3	-0:00:16	0:02:55	0:01:26	-0:00:27	-0:00:20	0:03:23
3 - 4	0:00:22	0:00:08	0:00:15	0:00:26	0:00:28	0:03:39
4 - 5	0:00:16	0:00:25	0:00:11	0:00:26	-0:00:01	0:01:18
5 - 6	0:00:12	0:00:48	0:00:21	0:00:03	0:09:53	0:00:04
6 - 7	0:01:05	0:01:56	-0:00:17	0:00:31	0:00:48	0:00:54
7 - 8	0:00:13	0:00:38	0:00:14	0:00:58	0:02:03	0:00:50
8 - 9	0:03:07	-0:00:27	-0:00:50	0:01:49	0:00:20	-0:00:23
9 - 10	0:02:46	-0:00:29	0:00:21	-0:00:06	0:00:50	0:01:15
10 - 11	-0:00:14	0:00:21	0:02:36	0:01:20	-0:00:19	-0:00:43
11 - F	0:00:21	-0:00:13	0:00:34	0:00:39	-0:00:02	-0:01:07
total	0:08:22	0:12:27	0:13:57	0:06:41	0:16:57	0:22:53

*** Ideal finishing time without mistake**

-	0:24:13	0:31:50	0:33:34	0:43:23	0:52:46	1:15:19
name	WONG MAN WAI	WONG SHEUNG YEUNG	YIP HO WANG OWEN	LEUNG YIM TING	LEE WAI MUN	LAU CHEUK NAM
club						
result	0:32:35	0:44:17	0:47:31	0:50:04	1:09:43	1:38:12
place	1	2	3	4	5	6

