

Overall Results

Ra	M	A	Bi	Name	AG	Cou	Club	10km	13km	5km	21km	Time
Adults												
1	1	1	7	KASPER LAUMANN	M25-		Hildrum	00:31:58	00:42:46	00:15:59	01:12:38	02:43:21
2	2	2	11	KRISTIAN	M25-		RUNAAR	00:39:23	00:50:32	00:17:46	01:25:14	03:12:55
3	3	1	6	KAJ MURAT	M45-			00:38:02	00:54:42	00:21:17	01:36:09	03:30:10
4	4	1	46	FRANK	M55-		TuS Eintracht	00:42:24	00:54:42	00:19:54	01:34:33	03:31:33
5	5	1	56	PAUL SPARROW	M50-		BWFAC	00:44:16	00:57:03	00:21:47	01:36:42	03:39:48
6	6	1	59	JENS ARNE	M60-		Blovstrød	00:48:17	00:55:23	00:21:21	01:36:26	03:41:27
7	7	2	12	GERD SCHELLER	M55-		FreeRadicals	00:41:16	01:00:04	00:21:42	01:41:47	03:44:49
8	1	1	48	TESSA SØRENSEN	F35-3			00:50:09	01:00:56	00:20:55	01:35:34	03:47:34
9	2	1	32	SALLY	F PC			00:45:23	01:02:57	00:22:18	01:40:51	03:51:29
10	3	1	41	WENDY SEALY	F55-5		UK RunChat	00:48:14	01:03:18	00:23:44	01:45:24	04:00:40
11	8	2	20	ANDREW CARTER	M50-		West Cheshire	00:42:29	01:18:45	00:20:07	01:40:00	04:01:21
12	9	1	34	NICK ELFORD	M40-			00:44:01	01:07:35	00:25:13	01:45:10	04:01:59
13	10	2	23	JAMES GLENNIE	M60-		Airdrie Harriers	00:49:01	01:04:02	00:24:14	01:44:47	04:02:04
14	4	1	9	GISELA	F45-4		FreeRadicals	00:48:00	01:02:36	00:24:34	01:47:32	04:02:42
15	5	1	45	MORVEN GLENNIE	F25-2		Airdrie harriers	00:52:51	01:07:08	00:23:25	01:43:50	04:07:14
16	6	2	50	ELISABETH	F25-2		Sparta	00:48:38	01:04:57	00:23:51	01:51:59	04:09:25
17	11	2	52	EDU POLO	M40-			01:07:32	01:06:02	00:21:22	01:41:19	04:16:15
18	12	2	13	ALAN GRANGER	M45-			00:50:22	01:07:20	00:22:56	01:56:17	04:16:55
19	13	3	40	MIKE STAUNTON	M55-		Drogheda &	00:53:07	01:10:29	00:27:53	01:55:22	04:26:51
20	7	1	49	LESLEY	F50-5		Triathlon	00:54:44	01:12:21	00:24:38	02:00:22	04:32:05
21	14	4	61	EMON MARTIN	M55-		Garden City	00:52:42	01:08:40	00:24:06	02:15:05	04:40:33
22	15	1	35	ROY STEVENS	M65-		Lytham St	00:57:08	01:15:19	00:28:43	02:05:37	04:46:47
23	16	5	24	PATRICK MCCABE	M55-		TRM Runners	00:56:39	01:14:36	00:26:32	02:10:40	04:48:27
24	8	2	65	SARAH ROBSON	F45-4		Havering Tri	00:59:22	01:14:02	00:27:40	02:12:44	04:53:48
25	9	2	47	CHRISTINE	F50-5		Triathlon	01:00:57	01:18:15	00:28:45	02:06:36	04:54:33
26	17	6	64	THOMAS ROGERS	M55-		Garden City	00:55:40	01:20:09	00:26:28	02:18:00	05:00:17
27	18	3	55	ANDREW	M50-		Triathlon	00:55:31	01:12:29	00:25:15	02:32:52	05:06:07
28	10	2	25	DORIS KRIMM	F55-5		a más Viento	01:03:45	01:20:32	00:24:45	02:17:23	05:06:25
29	11	3	53	MARIE STAUNTON	F50-5		Drogheda	01:01:33	01:30:06	00:30:53	02:17:39	05:20:11
30	12	1	18	MORNA FLEMING	F65-6		Pitreavie AAC	00:57:52	01:36:20	00:26:23	02:19:38	05:20:13
31	13	3	43	SARAH	F45-4			00:58:28	01:37:23	00:28:14	02:18:19	05:22:24
32	19	7	60	WAYNE AYLOTT	M55-		garden city	01:07:35	01:27:40	00:32:05	02:30:55	05:38:15
33	14	4	14	YVONNE	F45-4			01:04:52	01:33:02	00:30:33	02:37:52	05:46:19
34	20	3	26	PAT HUGGINS	M60-		TRM Runners	01:13:31	01:40:17	00:29:40	02:23:26	05:46:54
35	15	3	38	JANE MILNE	F55-5			01:03:18	01:19:30	00:28:12	02:57:10	05:48:10
36	21	1	29	PETER WENDT	M70-		Kurts kåde	01:08:38	01:34:12	00:34:14	02:34:01	05:51:05
37	22	2	31	TERRY JONES	M65-		Triathlon	01:16:50	01:36:58	00:32:37	02:32:23	05:58:48
38	23	3	4	CARLOS JAVIER	M45-			01:07:47	01:29:30	00:32:39	02:51:08	06:01:04
39	16	2	63	ANNA GILFORD	F35-3			01:15:05	01:42:21	00:32:34	02:46:56	06:16:56
40	17	2	30	ROSEMARIE	F65-6		Triathlon	01:29:58	02:06:18	00:42:00	02:40:26	06:58:42
41	18	3	54	GILLIAN HOLMES	F65-6		Werrington	01:23:50	01:52:21	00:36:05	03:07:56	07:00:12
42	24	4	21	ANTHONY WELCH	M60-		TRM Runners	01:23:13	02:01:40	00:39:08	03:18:03	07:22:04
43	19	4	39	GILLIAN WILSON	F50-5			01:54:23	02:50:32	01:02:01	04:11:19	09:58:15