

Pl	Name	Age Clas	Time	3.0 km 0 m				15 C							
Sprint (36)				1(229)	2(228)	3(140)	4(139)	5(138)	6(137)	7(135)	8(134)	9(133)	10(132)	11(131)	12(130)
				13(230)	14(231)	15(136)	Finish								
1	Angel Iliev AUOC	M21	19:28	0:26	0:48	1:29	2:16	3:01	3:46	5:13	5:58	8:07	8:32	11:00	13:53
				0:26	0:22	0:41	0:47	0:45	0:45	1:27	0:45	2:09	0:25	2:28	2:53
				15:42	17:40	18:34	19:28								
				1:49	1:58	0:54	0:54								
2	Janne Heikkinen AUOC	M21	19:54	0:27	0:50	1:19	2:07	2:54	3:29	4:59	5:50	8:04	8:36	11:16	14:03
				0:27	0:23	0:29	0:48	0:47	0:35	1:30	0:51	2:14	0:32	2:40	2:47
				15:49	17:57	18:54	19:54								
				1:46	2:08	0:57	1:00								
3	Gordon Urquhart GRAMP	M35	20:02	0:36	1:00	1:32	2:17	3:07	3:43	5:12	5:59	8:09	8:36	11:49	14:27
				0:36	0:24	0:32	0:45	0:50	0:36	1:29	0:47	2:10	0:27	3:13	2:38
				16:15	18:14	19:11	20:02								
				1:48	1:59	0:57	0:51								
4	Mark Stockton GRAMP	M35	21:32	0:29	0:54	1:44	2:31	3:35	4:09	5:43	6:31	8:44	9:13	12:39	15:28
				0:29	0:25	0:50	0:47	1:04	0:34	1:34	0:48	2:13	0:29	3:26	2:49
				17:21	19:30	20:31	21:32								
				1:53	2:09	1:01	1:01								
5	Joe Taunton NOC	M21	22:47	0:36	1:03	1:36	2:29	3:22	4:01	5:43	6:41	9:27	9:58	13:16	16:13
				0:36	0:27	0:33	0:53	0:53	0:39	1:42	0:58	2:46	0:31	3:18	2:57
				18:20	20:36	21:45	22:47								
				2:07	2:16	1:09	1:02								
6	Tim Griffin GRAMP	M50	23:39	0:34	1:03	1:40	2:32	3:28	4:07	5:48	6:42	10:16	10:46	13:41	16:53
				0:34	0:29	0:37	0:52	0:56	0:39	1:41	0:54	3:34	0:30	2:55	3:12
				18:51	21:21	22:27	23:39								
				1:58	2:30	1:06	1:12								
7	Josie Gomersall GRAMP	W16	23:42	0:34	1:03	1:39	2:39	3:40	4:20	6:11	7:10	10:19	10:50	13:50	17:12
				0:34	0:29	0:36	1:00	1:01	0:40	1:51	0:59	3:09	0:31	3:00	3:22
				19:06	21:32	22:36	23:42								
				1:54	2:26	1:04	1:06								
8	Evgueni Chepelin GRAMP	M55	23:43	0:34	1:00	2:01	2:51	3:39	4:16	6:03	6:59	9:25	9:54	12:58	17:14
				0:34	0:26	1:01	0:50	0:48	0:37	1:47	0:56	2:26	0:29	3:04	4:16
				19:14	21:42	22:45	23:43								
				2:00	2:28	1:03	0:58								
9	Drew Tivendale GRAMP	M40	24:09	0:31	0:58	3:11	3:55	4:48	5:25	7:06	7:53	10:25	10:57	13:35	16:48
				0:31	0:27	2:13	0:44	0:53	0:37	1:41	0:47	2:32	0:32	2:38	3:13
				19:06	21:19	23:07	24:09								
				2:18	2:13	1:48	1:02								
10	Pete Lawrence GRAMP	M50	24:33	0:41	1:13	1:52	2:55	3:56	4:42	6:35	7:37	10:16	10:55	13:56	17:36
				0:41	0:32	0:39	1:03	1:01	0:46	1:53	1:02	2:39	0:39	3:01	3:40
				19:41	22:18	23:23	24:33								
				2:05	2:37	1:05	1:10								
11	Rob Hickling GRAMP	M60	26:03	0:35	1:20	2:01	2:55	3:53	4:38	6:24	7:33	10:13	10:46	14:32	18:18
				0:35	0:45	0:41	0:54	0:58	0:45	1:46	1:09	2:40	0:33	3:46	3:46
				20:34	23:09	24:21	26:03								
				2:16	2:35	1:12	1:42								
12	William Nicolson INVOC	M40	26:08	0:29	0:54	1:33	2:25	3:28	4:08	5:45	6:27	8:42	10:18	13:48	16:43
				0:29	0:25	0:39	0:52	1:03	0:40	1:37	0:42	2:15	1:36	3:30	2:55
				19:03	21:07	25:07	26:08								
				2:20	2:04	4:00	1:01								
13	Sam Griffin GRAMP	M12	28:06	0:37	1:11	2:03	3:10	4:13	4:59	7:09	8:07	11:14	12:53	16:07	19:44
				0:37	0:34	0:52	1:07	1:03	0:46	2:10	0:58	3:07	1:39	3:14	3:37
				22:21	25:25	27:10	28:06								
				2:37	3:04	1:45	0:56								
14	Bob Sheridan GRAMP	M45	28:12	0:40	1:22	2:31	3:23	4:27	5:08	6:58	7:53	10:41	12:58	16:17	20:17
				0:40	0:42	1:09	0:52	1:04	0:41	1:50	0:55	2:48	2:17	3:19	4:00
				22:43	25:28	26:55	28:12								
				2:26	2:45	1:27	1:17								
15	Claire Tunaley MAROC	W21	29:32	0:38	1:06	1:58	2:56	4:21	4:59	7:09	8:23	11:32	12:21	15:46	20:21
				0:38	0:28	0:52	0:58	1:25	0:38	2:10	1:14	3:09	0:49	3:25	4:35
				24:02	26:53	28:15	29:32								
				3:41	2:51	1:22	1:17								
16	Adrian Will GRAMP	M40	29:55	0:49	1:26	2:24	3:32	5:04	5:50	7:51	8:55	11:57	12:40	16:17	20:54
				0:49	0:37	0:58	1:08	1:32	0:46	2:01	1:04	3:02	0:43	3:37	4:37
				23:57	27:05	28:34	29:55								
				3:03	3:08	1:29	1:21								
17	Lion Budrass AUOC	M21	30:00	0:42	1:15	1:58	3:00	4:05	4:51	7:02	8:10	11:38	12:20	16:30	20:45
				0:42	0:33	0:43	1:02	1:05	0:46	2:11	1:08	3:28	0:42	4:10	4:15
				23:59	27:15	28:45	30:00								
				3:14	3:16	1:30	1:15								
18	David Kirk GRAMP	M45	30:08	0:40	1:13	2:05	3:11	4:34	5:19	7:13	8:17	11:15	11:51	16:04	22:01
				0:40	0:33	0:52	1:06	1:23	0:45	1:54	1:04	2:58	0:36	4:13	5:57
				24:30	27:26	28:34	30:08								
				2:29	2:56	1:08	1:34								
19	Estera Zak IND	W21	30:21	0:42	1:23	3:36	4:38	5:37	6:19	8:19	9:28	12:57	13:41	17:26	22:12
				0:42	0:41	2:13	1:02	0:59	0:42	2:00	1:09	3:29	0:44	3:45	4:46
				25:17	28:10	29:13	30:21								
				3:05	2:53	1:03	1:08								
20	Karen Maxwell RR	W21	30:28	0:44	1:16	2:05	3:10	4:19	5:11	7:23	8:30	12:08	12:51	16:56	21:56
				0:44	0:32	0:49	1:05	1:09	0:52	2:12	1:07	3:38	0:43	4:05	5:00
				24:35	27:42	29:04	30:28								
				2:39	3:07	1:22	1:24								

Pl	Name	Age Clas	Time													
Sprint (36)				3.0 km 0 m			15 C	<i>(cont.)</i>								
				1(229) 13(230)	2(228) 14(231)	3(140) 15(136)	4(139) Finish	5(138)	6(137)	7(135)	8(134)	9(133)	10(132)	11(131)	12(130)	
21	Michaela Kolistanikova AUOC	W21	31:25	0:36	1:07	1:54	2:57	4:01	4:44	6:41	7:54	11:28	12:07	18:49	22:51	
				0:36	0:31	0:47	1:03	1:04	0:43	1:57	1:13	3:34	0:39	6:42	4:02	
				26:09	28:59	30:13	31:25									
22	Rachel Scott GRAMP	W50	31:38	3:18	2:50	1:14	1:12									
				0:42	1:17	2:32	3:42	5:02	5:54	8:18	9:27	13:00	13:48	18:09	22:49	
				0:42	0:35	1:15	1:10	1:20	0:52	2:24	1:09	3:33	0:48	4:21	4:40	
23	Louisa Nimvik AUOC	W21	32:04	25:27	28:36	30:04	31:38									
				2:38	3:09	1:28	1:34									
				0:40	1:14	1:59	3:03	4:09	4:58	7:01	8:15	12:34	13:20	17:19	22:32	
24	Mark Hammonds MAROC	M35	32:46	0:40	0:34	0:45	1:04	1:06	0:49	2:03	1:14	4:19	0:46	3:59	5:13	
				26:16	29:29	30:47	32:04									
				3:44	3:13	1:18	1:17									
25	Kevin Hyland GRAMP	M35	32:57	0:41	1:39	3:24	4:23	5:29	6:18	8:21	9:26	12:40	13:17	19:21	23:46	
				0:41	0:58	1:45	0:59	1:06	0:49	2:03	1:05	3:14	0:37	6:04	4:25	
				26:52	29:56	31:14	32:46									
26	Nigel Robinson GRAMP	M50	32:58	3:06	3:04	1:18	1:32									
				0:38	1:10	3:42	4:53	6:39	7:26	9:26	10:35	14:55	15:37	19:44	24:13	
				0:38	0:32	2:32	1:11	1:46	0:47	2:00	1:09	4:20	0:42	4:07	4:29	
27	Hans Nasmon AUOC	M21	33:38	26:53	30:10	31:29	32:57									
				2:40	3:17	1:19	1:28									
				0:44	1:50	3:00	4:02	5:16	6:05	8:31	9:42	13:31	14:17	18:46	23:32	
28	Christine Goulding BL	W50	36:05	0:44	1:06	1:10	1:02	1:14	0:49	2:26	1:11	3:49	0:46	4:29	4:46	
				27:04	30:09	31:33	32:58									
				3:32	3:05	1:24	1:25									
29	Lucie Hamplova AUOC	W21	37:35	0:38	1:07	1:43	2:39	3:45	4:28	6:25	11:51	15:59	16:50	20:35	25:07	
				0:38	0:29	0:36	0:56	1:06	0:43	1:57	5:26	4:08	0:51	3:45	4:32	
				28:23	31:15	32:39	33:38									
30	Carl Boyd GRAMP	M45	37:45	3:16	2:52	1:24	0:59									
				0:49	1:27	3:05	4:18	5:51	6:42	9:05	10:22	15:23	16:13	23:25	27:35	
				0:49	0:38	1:38	1:13	1:33	0:51	2:23	1:17	5:01	0:50	7:12	4:10	
31	Graham Salway MAROC	M14	38:13	30:31	33:26	34:48	36:05									
				2:56	2:55	1:22	1:17									
				0:44	1:17	2:51	3:51	5:03	5:49	8:10	9:27	13:12	14:41	21:38	26:45	
32	Louise Provan IND	W21	41:06	0:44	0:33	1:34	1:00	1:12	0:46	2:21	1:17	3:45	1:29	6:57	5:07	
				31:41	34:56	36:15	37:35									
				4:56	3:15	1:19	1:20									
33	Magdalena Riedler AUOC	W21	mp	0:39	1:19	2:14	3:34	5:01	5:55	8:25	9:52	13:50	14:37	21:52	27:07	
				0:39	0:40	0:55	1:20	1:27	0:54	2:30	1:27	3:58	0:47	7:15	5:15	
				30:27	34:22	36:06	37:45									
34	Rhona Fraser ESOC/INVOC	W60	mp	3:20	3:55	1:44	1:39									
				0:41	1:14	2:12	3:16	4:38	5:39	7:57	9:11	12:41	13:27	20:26	28:13	
				0:41	0:33	0:58	1:04	1:22	1:01	2:18	1:14	3:30	0:46	6:59	7:47	
35	Olivia Coman GRAMP	W12	dnf	31:21	35:08	36:31	38:13									
				3:08	3:47	1:23	1:42									
				0:44	1:25	5:43	7:09	9:47	10:46	13:33	15:00	21:29	22:16	30:08	----	
36	Robert Daly GRAMP	M55	dnf	3:08	3:47	1:23	1:42									
				1:00	1:44	4:46	6:08	7:44	8:39	11:25	12:41	17:17	18:08	23:21	28:49	
				1:00	0:44	3:02	1:22	1:36	0:55	2:46	1:16	4:36	0:51	5:13	5:28	
37	Magdalena Riedler AUOC	W21	mp	32:20	36:13	38:23	41:06									
				3:31	3:53	2:10	2:43									
				0:36	1:12	----	3:12	4:14	5:00	7:20	8:33	11:59	12:40	16:35	21:30	
38	Rhona Fraser ESOC/INVOC	W60	mp	0:36	0:36	----	2:00	1:02	0:46	2:20	1:13	3:26	0:41	3:55	4:55	
				25:15	28:23	29:48	31:06									
				3:45	3:08	1:25	1:18									
39	Olivia Coman GRAMP	W12	dnf	0:54	1:36	3:19	4:38	6:11	7:06	9:55	11:19	15:28	16:19	26:08	31:20	
				0:54	0:42	1:43	1:19	1:33	0:55	2:49	1:24	4:09	0:51	9:49	5:12	
				34:57	38:33	----	41:56									
40	Robert Daly GRAMP	M55	dnf	3:37	3:36	----	3:23									
				0:44	1:25	5:43	7:09	9:47	10:46	13:33	15:00	21:29	22:16	30:08	----	
				0:44	0:41	4:18	1:26	2:38	0:59	2:47	1:27	6:29	0:47	7:52		
41	Robert Daly GRAMP	M55	dnf	----	----	----	49:56									
				0:54	1:31	2:37	3:42	5:14	6:06	8:39	9:42	13:24	14:01	17:56	----	
				0:54	0:37	1:06	1:05	1:32	0:52	2:33	1:03	3:42	0:37	3:55		