

Hart Sprint Triathlon - 2nd May 2011 - 400m/20km

Finish Status	Pos	Name	Cat	Race No	Time	Club	Swim	Swim Pace	Swim Pos	Cycle	Cycle Pace
Finished	1	Ian White	M45	16	00:57:24	Farnham Tri	00:07:00	1:45 sec/100m	64	00:30:15	23.8 m/hr
Finished	2	Adam Moore	M0	509	00:58:07		00:05:59	1:29 sec/100m	15	00:31:44	22.7 m/hr
Finished	3	Paul Ashley	M35	505	00:58:30		00:06:26	1:36 sec/100m	29	00:32:54	21.9 m/hr
Finished	4	Nick Harris	M0	465	00:58:56		00:04:57	1:14 sec/100m	1	00:33:40	21.4 m/hr
Finished	5	Kris Rush	M0	5	00:59:02	Farnham Tri	00:06:01	1:30 sec/100m	18	00:32:16	22.3 m/hr
Finished	6	Robert Hunter	M40	9	00:59:33	Farnham Tri	00:05:39	1:24 sec/100m	8	00:31:51	22.6 m/hr
Finished	7	Callum Hughes	M0	12	00:59:50	Tri20	00:06:51	1:42 sec/100m	51	00:32:07	22.4 m/hr
Finished	8	Alex Scott	M35	18	00:59:55	TVT	00:05:54	1:28 sec/100m	13	00:33:09	21.7 m/hr
Finished	9	Richard Brocks	M40	15	01:00:07	Farnham Tri	00:05:24	1:21 sec/100m	4	00:32:43	22.0 m/hr
Finished	10	Jason Harris	M35	22	01:00:12	Farnham Tri	00:06:18	1:34 sec/100m	26	00:34:03	21.1 m/hr
Finished	11	Sharkie Jaqqard	M40	14	01:00:18	TVT	00:06:17	1:34 sec/100m	25	00:32:19	22.3 m/hr
Finished	12	Neil Cooper	M0	13	01:01:10	TVT	00:05:32	1:23 sec/100m	7	00:31:37	22.8 m/hr
Finished	13	Marius Kwint	M45	37	01:01:18	Southampton Tri	00:06:46	1:41 sec/100m	47	00:34:16	21.0 m/hr
Finished	14	Kevin Barley	M40	58	01:01:30		00:06:07	1:31 sec/100m	20	00:33:57	21.2 m/hr
Finished	15	Matthew Jolly	M0	84	01:01:57	Portsmouth Tri	00:07:44	1:56 sec/100m	137	00:33:43	21.3 m/hr
Finished	16	Chris Birch	M0	25	01:01:57	East street cycles	00:08:39	2:09 sec/100m	244	00:32:02	22.5 m/hr
Finished	17	Ken Buckley	M0	45	01:02:08		00:07:13	1:48 sec/100m	94	00:31:19	23.0 m/hr
Finished	18	Warren Jesse	M35	33	01:02:29		00:06:53	1:43 sec/100m	55	00:33:21	21.6 m/hr
Finished	19	Lucy Chittenden	F0	2	01:02:37	Farnham Tri	00:05:27	1:21 sec/100m	5		
Finished	20	Adrian Wybrett	M35	93	01:02:40		00:06:10	1:32 sec/100m	22	00:33:54	21.2 m/hr
Finished	21	Robert Pettingell	M45	67	01:02:50	CATS	00:07:09	1:47 sec/100m	79	00:33:32	21.5 m/hr
Finished	22	Joel Winner	M35	490	01:03:13		00:05:04	1:16 sec/100m	2	00:34:39	20.8 m/hr
Finished	23	Mark Taylor	M35	64	01:03:26	Army Tri	00:06:50	1:42 sec/100m	50	00:34:39	20.8 m/hr
Finished	24	Tom Wyles	M0	467	01:03:27		00:06:57	1:44 sec/100m	59	00:34:12	21.0 m/hr
Finished	25	Klass Thibaut	M0	46	01:03:44	Lollepotters	00:07:49	1:57 sec/100m	146	00:33:53	21.2 m/hr
Finished	26	Kirsty Scott	F0	30	01:03:56	TVT	00:06:28	1:37 sec/100m	31	00:36:13	19.9 m/hr
Finished	27	Duncan Laurie-Pile	M35	504	01:03:57		00:06:41	1:40 sec/100m	41	00:36:33	19.7 m/hr
Finished	28	Gary Kinrade	M45	62	01:04:06	Farnham Tri	00:06:29	1:37 sec/100m	32	00:34:11	21.1 m/hr
Finished	29	Win Van Dyck	M0	77	01:04:10	Lollepotters	00:06:58	1:44 sec/100m	60	00:34:56	20.6 m/hr
Finished	30	James Long	M35	8	01:04:11	Farnham Tri	00:05:45	1:26 sec/100m	9	00:35:46	20.1 m/hr

Finished	31	Aston Nicholls	M0	11	01:04:13	Team Kennet	00:06:00	1:30 sec/100m	17	00:35:59	20.0 m/hr
Finished	32	Andrew Tomkins	M0	227	01:04:15	Farnham Tri	00:06:36	1:39 sec/100m	36	00:35:02	20.6 m/hr
Finished	33	Mark Griffiths	M0	43	01:04:24	Chester Tri	00:07:12	1:48 sec/100m	88	00:36:48	19.6 m/hr
Finished	34	Alex Golding	M0	76	01:04:34	TVT	00:07:05	1:46 sec/100m	74	00:35:02	20.5 m/hr
Finished	35	Alistair Oakley	M50	147	01:04:40	TVT	00:08:12	2:03 sec/100m	199	00:34:46	20.7 m/hr
Finished	36	Nic Harker	M35	63	01:04:40	Farnham Tri	00:07:10	1:47 sec/100m	82	00:35:51	20.1 m/hr
Finished	37	Paul Mason	M45	479	01:04:52		00:07:02	1:45 sec/100m	67	00:35:57	20.0 m/hr
Finished	38	Kris Laurijssens	M40	123	01:04:59	Lollepotters	00:07:23	1:50 sec/100m	109	00:34:42	20.7 m/hr
Finished	39	Richard Usher	M35	82	01:05:32	TVT	00:07:02	1:45 sec/100m	66	00:37:14	19.3 m/hr
Finished	40	Darrell Robins	m45	55	01:05:36	TVT	00:07:00	1:45 sec/100m	63	00:35:02	20.5 m/hr
Finished	41	Richard Dunbabin	M50	59	01:05:53	Oxford Tri	00:07:00	1:45 sec/100m	62	00:35:54	20.1 m/hr
Finished	42	Leigh Saunders	M0	371	01:06:04	Farnham Tri	00:06:45	1:41 sec/100m	44	00:37:32	19.2 m/hr
Finished	43	Mark Richardson	M40	57	01:06:22	Farnham Tri	00:07:09	1:47 sec/100m	80	00:33:37	21.4 m/hr
Finished	44	Simon Vaughan	M0	27	01:06:28	Farnham Tri	00:06:59	1:44 sec/100m	61	00:36:46	19.6 m/hr
Finished	45	Derek McCarthy	M45	81	01:07:19	TVT	00:08:50	2:12 sec/100m	263	00:35:50	20.1 m/hr
Finished	46	Chris Shasratt	M0	3	01:07:19		00:05:49	1:27 sec/100m	12	00:37:15	19.3 m/hr
Finished	47	Steve Crossley	M45	502	01:07:24		00:06:52	1:43 sec/100m	54	00:37:05	19.4 m/hr
Finished	48	Benjamin Lewis	M0	72	01:07:27	CATS	00:07:22	1:50 sec/100m	107	00:36:55	19.5 m/hr
Finished	49	Simon Bishop	M35	153	01:07:31		00:07:10	1:47 sec/100m	81	00:35:54	20.1 m/hr
Finished	50	Gareth Anderson	M40	113	01:07:32	CATS	00:06:46	1:41 sec/100m	45	00:35:36	20.2 m/hr
Finished	51	Mark Simms	M35	234	01:07:38		00:08:43	2:10 sec/100m	253	00:36:32	19.7 m/hr
Finished	52	Nicholas Timmins	M0	17	01:07:59	Farnham Tri	00:06:11	1:32 sec/100m	23	00:37:56	19.0 m/hr
Finished	53	Shaun Pritchard	M35	448	01:08:08		00:06:56	1:44 sec/100m	58	00:37:09	19.4 m/hr
Finished	54	Bill Watson	M45	496	01:08:13		00:08:20	2:05 sec/100m	214	00:36:26	19.8 m/hr
Finished	55	Simon Fletcher	M40	56	01:08:15	Farnham Tri	00:06:00	1:30 sec/100m	16	00:38:25	18.7 m/hr
Finished	56	David Arthur	M45	199	01:08:31		00:08:28	2:07 sec/100m	223	00:37:09	19.4 m/hr
Finished	57	Mat Shaylor	M35	79	01:08:42		00:07:14	1:48 sec/100m	95	00:40:05	18.0 m/hr
Finished	58	Mark Norsworthy	M45	73	01:08:50	Farnham Tri	00:07:21	1:50 sec/100m	106	00:37:37	19.1 m/hr
Finished	59	John Abson	M45	24	01:08:57		00:06:44	1:41 sec/100m	43	00:35:50	20.1 m/hr
Finished	60	Katherine Fee	F0	181	01:08:58		00:10:00	2:30 sec/100m	336	00:48:10	14.9 m/hr
Finished	61	John Templton	M45	228	01:09:01	Farnham Tri	00:08:38	2:09 sec/100m	240	00:38:38	18.6 m/hr
Finished	62	David Wyatt	M40	92	01:09:05	Farnham Tri	00:07:33	1:53 sec/100m	121	00:36:56	19.5 m/hr
Finished	63	Paul Hinxman	M35	34	01:09:13		00:06:42	1:40 sec/100m	42	00:36:49	19.5 m/hr
Finished	64	Phillip Crouch	M55	148	01:09:14	High Wycombe cc	00:08:30	2:07 sec/100m	229	00:35:13	20.4 m/hr
Finished	65	Russell Swart	M40	498	01:09:18		00:07:04	1:46 sec/100m	71	00:38:47	18.6 m/hr
Finished	66	David Tiplady	M40	141	01:09:30	Farnham Tri	00:07:02	1:45 sec/100m	68	00:36:57	19.5 m/hr

Finished	67	Andrew Waddington	M45	235	01:09:33	BRIDGTOWN CONA TESTA TRI TEAM	00:08:28	2:07 sec/100m	225	00:39:24	18.3 m/hr
Finished	68	Darren Wood	M0	29	01:09:41	Hart RR	00:06:33	1:38 sec/100m	33	00:41:24	17.4 m/hr
Finished	69	Jan Boeckx	M0	174	01:09:43	Lollepotters	00:09:33	2:23 sec/100m	313	00:36:27	19.7 m/hr
Finished	70	Ian Tait	M40	500	01:09:48		00:07:24	1:51 sec/100m	111	00:38:47	18.6 m/hr
Finished	71	Stephen Mcgeown	M0	450	01:09:48		00:07:44	1:56 sec/100m	136	00:39:12	18.4 m/hr
Finished	72	Graham Parrett	M45	169	01:09:51	Portsmouth Tri	00:10:16	2:34 sec/100m	351	00:37:04	19.4 m/hr
Finished	73	Alasdar Marnoch	M45	184	01:09:54	Reading RR	00:08:12	2:03 sec/100m	197	00:39:10	18.4 m/hr
Finished	74	Alistair Weir	M50	107	01:09:55	TVT	00:07:18	1:49 sec/100m	102	00:38:16	18.8 m/hr
Finished	75	Henry Gibbons	M0	60	01:09:56	Hart SC	00:05:27	1:21 sec/100m	6	00:37:22	19.3 m/hr
Finished	76	Paul Manning	M0	115	01:09:58	Farnham Tri	00:07:53	1:58 sec/100m	153	00:39:23	18.3 m/hr
Finished	77	Nigel Parker	M50	312	01:10:10	Basingstoke Tri	00:09:10	2:17 sec/100m	293	00:36:33	19.7 m/hr
Finished	78	Jason Chapman	M40	268	01:10:22		00:07:48	1:57 sec/100m	144	00:37:33	19.2 m/hr
Finished	79	Adrian Turner	M40	112	01:10:23		00:07:48	1:57 sec/100m	143	00:37:49	19.0 m/hr
Finished	80	Michael Billups	M50	48	01:10:24	Farnham Tri	00:06:38	1:39 sec/100m	38	00:39:16	18.3 m/hr
Finished	81	James Whelan	M37	483	01:10:26		00:07:08	1:47 sec/100m	78	00:38:34	18.7 m/hr
Finished	82	Chris Beardmoore	M40	97	01:10:31	Farnham Tri	00:08:53	2:13 sec/100m	268	00:37:19	19.3 m/hr
Finished	83	Steve George	M50	218	01:10:32	Farnham Tri	00:08:29	2:07 sec/100m	227	00:37:47	19.1 m/hr
Finished	84	Paul Seuke	M0	44	01:10:36		00:08:19	2:04 sec/100m	212	00:39:13	18.4 m/hr
Finished	85	Luke Barrett	M0	23	01:10:37		00:05:49	1:27 sec/100m	10	00:40:46	17.7 m/hr
Finished	86	Philip Rose	M40	229	01:10:38	CATS	00:07:58	1:59 sec/100m	167	00:39:58	18.0 m/hr
Finished	87	Mark Davidson	M40	99	01:10:38	Farnham Tri	00:07:01	1:45 sec/100m	65	00:38:43	18.6 m/hr
Finished	88	John Phillips	M45	129	01:10:42	DMVAC	00:07:40	1:55 sec/100m	128	00:37:46	19.1 m/hr
Finished	89	Ted Hamilton	M60	120	01:10:43	Hillingdon Tri	00:07:32	1:53 sec/100m	118	00:38:32	18.7 m/hr
Finished	90	Andrew Fay	M50	370	01:10:47	Dorking & Mole	00:08:44	2:11 sec/100m	254	00:39:31	18.2 m/hr
Finished	91	Julia Hodkinson	F50	105	01:10:53	BTS	00:07:28	1:52 sec/100m	114	00:37:48	19.0 m/hr
Finished	92	David Neave	M45	78	01:10:54		00:07:05	1:46 sec/100m	72	00:39:23	18.3 m/hr
Finished	93	Bobby Buck	M0	180	01:10:57	Jo`s Tri	00:08:01	2:00 sec/100m	172	00:38:33	18.7 m/hr
Finished	94	Johnathan Chadwick	M40	250	01:11:02	CATS	00:08:22	2:05 sec/100m	219	00:38:30	18.7 m/hr
Finished	95	William Gallon	M50	239	01:11:07	FarnhamTri	00:09:23	2:20 sec/100m	301	00:37:22	19.3 m/hr
Finished	96	Susan Parker	F0	243	01:11:18	NHRC	00:07:54	1:58 sec/100m	155	00:39:45	18.1 m/hr
Finished	97	Steve March	M45	137	01:11:22	Farnham Tri	00:08:17	2:04 sec/100m	207	00:39:29	18.2 m/hr
Finished	98	Mark Moss	M45	80	01:11:26	Esporta	00:07:05	1:46 sec/100m	73	00:38:07	18.9 m/hr
Finished	99	Martin Halley	M45	257	01:11:33		00:09:39	2:24 sec/100m	317	00:37:53	19.0 m/hr
Finished	100	K Davies	M0	485	01:11:36		00:05:09	1:17 sec/100m	3	00:37:25	19.2 m/hr
Finished	101	Kieran Feetham	M0	198	01:11:37		00:06:40	1:40 sec/100m	40	00:39:17	18.3 m/hr

Finished	102	Gope Walker	M35	478	01:11:39							
Finished	103	Martin Hopwood	M50	474	01:11:40		00:07:07	1:46 sec/100m	76	00:39:20	18.3 m/hr	
Finished	104	Amy Butler	F0	94	01:11:44	Chester Tri	00:07:10	1:47 sec/100m	83	00:38:19	18.8 m/hr	
Finished	105	Jamie Rossiter	M45	119	01:11:45	TVT	00:07:35	1:53 sec/100m	123	00:39:09	18.4 m/hr	
Finished	106	Andrea Sharpe	F0	68	01:11:47	TVT	00:06:49	1:42 sec/100m	48	00:39:57	18.0 m/hr	
Finished	107	Martin Long	M55	150	01:11:50		00:07:42	1:55 sec/100m	130	00:39:09	18.4 m/hr	
Finished	108	Jeremy Burgess	M45	41	01:11:50	Andover Tri	00:06:49	1:42 sec/100m	49	00:41:50	17.2 m/hr	
Finished	109	Ewan Hewertson	M0	121	01:11:51	TVT	00:07:41	1:55 sec/100m	129	00:40:12	17.9 m/hr	
Finished	110	Shane Antill	M40	468	01:12:01		00:07:22	1:50 sec/100m	108	00:41:32	17.3 m/hr	
Finished	111	Hennie Stapelburg	M40	156	01:12:06	Plentagon Players						
Finished	112	Danny Baker	M0	6	01:12:06		00:05:49	1:27 sec/100m	11	00:40:39	17.7 m/hr	
Finished	113	Philp Mason	M0	284	01:12:13	Berks Tri	00:06:02	1:30 sec/100m	19	00:42:09	17.1 m/hr	
Finished	114	Steve Crosby Jones	M0	456	01:12:18		00:07:50	1:57 sec/100m	148	00:40:49	17.6 m/hr	
Finished	115	Richard Drayton	M0	503	01:12:19		00:08:11	2:02 sec/100m	193	00:41:54	17.2 m/hr	
Finished	116	Ian Wheatley	M35	295	01:12:21		00:08:05	2:01 sec/100m	180	00:40:30	17.8 m/hr	
Finished	117	Andrew Smith	M40	50	01:12:28	TVT	00:07:12	1:48 sec/100m	87	00:38:08	18.9 m/hr	
Finished	118	Paul Newell	M45	249	01:12:29	CATS	00:08:35	2:08 sec/100m	237	00:38:51	18.5 m/hr	
Finished	119	Carl Beetham	M45	131	01:12:32		00:08:11	2:02 sec/100m	195	00:40:49	17.6 m/hr	
Finished	120	Andrew Sworn	M40	231	01:12:34	Hart RR	00:08:37	2:09 sec/100m	239	00:39:17	18.3 m/hr	
Finished	121	Kieran Golding	M0	127	01:12:35	Swindon Harriers	00:07:47	1:56 sec/100m	141	00:40:31	17.8 m/hr	
Finished	122	David Ellis	M35	281	01:12:42		00:09:03	2:15 sec/100m	285	00:38:06	18.9 m/hr	
Finished	123	Chris King	M45	309	01:12:43	Farnham Tri	00:07:25	1:51 sec/100m	112	00:38:57	18.5 m/hr	
Finished	124	Russell Hodgson	M35	39	01:12:48		00:06:23	1:35 sec/100m	27	00:39:44	18.1 m/hr	
Finished	125	Tim Clover	M40	102	01:12:57		00:08:07	2:01 sec/100m	183	00:40:22	17.8 m/hr	
Finished	126	Helen Garforth	F35	185	01:13:00	TVT	00:08:20	2:05 sec/100m	213	00:41:12	17.5 m/hr	
Finished	127	Rob Grande	M55	224	01:13:07	Farnham Tri	00:08:13	2:03 sec/100m	200	00:40:20	17.9 m/hr	
Finished	128	Christopher Oglvie Thompson	M50	31	01:13:08	Farnham Tri	00:06:54	1:43 sec/100m	56	00:40:35	17.7 m/hr	
Finished	129	Tim Pegg	M50	130	01:13:12		00:09:26	2:21 sec/100m	306	00:38:56	18.5 m/hr	
Finished	130	Simon Bond	M45	104	01:13:17	Basingstoke Tri	00:08:21	2:05 sec/100m	216	00:39:36	18.2 m/hr	
Finished	131	Mark Gardiner	M50	145	01:13:20	CATS	00:08:05	2:01 sec/100m	179	00:43:34	16.5 m/hr	
Finished	132	Geoff Hancox	M0	35	01:13:26	Fanham Tri	00:07:54	1:58 sec/100m	154	00:39:42	18.1 m/hr	
Finished	133	Nick Swailor	M0	445	01:13:27		00:07:19	1:49 sec/100m	103	00:42:25	17.0 m/hr	
Finished	134	Rob Bowen	M35	259	01:13:39		00:07:59	1:59 sec/100m	169	00:38:20	18.8 m/hr	
Finished	135	Damien Bailey	M35	462	01:13:48		00:07:57	1:59 sec/100m	164	00:41:24	17.4 m/hr	
Finished	136	Kevin Frisby	M45	159	01:13:54	Wessex Tri	00:08:06	2:01 sec/100m	182	00:40:19	17.9 m/hr	
Finished	137	Pam Buttifant	F0	488	01:13:54		00:07:31	1:52 sec/100m	117	00:39:53	18.1 m/hr	

Finished	138	Simon Worthington	M45	189	01:14:00	VR Meudon	00:07:13	1:48 sec/100m	91	00:38:12	18.8 m/hr
Finished	139	Steve Wallace	M40	124	01:14:03	Farnham Tri	00:08:41	2:10 sec/100m	248	00:39:43	18.1 m/hr
Finished	140	Mike Williams	M0	190	01:14:11	TVT	00:08:35	2:08 sec/100m	235	00:41:58	17.2 m/hr
Finished	141	Rob Colborne	M35	481	01:14:15		00:07:10	1:47 sec/100m	84	00:43:35	16.5 m/hr
Finished	142	Patrick Kevelaerts	M50	117	01:14:16	Lollepotters	00:10:01	2:30 sec/100m	337	00:39:52	18.1 m/hr
Finished	143	Stephen Baron	M35	101	01:14:21		00:07:56	1:59 sec/100m	159	00:41:05	17.5 m/hr
Finished	144	Matthew Hoile	M0	90	01:14:22		00:06:51	1:42 sec/100m	53	00:41:29	17.4 m/hr
Finished	145	Ian Bromley	M45	95	01:14:23	Farnham Tri	00:08:13	2:03 sec/100m	201	00:38:39	18.6 m/hr
Finished	146	Andrea Merritt	F45	70	01:14:24	Farnham Tri	00:06:34	1:38 sec/100m	34	00:40:17	17.9 m/hr
Finished	147	Oliver Sell	M35	193	01:14:26		00:06:51	1:42 sec/100m	52	00:41:23	17.4 m/hr
Finished	148	John Pocock	M50	497	01:14:31		00:07:33	1:53 sec/100m	120	00:40:09	17.9 m/hr
Finished	149	Tom Marks	M40	51	01:14:33		00:06:39	1:39 sec/100m	39	00:41:38	17.3 m/hr
Finished	150	Tom Breetham	M0	452	01:14:39		00:08:13	2:03 sec/100m	203	00:44:03	16.3 m/hr
Finished	151	Stephen Roberts	M45	238	01:14:46	Plentagon Players	00:07:27	1:51 sec/100m	113	00:40:08	17.9 m/hr
Finished	152	Dan James	M0	203	01:14:47		00:07:13	1:48 sec/100m	93	00:40:23	17.8 m/hr
Finished	153	Joanne Edwards	F0	65	01:14:52	TVT	00:06:46	1:41 sec/100m	46	00:41:50	17.2 m/hr
Finished	154	Andrew Burton-Thorne	M40	142	01:14:53	Alton Runners	00:08:18	2:04 sec/100m	210	00:40:23	17.8 m/hr
Finished	155	Steven Marnier	M35	453	01:15:01		00:10:53	2:43 sec/100m	371	00:39:44	18.1 m/hr
Finished	156	Tony Bailey	M0	196	01:15:06	TVT	00:07:51	1:57 sec/100m	149	00:40:01	18.0 m/hr
Finished	157	Paul Graham	M35	144	01:15:14		00:08:07	2:01 sec/100m	186	00:41:35	17.3 m/hr
Finished	158	David Nash	M65+	298	01:15:22	East Grinstead Tri	00:08:54	2:13 sec/100m	270	00:39:09	18.4 m/hr
Finished	159	Jo Locher	F35	458	01:15:24		00:07:43	1:55 sec/100m	135	00:43:00	16.7 m/hr
Finished	160	Kathryn Rossiter	F40	111	01:15:27	TVT	00:07:37	1:54 sec/100m	126	00:38:19	18.8 m/hr
Finished	161	Claire Gaunt	F0	110	01:15:28	Farnham Tri	00:07:38	1:54 sec/100m	127	00:40:06	18.0 m/hr
Finished	162	Susan Beacham	F0	197	01:15:31	TVT	00:07:46	1:56 sec/100m	140	00:40:48	17.6 m/hr
Finished	163	Neil Tolfrey	M45	217	01:15:33	Portsmouth Tri	00:08:11	2:02 sec/100m	196	00:41:44	17.2 m/hr
Finished	164	Chris Roberts	M50	126	01:15:37	Farnham Tri	00:08:26	2:06 sec/100m	222	00:39:29	18.2 m/hr
Finished	165	Angela Beckwith	F0	21	01:15:37	TVT	00:05:55	1:28 sec/100m	14	00:42:55	16.8 m/hr
Finished	166	Brian White	M40	236	01:15:38		00:09:30	2:22 sec/100m	310	00:39:16	18.3 m/hr
Finished	167	Gavin Hook	M40	205	01:15:53	Farnham Tri	00:09:22	2:20 sec/100m	300	00:39:32	18.2 m/hr
Finished	168	Stephen Flood	M35	208	01:16:11		00:07:58	1:59 sec/100m	166	00:43:51	16.4 m/hr
Finished	169	Jo Lewis	F55	108	01:16:13	Hillingdon Tri	00:08:20	2:05 sec/100m	215	00:40:31	17.8 m/hr
Finished	170	Bruce Korican	M45	106	01:16:16	Farnham Tri	00:07:11	1:47 sec/100m	86	00:37:57	19.0 m/hr
Finished	171	James Kezlik	M0	157	01:16:16	Plentagon Players	00:09:00	2:15 sec/100m	280	00:42:06	17.1 m/hr
Finished	172	Ian Keys	M50	252	01:16:29	CATS	00:07:44	1:56 sec/100m	138	00:44:25	16.2 m/hr

Finished	173	Dale Askew	M0	346	01:16:30		00:08:36	2:09 sec/100m	238	00:43:19	16.6 m/hr
Finished	174	Carl Bradshaw	M45	323	01:16:31	Sandhurst Joggers	00:10:02	2:30 sec/100m	340	00:43:31	16.5 m/hr
Finished	175	Jonathan Thorn	M35	489	01:16:35		00:08:11	2:02 sec/100m	194	00:42:23	17.0 m/hr
Finished	176	Douglas Elvidge	M0	367	01:16:36		00:08:21	2:05 sec/100m	218	00:44:06	16.3 m/hr
Finished	177	Charlotte Craig	F45	168	01:16:39	Dorking&Mole	00:07:43	1:55 sec/100m	133	00:42:07	17.1 m/hr
Finished	178	Debbie Beale	F0	220	01:16:44		00:07:57	1:59 sec/100m	163	00:42:19	17.0 m/hr
Finished	179	Jonathan Mathew	M35	143	01:16:45		00:07:20	1:50 sec/100m	105	00:42:55	16.8 m/hr
Finished	180	Linda Worsfield	F45	165	01:16:45	North Hants cc	00:07:33	1:53 sec/100m	119	00:41:58	17.2 m/hr
Finished	181	Andrew Heaton	M45	264	01:16:46	Nuffield	00:08:03	2:00 sec/100m	174	00:41:03	17.5 m/hr
Finished	182	Paul Crate	M0	476	01:16:51		00:07:30	1:52 sec/100m	116	00:41:01	17.6 m/hr
Finished	183	Neil Forsyth	M45	315	01:16:53		00:08:34	2:08 sec/100m	233	00:42:22	17.0 m/hr
Finished	184	Neil Daley	M35	434	01:16:53	Farnham Tri	00:08:33	2:08 sec/100m	232	00:42:03	17.1 m/hr
Finished	185	David Bingham	M40	133	01:17:00		00:07:55	1:58 sec/100m	157	00:42:27	17.0 m/hr
Finished	186	Peter Belsey	M0	495	01:17:06		00:09:05	2:16 sec/100m	289	00:43:12	16.7 m/hr
Finished	187	Chloe Bond	F0	32	01:17:12	Basingstoke Tri	00:06:14	1:33 sec/100m	24	00:43:01	16.7 m/hr
Finished	188	John Hayes	M50	306	01:17:15		00:08:44	2:11 sec/100m	255	00:41:25	17.4 m/hr
Finished	189	Matthew Berry	M35	47	01:17:19		00:06:37	1:39 sec/100m	37	00:42:53	16.8 m/hr
Finished	190	Chris Walter	M0	87	01:17:25		00:07:03	1:45 sec/100m	69	00:42:30	16.9 m/hr
Finished	191	Noel Coloe	M45	484	01:17:27		00:09:53	2:28 sec/100m	333	00:40:24	17.8 m/hr
Finished	192	Stephen Pearce	M45	248	01:17:28	Farnham Tri	00:07:15	1:48 sec/100m	98	00:43:35	16.5 m/hr
Finished	193	Derek Bardsley	M50	54	01:17:37	TVT	00:10:05	2:31 sec/100m	342	00:39:23	18.3 m/hr
Finished	194	Sean Sutcliffe	M45	436	01:17:41		00:10:32	2:38 sec/100m	357	00:43:19	16.6 m/hr
Finished	195	Ian Knight	M45	212	01:17:45		00:08:07	2:01 sec/100m	185	00:42:48	16.8 m/hr
Finished	196	Catherine Harkes	F35	98	01:17:46	Farnham Tri	00:07:15	1:48 sec/100m	99	00:42:19	17.0 m/hr
Finished	197	Morgan Simpson	M0	463	01:17:54		00:08:38	2:09 sec/100m	243	00:42:35	16.9 m/hr
Finished	198	Martin Broknell	M45	230	01:17:55		00:07:24	1:51 sec/100m	110	00:42:16	17.0 m/hr
Finished	199	Andrew Pickup	M50	53	01:17:57	Farnham Tri	00:07:13	1:48 sec/100m	92	00:40:59	17.6 m/hr
Finished	200	Katherine Sharp	F0	69	01:17:58		00:06:25	1:36 sec/100m	28	00:44:37	16.1 m/hr
Finished	201	John Nicholson	M55	206	01:18:03	Farnham Tri	00:11:14	2:48 sec/100m	387	00:40:37	17.7 m/hr
Finished	202	Robert Docker	M0	493	01:18:04		00:08:09	2:02 sec/100m	191	00:46:07	15.6 m/hr
Finished	203	Mick Savage	M45	170	01:18:05	Farnham Tri	00:09:05	2:16 sec/100m	287	00:42:25	17.0 m/hr
Finished	204	Simon Callow	M45	247	01:18:05	CATS	00:08:01	2:00 sec/100m	170	00:42:35	16.9 m/hr
Finished	205	Sue Banks	F0	222	01:18:14		00:08:29	2:07 sec/100m	226	00:43:41	16.5 m/hr
Finished	206	Mark James	M35	491	01:18:15		00:08:23	2:05 sec/100m	220	00:41:32	17.3 m/hr
Finished	207	Allen Kirby	M50	329	01:18:17	Sandhurst Joggers	00:11:15	2:48 sec/100m	388	00:42:23	17.0 m/hr
Finished	208	Luke Gardiner	M0	318	01:18:18	CATS	00:07:42	1:55 sec/100m	131	00:43:31	16.5 m/hr

Finished	209	David Copping	M40	161	01:18:18	CATS	00:08:05	2:01 sec/100m	177	00:43:30	16.6 m/hr
Finished	210	Carlton Greener	M45	75	01:18:21		00:07:06	1:46 sec/100m	75	00:44:32	16.2 m/hr
Finished	211	Sam Bennett	M0	361	01:18:23		00:07:10	1:47 sec/100m	85	00:42:20	17.0 m/hr
Finished	212	Sharon White	F0	138	01:18:29		00:08:07	2:01 sec/100m	188	00:43:41	16.5 m/hr
Finished	213	Ivan Taylor	M40	461	01:18:46		00:07:28	1:52 sec/100m	115	00:39:33	18.2 m/hr
Finished	214	Adam Turner	M35	146	01:18:49		00:08:14	2:03 sec/100m	204	00:43:13	16.7 m/hr
Finished	215	Paul Clarke	M50	274	01:18:52	CATS	00:08:54	2:13 sec/100m	272	00:40:30	17.8 m/hr
Finished	216	Tony Fogarty	M40	294	01:18:52		00:11:25	2:51 sec/100m	391	00:43:21	16.6 m/hr
Finished	217	Tony Baxter	M40	216	01:18:58	Farnham Tri	00:09:11	2:17 sec/100m	294	00:41:24	17.4 m/hr
Finished	218	Lindsay Bamford	F45	301	01:18:59	Farnham Tri	00:08:42	2:10 sec/100m	251	00:43:28	16.6 m/hr
Finished	219	Philip Hennequin	M40	451	01:18:59		00:09:05	2:16 sec/100m	288	00:43:32	16.5 m/hr
Finished	220	Mel Kirk	F0	163	01:19:09		00:08:30	2:07 sec/100m	230	00:43:42	16.5 m/hr
Finished	221	Helen Kennedy	F50	209	01:19:14	Farnham Tri	00:08:53	2:13 sec/100m	269	00:42:31	16.9 m/hr
Finished	222	Helen Rossiter	F0	10	01:19:22	Hart RR	00:08:18	2:04 sec/100m	209	00:42:03	17.1 m/hr
Finished	223	David Stone	M0	276	01:19:23		00:09:14	2:18 sec/100m	297	00:44:39	16.1 m/hr
Finished	224	Ian Robb	M40	379	01:19:28		00:10:50	2:42 sec/100m	370	00:43:41	16.5 m/hr
Finished	225	Chris Lowes	M45	270	01:19:29		00:09:52	2:28 sec/100m	331	00:42:49	16.8 m/hr
Finished	226	Louise Rice	F40	369	01:19:37						
Finished	227	Fiona Davies	F35	125	01:19:41		00:07:53	1:58 sec/100m	152	00:45:27	15.8 m/hr
Finished	228	Wayne Jones	M40	314	01:19:47	TVT	00:08:17	2:04 sec/100m	208	00:42:48	16.8 m/hr
Finished	229	Mark Crawford	M40	116	01:19:49		00:08:09	2:02 sec/100m	190	00:43:41	16.5 m/hr
Finished	230	Bruce Jeffries	M45	52	01:19:55	Hart SC	00:06:36	1:39 sec/100m	35		
Finished	231	Gemma Mitchell	F40	344	01:19:58	Farnham Tri	00:08:47	2:11 sec/100m	257	00:42:52	16.8 m/hr
Finished	232	Paul Beesley	M0	482	01:20:07		00:11:27	2:51 sec/100m	393	00:41:56	17.2 m/hr
Finished	233	Marian Erwood	F50	103	01:20:10	Farnham Tri	00:07:50	1:57 sec/100m	147	00:40:52	17.6 m/hr
Finished	234	Kevin Mackenzie	M40	598	01:20:14		00:08:41	2:10 sec/100m	249	00:43:27	16.6 m/hr
Finished	235	Shaun Pearce	M40	255	01:20:15		00:08:15	2:03 sec/100m	206	00:42:43	16.8 m/hr
Finished	236	Grant Stephenson	M35	337	01:20:18		00:08:07	2:01 sec/100m	187	00:41:27	17.4 m/hr
Finished	237	Andrew Pearce	M45	256	01:20:19		00:10:02	2:30 sec/100m	339		
Finished	238	Kate Deverill	F0	136	01:20:20		00:07:42	1:55 sec/100m	132	00:46:07	15.6 m/hr
Finished	239	Jeremy Cooke	M50	253	01:20:23	Foster Wheeler RC	00:09:40	2:25 sec/100m	319	00:44:00	16.4 m/hr
Finished	240	Kim Lowe	F45	151	01:20:27	DMVAC	00:08:13	2:03 sec/100m	202	00:45:25	15.8 m/hr
Finished	241	Michael Anderson	M45	211	01:20:33	Farnham Tri	00:09:01	2:15 sec/100m	282	00:42:02	17.1 m/hr
Finished	242	Clare Summers	F0	177	01:20:38	Windrush	00:08:12	2:03 sec/100m	198	00:42:44	16.8 m/hr
Finished	243	Chris Szabo-Hemmings	M50	356	01:20:42	Farnham Tri	00:11:32	2:53 sec/100m	396	00:43:12	16.7 m/hr
Finished	244	John Williams	M55	152	01:20:47	Berks Tri	00:07:08	1:47 sec/100m	77	00:44:22	16.2 m/hr

Finished	245	Lee Davis	M35	358	01:20:48						
Finished	246	Michelle Mclellan	F35	475	01:20:48		00:08:07	2:01 sec/100m	184	00:42:15	17.0 m/hr
Finished	247	Julian Webb	M45	391	01:20:52	CATS	00:11:02	2:45 sec/100m	380	00:41:49	17.2 m/hr
Finished	248	Chris Harris	M45	471	01:20:52		00:09:02	2:15 sec/100m	284	00:42:22	17.0 m/hr
Finished	249	Jonathan Fold	M0	89	01:20:58		00:08:02	2:00 sec/100m	173	00:44:11	16.3 m/hr
Finished	250	Heather Martin	F45	221	01:20:58	BTS	00:08:52	2:13 sec/100m	265	00:43:37	16.5 m/hr
Finished	251	Sarah Franklin	F40	188	01:21:00	VC Meudon	00:09:00	2:15 sec/100m	279	00:41:21	17.4 m/hr
Finished	252	Steven Batchelor	M0	335	01:21:18		00:07:19	1:49 sec/100m	104	00:44:59	16.0 m/hr
Finished	253	Karen Coping/Emma Reading/Nik Brown	TEAM	316	01:21:19	CATS	00:09:18	2:19 sec/100m	299	00:44:41	16.1 m/hr
Finished	254	Brian Grierson	M65+	262	01:21:30	Southampton Tri	00:09:42	2:25 sec/100m	323	00:42:41	16.9 m/hr
Finished	255	Emma Keys	F45	251	01:21:42	CATS	00:09:09	2:17 sec/100m	291	00:46:09	15.6 m/hr
Finished	256	Richard Pearce	M0	380	01:21:43		00:11:38	2:54 sec/100m	398	00:46:32	15.5 m/hr
Finished	257	Matt Bingham	M0	132	01:21:44		00:07:35	1:53 sec/100m	122	00:43:03	16.7 m/hr
Finished	258	Brian Little	M55	91	01:21:55	Hart RR	00:07:17	1:49 sec/100m	101	00:47:25	15.2 m/hr
Finished	259	Kim Mempstead	F45	210	01:21:56	Farnham Tri	00:07:56	1:59 sec/100m	160	00:43:51	16.4 m/hr
Finished	260	George Haynes	M50	186	01:22:09	TVT	00:09:45	2:26 sec/100m	324	00:45:10	15.9 m/hr
Finished	261	Amy Breakell	F0	469	01:22:19		00:10:16	2:34 sec/100m	350	00:46:24	15.5 m/hr
Finished	262	Danielle Ingelbrecht	F0	162	01:22:33		00:07:37	1:54 sec/100m	125	00:43:14	16.7 m/hr
Finished	263	John Bennison	M55	128	01:22:38	Farnham Tri	00:07:48	1:57 sec/100m	142	00:42:42	16.9 m/hr
Finished	264	Liz Butcher	F40	194	01:22:39	Pheonix Tri	00:09:01	2:15 sec/100m	283	00:45:13	15.9 m/hr
Finished	265	Carolyn Lockett	F50	305	01:22:43	Berks Tri	00:09:31	2:22 sec/100m	311	00:45:24	15.9 m/hr
Finished	266	Debbie Pagan	F45	183	01:22:45	Fleet & Crookham AC	00:08:11	2:02 sec/100m	192	00:47:10	15.3 m/hr
Finished	267	Nick Todd	M45	195	01:22:53		00:08:31	2:07 sec/100m	231	00:46:23	15.5 m/hr
Finished	268	Naomi Shaylor	F40	464	01:22:56		00:08:21	2:05 sec/100m	217	00:47:52	15.0 m/hr
Finished	269	Richard ScotT	M50	114	01:23:06		00:07:55	1:58 sec/100m	158	00:46:17	15.6 m/hr
Finished	270	Darren Lynch	M0	437	01:23:10		00:09:40	2:25 sec/100m	321	00:48:07	15.0 m/hr
Finished	271	Gary Gray	M50	263	01:23:15	Portsmouth Tri	00:08:47	2:11 sec/100m	256	00:44:30	16.2 m/hr
Finished	272	Sam Marshall	M0	202	01:23:16		00:08:57	2:14 sec/100m	275	00:51:23	14.0 m/hr
Finished	273	Mark Pooley	M45	300	01:23:19		00:09:33	2:23 sec/100m	312	00:46:10	15.6 m/hr
Finished	274	Gawaine Chisholm	M35	418	01:23:26		00:10:15	2:33 sec/100m	349	00:43:19	16.6 m/hr
Finished	275	Mark Wallis	M40	288	01:23:32		00:08:38	2:09 sec/100m	241	00:43:41	16.5 m/hr
Finished	276	Nick Burleigh	M40	328	01:23:36		00:11:32	2:53 sec/100m	397	00:45:19	15.9 m/hr
Finished	277	Peter Dunbar	M60	213	01:23:39	Farnham Tri	00:08:58	2:14 sec/100m	276	00:43:31	16.5 m/hr
Finished	278	Alan Josey	M40	167	01:23:42	Evolution	00:08:54	2:13 sec/100m	271	00:40:59	17.6 m/hr
Finished	279	Sean Hobday	M45	191	01:23:44		00:07:04	1:46 sec/100m	70		

Finished	280	Tony Worsfold	M45	366	01:23:51		00:09:06	2:16 sec/100m	290	00:45:36	15.8 m/hr
Finished	281	Grant Series	M35	326	01:23:53		00:10:27	2:36 sec/100m	355	00:42:33	16.9 m/hr
Finished	282	Brian Blackman	M60	279	01:23:56	Dorking & Mole AC	00:09:14	2:18 sec/100m	296	00:43:08	16.7 m/hr
Finished	283	Daren Carter	M45	267	01:24:21		00:10:20	2:35 sec/100m	352	00:46:37	15.4 m/hr
Finished	284	Lorna Thomas	F0	275	01:24:32		00:08:48	2:12 sec/100m	260	00:45:46	15.7 m/hr
Finished	285	David Head	M45	258	01:24:36		00:08:28	2:07 sec/100m	224	00:45:45	15.7 m/hr
Finished	286	David Simpson	M35	486	01:24:50		00:10:27	2:36 sec/100m	356	00:46:23	15.5 m/hr
Finished	287	Derek Graves	M65+	412	01:24:51	Farnham Tri	00:13:53	3:28 sec/100m	429	00:43:42	16.5 m/hr
Finished	288	Charlotte Self	F40	429	01:24:51		00:09:37	2:24 sec/100m	315	00:46:40	15.4 m/hr
Finished	289	Tim Chapman	M50	241	01:24:53	CATS	00:09:10	2:17 sec/100m	292	00:46:06	15.6 m/hr
Finished	290	Rob Fisher	M40	244	01:24:54		00:08:19	2:04 sec/100m	211	00:49:54	14.4 m/hr
Finished	291	Tony Ismay	M50	219	01:24:56		00:07:58	1:59 sec/100m	165	00:44:49	16.1 m/hr
Finished	292	Barbara Mason	F40	480	01:24:56						
Finished	293	Inga Taylor	F40	96	01:25:00	Farnham Tri	00:07:16	1:49 sec/100m	100	00:43:14	16.7 m/hr
Finished	294	Christopher Harrison	M65+	285	01:25:01		00:08:48	2:12 sec/100m	259	00:43:51	16.4 m/hr
Finished	295	Nick Thorpe	M0	473	01:25:14		00:10:07	2:31 sec/100m	344	00:49:12	14.6 m/hr
Finished	296	Alex Campbell	F50	135	01:25:18	Portsmouth Tri	00:08:04	2:01 sec/100m	176	00:45:11	15.9 m/hr
Finished	297	Gillian Barrett	F50	271	01:25:21	Farnham Tri	00:09:29	2:22 sec/100m	308	00:46:58	15.3 m/hr
Finished	298	Mhorag Lane	F35	400	01:25:22	Hart RR	00:09:38	2:24 sec/100m	316	00:49:32	14.5 m/hr
Finished	299	Huw Williams	M50	377	01:25:23	Hart R.R	00:11:12	2:48 sec/100m	384	00:46:00	15.6 m/hr
Finished	300	Tracey Mills	F45	261	01:25:23		00:08:52	2:13 sec/100m	267	00:49:33	14.5 m/hr
Finished	301	Guillermo Leon-Ayarza	M45	42	01:25:25		00:07:55	1:58 sec/100m	156	00:48:49	14.7 m/hr
Finished	302	Duncan Graham	M40	397	01:25:30	CATS	00:08:49	2:12 sec/100m	261	00:46:16	15.6 m/hr
Finished	303	Fiona Jolly	F0	327	01:25:31	Portsmouth Tri	00:09:23	2:20 sec/100m	303	00:45:18	15.9 m/hr
Finished	304	Mervyn Scarlett	M60	296	01:25:31		00:10:55	2:43 sec/100m	374	00:49:26	14.6 m/hr
Finished	305	Charmain Williams	F35	384	01:25:36		00:09:40	2:25 sec/100m	322	00:47:34	15.1 m/hr
Finished	306	Harriet Neuberger	F0	292	01:25:37	Windrush	00:08:47	2:11 sec/100m	258	00:45:34	15.8 m/hr
Finished	307	Joanne Hubbick	F35	336	01:25:45		00:10:58	2:44 sec/100m	378	00:45:46	15.7 m/hr
Finished	308	Peter Brown	M55	407	01:26:00		00:11:24	2:51 sec/100m	390	00:48:25	14.9 m/hr
Finished	309	Kirsten King	F45	74	01:26:01	Amphibian 2	00:06:55	1:43 sec/100m	57	00:46:01	15.6 m/hr
Finished	310	Christine Port	F40	176	01:26:07		00:08:08	2:02 sec/100m	189	00:47:31	15.2 m/hr
Finished	311	Dave Brown	M45	454	01:26:11		00:10:26	2:36 sec/100m	354	00:47:18	15.2 m/hr
Finished	312	Andrew Cole	M50	280	01:26:26		00:08:35	2:08 sec/100m	236	00:47:07	15.3 m/hr
Finished	313	Gillian Aspin	F35	457	01:26:36		00:08:01	2:00 sec/100m	171	00:43:39	16.5 m/hr
Finished	314	Jonny Richards	M0	374	01:26:37		00:07:44	1:56 sec/100m	139	00:50:29	14.3 m/hr

Finished	315	Becky Russell	F0	155	01:26:37	Farnham Tri	00:08:06	2:01 sec/100m	181	00:45:56	15.7 m/hr
Finished	316	Tom Stott	M0	322	01:26:37	Victory AC	00:09:46	2:26 sec/100m	325	00:49:01	14.7 m/hr
Finished	317	Kate Paterson	F35	28	01:26:54	Farnham Tri	00:07:12	1:48 sec/100m	89	00:45:06	16.0 m/hr
Finished	318	Robert Mills	M50	260	01:26:56		00:10:56	2:44 sec/100m	376	00:48:27	14.9 m/hr
Finished	319	Christine Rivers	F0	494	01:26:57		00:09:24	2:21 sec/100m	304	00:48:23	14.9 m/hr
Finished	320	Martin Birtles	M55	378	01:27:14	Farnham Tri	00:11:42	2:55 sec/100m	401	00:44:59	16.0 m/hr
Finished	321	Sarah Bond	F45	140	01:27:14	Basingstoke Tri	00:08:52	2:13 sec/100m	266	00:47:36	15.1 m/hr
Finished	322	Gwen Harris	F0	466	01:27:17		00:07:12	1:48 sec/100m	90	00:50:10	14.3 m/hr
Finished	323	Andrew Fleming	M35	277	01:27:23	Wimbledon Windmillers	00:09:58	2:29 sec/100m	335	00:49:46	14.5 m/hr
Finished	324	Rob Coe	M0	20	01:27:28		00:18:43	4:40 sec/100m	433	00:44:31	16.2 m/hr
Finished	325	Joanna Josey	F35	338	01:27:36		00:09:13	2:18 sec/100m	295	00:46:04	15.6 m/hr
Finished	326	David Skellern	M50	353	01:27:37	Hart RR	00:11:07	2:46 sec/100m	382	00:49:38	14.5 m/hr
Finished	327	Caroline Phillips	F50	254	01:27:43		00:08:38	2:09 sec/100m	242	00:48:13	14.9 m/hr
Finished	328	Berwick Mitchell	M55	348	01:27:52		00:10:35	2:38 sec/100m	359	00:49:49	14.5 m/hr
Finished	329	David Pooley	M60	447	01:27:53						
Finished	330	Michelle Murphy	F35	269	01:27:57		00:10:09	2:32 sec/100m	345	00:46:54	15.3 m/hr
Finished	331	Chris Knowles	M45	83	01:28:01	Fleet & Crookham AC	00:08:40	2:10 sec/100m	245	00:46:56	15.3 m/hr
Finished	332	Katherine Bullock	F45	351	01:28:05	Sandhurst Joggers	00:11:30	2:52 sec/100m	395	00:44:54	16.0 m/hr
Finished	333	Steve Bailey	M50	406	01:28:13	Blackwater VR	00:13:43	3:25 sec/100m	428	00:49:06	14.7 m/hr
Finished	334	James Taylor	M0	88	01:28:23		00:08:40	2:10 sec/100m	246	00:44:31	16.2 m/hr
Finished	335	Sophie Skelton	F0	492	01:28:24		00:09:17	2:19 sec/100m	298	00:51:03	14.1 m/hr
Finished	336	Nathan Boatwright	M35	419	01:28:56		00:10:54	2:43 sec/100m	373	00:45:00	16.0 m/hr
Finished	337	Murray Croton	M40	402	01:29:03		00:11:28	2:52 sec/100m	394	00:50:42	14.2 m/hr
Finished	338	Chris Parkes-Bristow	M0	118	01:29:04		00:07:57	1:59 sec/100m	162	00:47:21	15.2 m/hr
Finished	339	Rosalind Hook	F35	204	01:29:09	Farnham Tri	00:08:30	2:07 sec/100m	228	00:48:18	14.9 m/hr
Finished	340	Nick Bailey	M50	393	01:29:17	Portsmouth Tri	00:11:49	2:57 sec/100m	404	00:45:27	15.8 m/hr
Finished	341	Sue Graves	F60+	283	01:29:20	Farnham Tri					
Finished	342	Janice Goble	F45	265	01:29:24	Southampton Tri	00:08:34	2:08 sec/100m	234	00:46:57	15.3 m/hr
Finished	343	Benjamin Lavill	M0	352	01:29:35		00:11:14	2:48 sec/100m	385	00:46:59	15.3 m/hr
Finished	344	Erica Bensly	F45	311	01:29:36	Berks Tri	00:09:04	2:16 sec/100m	286	00:46:47	15.4 m/hr
Finished	345	Yvonne Grayson	F45	350	01:29:40	Farnham Tri	00:11:44	2:56 sec/100m	403	00:48:14	14.9 m/hr
Finished	346	Mouveta Fowler	F60+	334	01:29:46	Farnham Tri	00:10:50	2:42 sec/100m	369	00:48:40	14.8 m/hr
Finished	347	Gail Bethell	F45	428	01:30:00		00:12:06	3:01 sec/100m	410	00:48:25	14.9 m/hr
Finished	348	Nigel Downes	M60	390	01:30:05		00:10:33	2:38 sec/100m	358	00:51:02	14.1 m/hr
Finished	349	Kay Bowen	F35	330	01:30:07		00:09:49	2:27 sec/100m	328	00:44:28	16.2 m/hr
Finished	350	Clive Dean	M45	375	01:30:07		00:11:07	2:46 sec/100m	381	00:48:22	14.9 m/hr

Finished	351	Andrea Malone	F40	420	01:30:12		00:09:39	2:24 sec/100m	318	00:50:11	14.3 m/hr
Finished	352	Michael Gunter	M40	85	01:30:16		00:07:15	1:48 sec/100m	97	00:35:24	20.3 m/hr
Finished	353	Chris Fry	M35	340	01:30:16		00:10:06	2:31 sec/100m	343	00:49:47	14.5 m/hr
Finished	354	Robert Anthony	M0	401	01:30:18		00:09:48	2:27 sec/100m	327	00:51:17	14.0 m/hr
Finished	355	Julian Ford	M0	506	01:30:36		00:07:49	1:57 sec/100m	145	00:43:52	16.4 m/hr
Finished	356	Julie Way	F45	501	01:30:54		00:09:34	2:23 sec/100m	314	00:48:44	14.8 m/hr
Finished	357	Anthony Bethall	M50	395	01:31:01	Pentagon Players	00:12:55	3:13 sec/100m	425	00:49:57	14.4 m/hr
Finished	358	Valerie Williams	F55	166	01:31:05	Berks Tri	00:07:36	1:54 sec/100m	124	00:53:12	13.5 m/hr
Finished	359	Norman Waterhouse	M55	192	01:31:44		00:09:00	2:15 sec/100m	281	00:48:23	14.9 m/hr
Finished	360	Debi Ives	F0	387	01:31:52		00:10:48	2:42 sec/100m	368	00:49:39	14.5 m/hr
Finished	361	Katy Walker	F0	477	01:32:06		00:09:53	2:28 sec/100m	332	00:53:21	13.5 m/hr
Finished	362	John Greaves	M50	225	01:32:10		00:08:03	2:00 sec/100m	175	00:51:05	14.1 m/hr
Finished	363	Jeff Kirby	M45	357	01:32:20		00:10:47	2:41 sec/100m	367	00:52:47	13.6 m/hr
Finished	364	Keith Roberts	M45	237	01:32:30	Pentagon Players	00:08:15	2:03 sec/100m	205	00:48:23	14.9 m/hr
Finished	365	Laura Scorse	F0	368	01:32:37		00:07:58	1:59 sec/100m	168	00:50:48	14.2 m/hr
Finished	366	D Lloyd	M45	287	01:32:45	CATS	00:08:40	2:10 sec/100m	247	00:48:56	14.7 m/hr
Finished	367	Carol Wadeson	F40	438	01:33:05		00:12:18	3:04 sec/100m	413	00:51:35	14.0 m/hr
Finished	368	Jo O` Leary	F40	321	01:33:12	Berks Tri	00:09:54	2:28 sec/100m	334	00:49:41	14.5 m/hr
Finished	369	Robert Moran	M41	460	01:33:16		00:14:05	3:31 sec/100m	430	00:52:31	13.7 m/hr
Finished	370	Fleur Greetham	F35	226	01:33:23		00:10:04	2:31 sec/100m	341	00:50:16	14.3 m/hr
Finished	371	Michael Hume	M55	331	01:33:32		00:09:40	2:25 sec/100m	320	00:54:07	13.3 m/hr
Finished	372	Saskia Vloemans	F35	290	01:34:00	Lollepotters	00:13:39	3:24 sec/100m	427	00:47:05	15.3 m/hr
Finished	373	Robert Bruce	M45	426	01:34:08		00:09:29	2:22 sec/100m	307	00:52:24	13.7 m/hr
Finished	374	John Timmins	M50	272	01:34:10	Farnham Tri	00:10:55	2:43 sec/100m	375	00:48:51	14.7 m/hr
Finished	375	Team Gill	TEAM	487	01:34:11		00:09:50	2:27 sec/100m	329	00:58:50	12.2 m/hr
Finished	376	Kevin McTaggart	M55	383	01:34:22	Victory AC	00:10:24	2:36 sec/100m	353	00:47:52	15.0 m/hr
Finished	377	Simon Howarth	M50	333	01:34:29	CATS	00:08:43	2:10 sec/100m	252	00:52:22	13.7 m/hr
Finished	378	David Pearce	M55	376	01:34:40		00:12:51	3:12 sec/100m	424	00:50:47	14.2 m/hr
Finished	379	Estelle Lee	F50	433	01:34:43		00:10:54	2:43 sec/100m	372	00:50:22	14.3 m/hr
Finished	380	Doug Heaney	M55	449	01:34:46		00:11:54	2:58 sec/100m	406	00:49:20	14.6 m/hr
Finished	381	Kerry Mather	F45	427	01:35:17		00:12:22	3:05 sec/100m	417	00:50:40	14.2 m/hr
Finished	382	Ann Stockley	F50	342	01:35:19		00:09:25	2:21 sec/100m	305	00:54:28	13.2 m/hr
Finished	383	Wendy Faughnan	F40	470	01:35:29		00:11:42	2:55 sec/100m	402	00:54:48	13.1 m/hr
Finished	384	Michele Kearsy	F45	66	01:35:32	Farnham Tri	00:07:43	1:55 sec/100m	134	00:46:43	15.4 m/hr
Finished	385	Jennifer Wheatley	F40	413	01:35:39		00:12:18	3:04 sec/100m	414	00:51:44	13.9 m/hr
Finished	386	Andrea Marnoch	F45	423	01:35:44	Reading RR	00:12:33	3:08 sec/100m	420	00:52:04	13.8 m/hr

Finished	387	Derek Ward	M60	355	01:35:44	Portsmouth Tri	00:10:15	2:33 sec/100m	348	00:55:07	13.1 m/hr
Finished	388	Oci Stott	F0	394	01:35:50		00:10:39	2:39 sec/100m	363	00:52:16	13.8 m/hr
Finished	389	Cath Davies	F45	439	01:36:05		00:12:36	3:09 sec/100m	421	00:54:45	13.2 m/hr
Finished	390	Justin Fagan	M35	421	01:36:33		00:12:24	3:06 sec/100m	418	00:52:35	13.7 m/hr
Finished	391	David Barker	M65+	362	01:36:41		00:13:17	3:19 sec/100m	426	00:49:10	14.6 m/hr
Finished	392	Derek Stockley	M50	343	01:36:51		00:10:58	2:44 sec/100m	377	00:56:56	12.6 m/hr
Finished	393	Karen Harvey	F40	392	01:37:02		00:12:13	3:03 sec/100m	412	00:51:03	14.1 m/hr
Finished	394	Jean Underwood	F40	443	01:37:07		00:10:01	2:30 sec/100m	338	00:54:10	13.3 m/hr
Finished	395	Lindsay Webb	F35	297	01:37:24		00:08:59	2:14 sec/100m	277	00:54:04	13.3 m/hr
Finished	396	Denise Davies	F45	349	01:37:33		00:09:29	2:22 sec/100m	309	00:52:33	13.7 m/hr
Finished	397	Johnathan Rowlands	M40	410	01:37:43		00:11:27	2:51 sec/100m	392	00:51:47	13.9 m/hr
Finished	398	Ramona Noe	F0	175	01:37:49		00:08:50	2:12 sec/100m	262	00:49:43	14.5 m/hr
Finished	399	Ann Spelman	F50	109	01:38:04	Portsmouth Tri	00:07:51	1:57 sec/100m	150	00:54:32	13.2 m/hr
Finished	400	Katy Emery	F40	455	01:38:15		00:09:51	2:27 sec/100m	330	00:58:24	12.3 m/hr
Finished	401	Alan Still	M40	38	01:38:15		00:06:27	1:36 sec/100m	30	00:56:03	12.8 m/hr
Finished	402	Wim Jordens	M35	291	01:38:24	Lollepotters	00:09:47	2:26 sec/100m	326	00:50:13	14.3 m/hr
Finished	403	Stuart Abbitt	M40	139	01:38:26		00:06:08	1:32 sec/100m	21	00:51:47	13.9 m/hr
Finished	404	Helen Lovett	F40	360	01:38:34		00:11:41	2:55 sec/100m	400	00:54:57	13.1 m/hr
Finished	405	Jodie Scott	F0	201	01:38:36		00:07:51	1:57 sec/100m	151	00:52:49	13.6 m/hr
Finished	406	Howard Robinson	M60	415	01:38:59	Hart RR	00:12:27	3:06 sec/100m	419	00:54:00	13.3 m/hr
Finished	407	David Pinkney	M55	164	01:39:10	Farnham Tri	00:08:23	2:05 sec/100m	221	00:48:49	14.7 m/hr
Finished	408	Laura Waller	F0	365	01:39:17	Hart RR	00:08:59	2:14 sec/100m	278	00:58:25	12.3 m/hr
Finished	409	Rebecca Humphreys	F40	158	01:39:42	Tri Talk	00:08:55	2:13 sec/100m	273	00:50:46	14.2 m/hr
Finished	410	Stuart Mitchell	M40	354	01:39:46		00:10:36	2:39 sec/100m	360	00:57:42	12.5 m/hr
Finished	411	Susan Voase	F45	442	01:39:53		00:12:46	3:11 sec/100m	423	00:54:10	13.3 m/hr
Finished	412	Kristy O'Brien	F0	317	01:40:04		00:07:14	1:48 sec/100m	96	01:00:18	11.9 m/hr
Finished	413	Amanda Bailey	F45	245	01:40:22	Farnham Tri	00:11:58	2:59 sec/100m	407	00:51:23	14.0 m/hr
Finished	414	David Dixon	M45	507	01:40:38		00:07:56	1:59 sec/100m	161	00:57:59	12.4 m/hr
Finished	415	Zoe Ingoe	F35	499	01:40:59		00:08:50	2:12 sec/100m	264	00:55:35	12.9 m/hr
Finished	416	Paul Heath	M45	246	01:41:03		00:10:37	2:39 sec/100m	361	00:49:47	14.5 m/hr
Finished	417	David Large	M55	172	01:41:30		00:10:11	2:32 sec/100m	346	00:52:38	13.7 m/hr
Finished	418	Jonathan Bingham	M40	310	01:41:52		00:09:23	2:20 sec/100m	302	00:56:07	12.8 m/hr
Finished	419	Elaine Tookey	F45	430	01:42:26		00:12:05	3:01 sec/100m	409	00:54:37	13.2 m/hr
Finished	420	Michael Williams	M0	414	01:43:54		00:10:14	2:33 sec/100m	347	00:56:02	12.8 m/hr
Finished	421	Bethan Davis	F40	432	01:44:21	Southampton	00:12:21	3:05 sec/100m	416	00:59:58	12.0 m/hr

Finished	422	Alison Fox	F45	422	01:44:38	Collingwood AC	00:15:35	3:53 sec/100m	432	00:56:00	12.9 m/hr
Finished	423	Georgia Thorpe	F0	472	01:45:13		00:11:17	2:49 sec/100m	389	00:58:56	12.2 m/hr
Finished	424	Louise Livingston	F35	441	01:45:21		00:11:41	2:55 sec/100m	399	00:55:44	12.9 m/hr
Finished	425	Brian Greener	M65+	388	01:45:35	U3A	00:10:45	2:41 sec/100m	366	00:56:07	12.8 m/hr
Finished	426	Martin Newman	M40	409	01:45:37		00:11:59	2:59 sec/100m	408	00:51:09	14.1 m/hr
Finished	427	Fred Anthony	M60	403	01:46:31		00:11:51	2:57 sec/100m	405	00:57:25	12.5 m/hr
Finished	428	Emma Restall	F40	446	01:47:06		00:10:38	2:39 sec/100m	362	01:01:43	11.7 m/hr
Finished	429	Jayne Mitchell	F40	435	01:47:15		00:11:00	2:45 sec/100m	379	01:00:55	11.8 m/hr
Finished	430	Arlene McMenanin	F35	444	01:48:48		00:10:39	2:39 sec/100m	365	01:05:00	11.1 m/hr
Finished	431	Carol Ramsey	F40	425	01:50:42		00:19:25	4:51 sec/100m	434	00:55:44	12.9 m/hr
Finished	432	Jade Miles	F0	424	01:51:36		00:11:14	2:48 sec/100m	386	01:02:52	11.4 m/hr
Finished	433	Jessica Marshall	F0	347	01:52:09						
Finished	434	Susan Dewar	F60+	266	01:53:54	Portsmouth Tri	00:08:55	2:13 sec/100m	274	01:05:40	11.0 m/hr
Finished	435	Ian Leath	M45	508	01:54:25		00:08:42	2:10 sec/100m	250	01:17:37	9.3 m/hr
Finished	436	Charlotte Meeks	F35	396	01:57:52		00:08:05	2:01 sec/100m	178	01:03:52	11.3 m/hr
Finished	437	Rahinder Sihera	F45	459	01:58:08		00:12:40	3:10 sec/100m	422	01:12:26	9.9 m/hr
Finished	438	Jonathan Gadd	M45	398	02:04:49		00:10:39	2:39 sec/100m	364	01:16:55	9.4 m/hr
Finished	439	Brian James	M65+	381	02:05:10	Dorking&Mole	00:12:20	3:05 sec/100m	415	01:06:33	10.8 m/hr
Finished	440	Michaela Welby	F0	339	02:10:16		00:12:09	3:02 sec/100m	411	01:15:13	9.6 m/hr
Finished	441	Angela Downes	F55	404	02:10:56		00:14:21	3:35 sec/100m	431	01:09:25	10.4 m/hr
Finished	442	Debbie Meredith	F35	308	02:47:08		00:11:08	2:47 sec/100m	383	01:28:53	8.1 m/hr
Withdrawn during race		Lyn Lintern	F55	286		Portsmouth Tri	00:09:53	2:28 sec/100m		00:52:43	13.7 m/hr
Withdrawn during race		Jo Ashby	F45	385			00:11:27	2:51 sec/100m		00:52:24	13.7 m/hr
Disqualified		Rob Krijnen	M0	1	01:01:57	Lollepotters	00:06:18	1:34 sec/100m		00:31:21	23.0 m/hr
Pre-race withdrawal		Anna Payne	F35	304							
Pre-race withdrawal		Linda Dowell	F35	399		Village RC					
Pre-race withdrawal		Rowena Crawford	F40	299							
Pre-race withdrawal		Jacqui Cooper	F40	293		Dorking & Mole Tri					
Pre-race withdrawal		Maria Mannan	F40	282							
Pre-race withdrawal		Elaine Amour	F40	149		Eton Tri					
Pre-race withdrawal		Nikki Storrar	F40	179							
Pre-race withdrawal		Claire Hester	F0	86		TVT					

Pre-race withdrawal	Lynsey Lightfoot	F0	345		Sandhurst Joggers					
Pre-race withdrawal	Katie Wadeson	F0	341							
Pre-race withdrawal	Amy Pope	F0	417							
Pre-race withdrawal	Helen Cane	F35	40		Farnham Tri					
Pre-race withdrawal	Sophie Ward	F35	36		Wimbledon Windmilers					
Pre-race withdrawal	Alison Wigg	F55	240		Farnham Tri					
Pre-race withdrawal	Sue Allen	F60+	242		Chichester Tri					
Pre-race withdrawal	Caroline Fagan	F50	382							
Pre-race withdrawal	Tina Caunter	F50	320							
Pre-race withdrawal	Dyana Rush	F50	359							
Pre-race withdrawal	Yvonne Macdonald	F50	207		Portsmouth Tri					
Pre-race withdrawal	Patrick Harfield	M0	19		Portsmouth Tri					
Pre-race withdrawal	Richard Allen	M0	4		Farnham Tri					
Pre-race withdrawal	Lisa Roonan	F45	178							
Pre-race withdrawal	Vivienne Thompson- Roberts	F45	364							
Pre-race withdrawal	Michelle O'Mahony	F0	26		TVT					
Pre-race withdrawal	Francesca O`Donnell	F0	49		Farnham Tri					
Pre-race withdrawal	Phil Stone	M60	431							
Pre-race withdrawal	Ray Allen	M60	373		Chichester Tri					
Pre-race withdrawal	Graham Coleman	M60	324		Victory AC					
Pre-race withdrawal	Derek Bennett	M60	319		Southampton Tri					
Pre-race withdrawal	Theo Proudman	M60	313							
Pre-race withdrawal	John Caunter	M55	154		Exeter Tri					
Pre-race withdrawal	David Phillips	M55	389		Dorking & Mole					
Pre-race withdrawal	Kevin Forester	M55	411							
Pre-race withdrawal	Peter Hine	M50	303							
Pre-race withdrawal	Tim Webb	M50	233		CATS					
Pre-race withdrawal	Jonathan Ball	M50	215							
Pre-race withdrawal	Richard Sheppard	M45	386							
Pre-race withdrawal	Eerdvan Riel	M45	325		Lollepotters					
Pre-race withdrawal	Simon Fagan	M45	307							
Pre-race withdrawal	Adrian Turner	M45	302		Portsmouth Tri					
Pre-race withdrawal	Peter Kavanagh	M45	408							
Pre-race withdrawal	Ross Dunbar	M50	71		Farnham Tri					
Pre-race withdrawal	Paul Knight	M50	171							
Pre-race withdrawal	Roger Shepherd	M45	214							

Pre-race withdrawal	Ian Duncan	M45	160		Farnham Tri					
Pre-race withdrawal	Pete Campbell	M45	7		Portsmouth Tri					
Pre-race withdrawal	Mark Coombes	M40	416							
Pre-race withdrawal	Mark Wayt	M40	372		NHRC					
Pre-race withdrawal	Sam Boyd	M40	363							
Pre-race withdrawal	Andy Voase	M40	278							
Pre-race withdrawal	Ian Sullivan	M40	289							
Pre-race withdrawal	Gordon Adams	M40	134		Berks Tri					
Pre-race withdrawal	Richard Watt	M40	200							
Pre-race withdrawal	James Norris	M40	61							
Pre-race withdrawal	Antoine Josserand	M0	405		Dorking & Mole					
Pre-race withdrawal	Geoff Davies	M0	440							
Pre-race withdrawal	Ian Crabtree	M35	273		BTS					
Pre-race withdrawal	Andrew Madden	M35	122							
Pre-race withdrawal	Richard Unwin	M35	223		Farnham Tri					
Pre-race withdrawal	Stephen Sear	M0	332		Farnham Tri					
Pre-race withdrawal	Tom Webb	M0	232							
Pre-race withdrawal	Simon Thomas	M0	173							
Pre-race withdrawal	Andrew Browning	M0	187							
Pre-race withdrawal	Andrew Fry	M0	182		London Dynamo					
Pre-race withdrawal	Tarrant Ablett	M0	100							

v/5km

Cycle Pos	Run	Run Pace	Run Pos	Comments
1	00:20:08	6:29 min/m	4	
4	00:20:23	6:34 min/m	8	
11	00:19:09	6:10 min/m	2	
16	00:20:19	6:33 min/m	6	
8	00:20:44	6:41 min/m	11	
5	00:22:02	7:06 min/m	31	
7	00:20:52	6:43 min/m	13	
12	00:20:52	6:43 min/m	12	
10	00:22:00	7:05 min/m	29	
21	00:19:50	6:24 min/m	3	
9	00:21:41	6:59 min/m	23	
3	00:24:01	7:44 min/m	90	
24	00:20:15	6:31 min/m	5	
20	00:21:26	6:54 min/m	18	
17	00:20:29	6:36 min/m	9	
6	00:21:16	6:51 min/m	16	
2	00:23:36	7:36 min/m	73	
13	00:22:14	7:10 min/m	35	
			441	
19	00:22:35	7:17 min/m	44	
14	00:22:08	7:08 min/m	32	
25	00:23:30	7:34 min/m	68	
26	00:21:57	7:04 min/m	28	
23	00:22:17	7:11 min/m	37	
18	00:22:00	7:06 min/m	30	
44	00:21:14	6:51 min/m	14	
49	00:20:43	6:40 min/m	10	
22	00:23:26	7:33 min/m	62	
29	00:22:16	7:10 min/m	36	
36	00:22:40	7:18 min/m	47	

43	00:22:14	7:10 min/m	33
30	00:22:36	7:17 min/m	45
51	00:20:23	6:34 min/m	7
31	00:22:26	7:14 min/m	40
28	00:21:41	6:59 min/m	21
39	00:21:38	6:59 min/m	19
42	00:21:53	7:03 min/m	27
27	00:22:54	7:23 min/m	53
60	00:21:16	6:51 min/m	15
32	00:23:33	7:35 min/m	71
40	00:22:59	7:24 min/m	56
66	00:21:47	7:01 min/m	26
15	00:25:36	8:15 min/m	150
50	00:22:43	7:19 min/m	50
37	00:22:38	7:18 min/m	46
61	00:24:15	7:49 min/m	97
57	00:23:27	7:33 min/m	65
53	00:23:09	7:28 min/m	59
41	00:24:26	7:53 min/m	110
35	00:25:10	8:07 min/m	135
47	00:22:21	7:12 min/m	38
74	00:23:51	7:41 min/m	84
59	00:24:02	7:45 min/m	92
45	00:23:27	7:33 min/m	63
84	00:23:50	7:41 min/m	83
58	00:22:53	7:23 min/m	52
128	00:21:22	6:53 min/m	17
68	00:23:52	7:41 min/m	85
38	00:26:22	8:30 min/m	179
318	00:10:47	3:28 min/m	1
89	00:21:44	7:00 min/m	25
54	00:24:36	7:56 min/m	117
52	00:25:41	8:17 min/m	158
33	00:25:30	8:13 min/m	145
92	00:23:27	7:33 min/m	64
55	00:25:29	8:13 min/m	144

111	00:21:41	6:59 min/m	22
161	00:21:43	7:00 min/m	24
46	00:23:42	7:38 min/m	78
93	00:23:36	7:36 min/m	74
101	00:22:51	7:22 min/m	51
56	00:22:31	7:15 min/m	42
100	00:22:32	7:16 min/m	43
80	00:24:21	7:51 min/m	102
64	00:27:06	8:44 min/m	216
109	00:22:41	7:19 min/m	48
48	00:24:27	7:53 min/m	112
67	00:25:00	8:04 min/m	129
72	00:24:45	7:59 min/m	123
103	00:24:29	7:54 min/m	114
88	00:24:43	7:58 min/m	122
62	00:24:19	7:50 min/m	100
70	00:24:15	7:49 min/m	98
102	00:23:03	7:26 min/m	57
147	00:24:01	7:44 min/m	89
126	00:22:41	7:19 min/m	49
91	00:24:54	8:01 min/m	126
69	00:25:15	8:08 min/m	137
86	00:24:38	7:56 min/m	118
114	00:22:31	7:15 min/m	41
71	00:25:36	8:15 min/m	151
108	00:24:26	7:52 min/m	109
87	00:24:22	7:51 min/m	105
85	00:24:10	7:47 min/m	95
63	00:24:22	7:51 min/m	104
122	00:23:39	7:37 min/m	77
113	00:23:35	7:36 min/m	72
77	00:26:13	8:27 min/m	171
73	00:24:01	7:44 min/m	91
65	00:29:02	9:21 min/m	288
105	00:25:40	8:16 min/m	157

435	00:23:25	7:33 min/m	61
107	00:25:12	8:07 min/m	136
81	00:26:15	8:28 min/m	172
97	00:25:01	8:04 min/m	130
125	00:25:01	8:04 min/m	131
99	00:24:58	8:03 min/m	128
172	00:23:10	7:28 min/m	60
132	00:23:57	7:43 min/m	87
167	00:23:06	7:27 min/m	58
437	00:24:23	7:52 min/m	107
146	00:25:37	8:15 min/m	153
183	00:24:00	7:44 min/m	88
150	00:23:38	7:37 min/m	76
174	00:22:14	7:10 min/m	34
141	00:23:45	7:39 min/m	80
78	00:27:07	8:44 min/m	217
94	00:25:02	8:04 min/m	132
149	00:23:31	7:35 min/m	69
106	00:24:38	7:57 min/m	120
142	00:24:17	7:50 min/m	99
76	00:25:32	8:14 min/m	149
96	00:26:20	8:29 min/m	176
120	00:26:41	8:36 min/m	192
136	00:24:27	7:53 min/m	113
157	00:23:28	7:34 min/m	66
135	00:24:33	7:55 min/m	115
144	00:25:38	8:16 min/m	154
95	00:24:50	8:00 min/m	125
117	00:25:19	8:10 min/m	138
232	00:21:40	6:59 min/m	20
118	00:25:50	8:20 min/m	159
194	00:23:43	7:39 min/m	79
83	00:27:19	8:49 min/m	228
162	00:24:26	7:53 min/m	111
134	00:25:28	8:13 min/m	142
124	00:26:30	8:32 min/m	184

79	00:28:34	9:13 min/m	273
119	00:25:39	8:16 min/m	155
176	00:23:38	7:37 min/m	75
234	00:23:29	7:34 min/m	67
123	00:24:22	7:51 min/m	106
156	00:25:20	8:10 min/m	139
165	00:26:01	8:23 min/m	164
90	00:27:30	8:52 min/m	235
133	00:27:31	8:52 min/m	236
159	00:26:11	8:26 min/m	168
131	00:26:48	8:38 min/m	203
169	00:26:15	8:28 min/m	174
249	00:22:22	7:12 min/m	39
130	00:27:10	8:45 min/m	219
137	00:27:10	8:45 min/m	220
173	00:26:15	8:28 min/m	173
138	00:26:11	8:26 min/m	167
121	00:24:24	7:52 min/m	108
127	00:27:13	8:47 min/m	223
168	00:25:32	8:14 min/m	148
98	00:27:19	8:48 min/m	226
212	00:24:39	7:57 min/m	121
82	00:29:30	9:31 min/m	300
129	00:27:44	8:56 min/m	242
148	00:26:56	8:41 min/m	209
170	00:25:37	8:15 min/m	152
112	00:27:40	8:55 min/m	241
211	00:26:46	8:38 min/m	199
104	00:26:51	8:39 min/m	206
115	00:26:58	8:42 min/m	213
246	00:24:21	7:51 min/m	103
143	00:27:21	8:49 min/m	230
75	00:31:08	10:02 min/m	334
181	00:25:10	8:07 min/m	134
253	00:24:19	7:50 min/m	101

221	00:24:35	7:55 min/m	116
229	00:22:57	7:24 min/m	55
191	00:26:00	8:23 min/m	163
250	00:24:08	7:47 min/m	94
182	00:26:48	8:38 min/m	201
186	00:26:28	8:32 min/m	181
210	00:26:29	8:32 min/m	182
177	00:27:14	8:47 min/m	224
155	00:27:40	8:55 min/m	240
154	00:28:19	9:08 min/m	263
190	00:25:56	8:22 min/m	161
180	00:26:17	8:28 min/m	175
195	00:26:38	8:35 min/m	187
217	00:24:48	8:00 min/m	124
213	00:27:56	9:00 min/m	248
163	00:27:05	8:44 min/m	215
209	00:27:48	8:58 min/m	244
196	00:27:51	8:59 min/m	247
139	00:27:09	8:45 min/m	218
233	00:26:37	8:35 min/m	186
110	00:28:08	9:04 min/m	256
222	00:23:49	7:41 min/m	82
206	00:26:49	8:39 min/m	205
187	00:28:11	9:05 min/m	259
199	00:26:41	8:36 min/m	190
185	00:28:15	9:06 min/m	261
152	00:29:45	9:35 min/m	305
259	00:26:56	8:41 min/m	211
145	00:26:11	8:27 min/m	170
287	00:23:47	7:40 min/m	81
193	00:26:35	8:34 min/m	185
200	00:27:29	8:51 min/m	234
238	00:26:03	8:24 min/m	165
166	00:28:20	9:08 min/m	264
192	00:24:38	7:56 min/m	119
230	00:27:04	8:43 min/m	214

227	00:26:43	8:37 min/m	196
258	00:26:43	8:37 min/m	194
188	00:28:52	9:18 min/m	280
240	00:26:40	8:36 min/m	189
116	00:31:44	10:14 min/m	349
218	00:27:21	8:49 min/m	229
140	00:29:27	9:30 min/m	296
224	00:24:06	7:46 min/m	93
160	00:28:23	9:09 min/m	266
226	00:26:48	8:38 min/m	200
231	00:26:21	8:30 min/m	178
243	00:26:56	8:41 min/m	210
197	00:27:49	8:58 min/m	245
179	00:29:01	9:21 min/m	287
260	00:25:28	8:13 min/m	143
241	00:24:56	8:02 min/m	127
207	00:26:48	8:38 min/m	204
432	00:25:31	8:13 min/m	147
275	00:26:20	8:29 min/m	177
205	00:28:42	9:15 min/m	275
239	00:27:58	9:01 min/m	250
			442
208	00:28:18	9:08 min/m	262
175	00:26:44	8:37 min/m	198
151	00:31:27	10:08 min/m	341
225	00:28:05	9:03 min/m	255
203	00:29:16	9:26 min/m	294
164	00:30:42	9:54 min/m	324
			439
288	00:26:30	8:32 min/m	183
248	00:26:43	8:37 min/m	195
274	00:26:48	8:38 min/m	202
178	00:29:28	9:30 min/m	299
204	00:29:42	9:34 min/m	303
216	00:25:57	8:22 min/m	162
252	00:29:16	9:26 min/m	295

433	00:23:56	7:43 min/m	86
184	00:30:26	9:49 min/m	319
171	00:28:01	9:02 min/m	252
189	00:29:28	9:30 min/m	297
251	00:28:44	9:16 min/m	277
235	00:28:29	9:11 min/m	270
158	00:30:39	9:53 min/m	323
265	00:28:59	9:20 min/m	285
261	00:27:19	8:49 min/m	227
201	00:29:06	9:23 min/m	289
289	00:26:24	8:30 min/m	180
296	00:23:33	7:35 min/m	70
214	00:31:06	10:01 min/m	333
311	00:27:12	8:46 min/m	221
245	00:30:08	9:43 min/m	311
268	00:27:13	8:46 min/m	222
295	00:25:39	8:16 min/m	156
220	00:31:42	10:13 min/m	348
202	00:32:08	10:21 min/m	355
270	00:28:24	9:09 min/m	268
273	00:27:48	8:58 min/m	243
308	00:27:23	8:50 min/m	232
294	00:27:58	9:01 min/m	249
316	00:26:42	8:36 min/m	193
292	00:28:52	9:19 min/m	281
317	00:25:23	8:11 min/m	140
255	00:29:57	9:39 min/m	308
370	00:22:56	7:23 min/m	54
290	00:27:35	8:54 min/m	238
223	00:29:51	9:37 min/m	306
237	00:31:12	10:04 min/m	336
272	00:26:44	8:37 min/m	197
228	00:31:10	10:03 min/m	335
153	00:33:48	10:54 min/m	386
			440

278	00:29:09	9:24 min/m	290
198	00:30:52	9:57 min/m	329
215	00:31:33	10:10 min/m	343
297	00:27:23	8:50 min/m	231
281	00:29:57	9:39 min/m	309
279	00:30:22	9:47 min/m	316
293	00:27:59	9:01 min/m	251
242	00:27:15	8:47 min/m	225
298	00:28:33	9:12 min/m	272
286	00:29:37	9:33 min/m	301
351	00:26:41	8:36 min/m	191
262	00:32:08	10:22 min/m	356
436	00:28:13	9:06 min/m	260
219	00:34:30	11:07 min/m	394
244	00:32:22	10:26 min/m	361
338	00:25:54	8:21 min/m	160
269	00:32:03	10:20 min/m	354
304	00:28:53	9:19 min/m	282
341	00:26:11	8:27 min/m	169
283	00:28:09	9:05 min/m	258
342	00:26:58	8:41 min/m	212
332	00:28:41	9:15 min/m	274
291	00:30:25	9:48 min/m	318
271	00:30:48	9:56 min/m	327
340	00:25:10	8:07 min/m	133
313	00:28:21	9:08 min/m	265
277	00:31:15	10:04 min/m	337
280	00:29:01	9:21 min/m	286
326	00:26:10	8:26 min/m	166
284	00:33:04	10:40 min/m	376
312	00:30:27	9:49 min/m	320
309	00:28:26	9:10 min/m	269
307	00:30:43	9:54 min/m	325
236	00:34:56	11:16 min/m	398
358	00:28:23	9:09 min/m	267

282	00:32:35	10:30 min/m	365
335	00:27:50	8:58 min/m	246
267	00:34:35	11:09 min/m	395
328	00:27:32	8:52 min/m	237
325	00:29:10	9:24 min/m	291
264	00:30:33	9:51 min/m	321
314	00:30:45	9:55 min/m	326
353	00:29:53	9:38 min/m	307
347	00:27:39	8:55 min/m	239
257	00:24:14	7:49 min/m	96
285	00:32:18	10:25 min/m	359
343	00:26:51	8:39 min/m	207
319	00:30:51	9:57 min/m	328
350	00:27:27	8:51 min/m	233
431	00:31:35	10:11 min/m	345
301	00:30:53	9:57 min/m	330
302	00:32:25	10:27 min/m	362
263	00:31:40	10:12 min/m	347
336	00:25:24	8:11 min/m	141
256	00:35:12	11:21 min/m	401
366	00:28:02	9:02 min/m	253
266	00:33:01	10:39 min/m	371
360	00:26:52	8:40 min/m	208
310	00:33:46	10:53 min/m	385
321	00:32:20	10:26 min/m	360
276	00:32:00	10:19 min/m	352
434	00:32:47	10:34 min/m	367
303	00:33:52	10:55 min/m	388
305	00:31:22	10:07 min/m	338
300	00:33:45	10:53 min/m	383
320	00:29:40	9:34 min/m	302
329	00:30:15	9:45 min/m	312
327	00:29:28	9:30 min/m	298
364	00:28:30	9:11 min/m	271
254	00:35:49	11:33 min/m	408
322	00:30:38	9:52 min/m	322

354	00:30:21	9:47 min/m	315
34	00:47:37	15:21 min/m	436
349	00:30:22	9:48 min/m	317
369	00:29:12	9:25 min/m	293
247	00:38:54	12:33 min/m	423
330	00:32:35	10:30 min/m	366
352	00:28:09	9:04 min/m	257
386	00:30:17	9:46 min/m	313
323	00:34:20	11:04 min/m	390
344	00:31:25	10:08 min/m	339
387	00:28:51	9:18 min/m	279
367	00:33:02	10:39 min/m	372
384	00:28:45	9:16 min/m	278
324	00:35:52	11:34 min/m	409
363	00:33:50	10:54 min/m	387
334	00:35:07	11:19 min/m	400
372	00:29:12	9:25 min/m	292
345	00:33:37	10:50 min/m	382
380	00:26:38	8:35 min/m	188
356	00:33:03	10:39 min/m	375
390	00:29:44	9:35 min/m	304
306	00:33:15	10:43 min/m	378
379	00:32:15	10:24 min/m	358
333	00:34:23	11:05 min/m	392
414	00:25:31	8:13 min/m	146
315	00:36:05	11:38 min/m	410
378	00:33:23	10:46 min/m	379
362	00:31:01	10:00 min/m	331
357	00:33:26	10:47 min/m	380
339	00:33:32	10:49 min/m	381
359	00:32:14	10:23 min/m	357
393	00:31:25	10:08 min/m	340
397	00:28:58	9:20 min/m	284
299	00:41:06	13:15 min/m	429
373	00:31:35	10:11 min/m	346
376	00:31:06	10:01 min/m	332

399	00:30:21	9:47 min/m	314
377	00:32:54	10:36 min/m	368
396	00:28:44	9:16 min/m	276
382	00:31:34	10:10 min/m	344
337	00:34:13	11:02 min/m	389
408	00:28:57	9:20 min/m	283
365	00:33:45	10:53 min/m	384
391	00:32:56	10:37 min/m	369
389	00:34:21	11:04 min/m	391
381	00:35:29	11:27 min/m	403
375	00:34:28	11:07 min/m	393
346	00:39:16	12:40 min/m	424
394	00:35:40	11:30 min/m	405
412	00:29:59	9:40 min/m	310
405	00:35:45	11:31 min/m	407
355	00:38:23	12:22 min/m	420
374	00:40:30	13:04 min/m	427
398	00:31:56	10:18 min/m	351
385	00:37:55	12:13 min/m	418
388	00:32:31	10:29 min/m	363
331	00:41:58	13:32 min/m	430
413	00:31:52	10:17 min/m	350
361	00:40:01	12:54 min/m	426
410	00:31:27	10:09 min/m	342
392	00:32:56	10:37 min/m	370
417	00:32:32	10:29 min/m	364
371	00:37:01	11:56 min/m	413
411	00:34:43	11:11 min/m	396
400	00:36:33	11:47 min/m	412
348	00:40:39	13:06 min/m	428
383	00:38:40	12:28 min/m	421
407	00:36:21	11:43 min/m	411
395	00:35:43	11:31 min/m	406
404	00:37:37	12:08 min/m	417
416	00:32:02	10:20 min/m	353

