

**Final Lap Times - LRNSC 10km & 5km Time Trial - 25/9/17**

Time of Day	Lap	LeadLap	Lap Tm	Speed
<b>38 - Iain Ballentine - SENIOR MEN</b>				
12:16.7	1	2	03:08.6	28.639
15:29.8	2	3	03:13.0	27.972
18:40.8	3	4	03:11.0	28.268
22:01.5	4	5	03:20.7	26.904
25:26.0	5	6	03:24.5	26.405
28:51.0	6	7	03:25.0	26.343
32:06.3	7	7	03:15.3	27.647
<b>33 - Patrick Rodwell - SENIOR MEN</b>				
11:51.3	1	2	03:13.9	27.856
15:07.2	2	3	03:16.0	27.556
18:17.8	3	4	03:10.5	28.341
21:44.5	4	5	03:26.7	26.121
25:15.7	5	6	03:31.2	25.563
28:47.1	6	7	03:31.4	25.545
32:04.2	7	7	03:17.1	27.399
<b>24 - Szymon Orłowski - SENIOR MEN</b>				
09:48.5	1	2	03:12.1	28.103
13:09.0	2	3	03:20.4	26.942
16:45.7	3	4	03:36.8	24.911
20:11.5	4	5	03:25.8	26.24
23:43.6	5	6	03:32.0	25.466
27:10.9	6	7	03:27.3	26.052
30:29.4	7	7	03:18.5	27.198
<b>30 - Jordan Andrews - SENIOR MEN</b>				
11:01.2	1	2	03:09.4	28.51
14:22.4	2	3	03:21.1	26.851
17:50.2	3	4	03:27.8	25.984
21:19.4	4	5	03:29.3	25.806
24:52.1	5	6	03:32.6	25.397
28:22.9	6	7	03:30.8	25.614
31:51.4	7	7	03:28.5	25.902
<b>13 - Grzegorz Motyka (M) - SENIOR MEN</b>				
07:08.5	1	1	03:17.0	27.417
10:31.6	2	2	03:23.0	26.595
13:59.9	3	3	03:28.3	25.921
17:31.9	4	4	03:32.0	25.475
21:04.5	5	5	03:32.6	25.398
24:42.1	6	6	03:37.6	24.816
28:12.6	7	7	03:30.5	25.655
<b>45 - Alexander Bessarab (M) - SENIOR MEN</b>				
13:36.6	1	3	03:15.5	27.615
17:00.9	2	4	03:24.2	26.443
20:30.8	3	5	03:30.0	25.719
24:05.2	4	6	03:34.4	25.184
27:36.0	5	7	03:30.8	25.62
31:12.9	6	7	03:36.9	24.893
34:45.6	7	7	03:32.7	25.393

11 - Koen Pouwels - SENIOR MEN

06:35.6	1	1	03:13.4	27.92
09:59.6	2	2	03:24.1	26.462
13:31.5	3	3	03:31.9	25.489
17:01.3	4	4	03:29.8	25.74
20:33.4	5	5	03:32.1	25.455
24:15.7	6	6	03:42.3	24.293
27:55.5	7	7	03:39.8	24.573

31 - Fern Cates - SENIOR WOMEN

11:29.2	1	2	03:22.4	26.682
14:56.5	2	3	03:27.3	26.053
18:23.0	3	4	03:26.5	26.153
21:56.1	4	5	03:33.1	25.338
25:30.5	5	6	03:34.4	25.186
29:09.5	6	7	03:39.0	24.652
32:49.5	7	7	03:40.0	24.543

17 - Steve Perry (M) - SENIOR MEN

08:16.8	1	1	03:24.9	26.356
11:46.2	2	2	03:29.3	25.796
15:16.6	3	3	03:30.4	25.66
18:48.5	4	4	03:31.9	25.486
22:28.8	5	5	03:40.3	24.512
26:04.7	6	6	03:35.9	25.01
29:44.0	7	7	03:39.3	24.62

20 - Adam Pinney (M) - SENIOR MEN

09:06.1	1	2	03:29.3	25.802
12:37.7	2	3	03:31.6	25.521
16:09.7	3	4	03:32.0	25.472
19:45.0	4	5	03:35.3	25.08
23:24.7	5	6	03:39.7	24.583
27:00.8	6	7	03:36.1	24.985
30:36.2	7	7	03:35.4	25.065

3 - Lars Wikstrom (M) - SENIOR MEN

05:15.6	1	1	03:23.9	26.488
08:47.5	2	2	03:32.0	25.474
12:21.7	3	3	03:34.1	25.219
15:57.4	4	4	03:35.8	25.026
19:37.0	5	5	03:39.5	24.597
23:21.3	6	6	03:44.3	24.07
26:58.2	7	7	03:36.9	24.897

21 - Toby Rose - SENIOR MEN

09:23.3	1	2	03:31.4	25.538
12:56.4	2	3	03:33.0	25.346
16:25.6	3	4	03:29.3	25.803
20:01.6	4	5	03:36.0	25.002
23:41.0	5	6	03:39.4	24.609
27:17.3	6	7	03:36.2	24.974
31:07.2	7	7	03:49.9	23.489

12 - Marek Pasterny (M) - SENIOR MEN

07:01.9	1	1	03:24.5	26.409
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	10:35.4	2	2	03:33.5	25.294
	14:15.6	3	3	03:40.2	24.519
	17:59.2	4	4	03:43.6	24.149
	21:46.0	5	5	03:46.8	23.81
	25:32.3	6	6	03:46.3	23.858
	29:12.9	7	7	03:40.6	24.483
25 - Malcolm Lea (M) - SENIOR MEN					
	10:18.2	1	2	03:26.9	26.1
	13:55.5	2	3	03:37.3	24.852
	17:39.5	3	4	03:44.0	24.106
	21:29.6	4	5	03:50.1	23.471
	25:26.9	5	6	03:57.3	22.754
	29:19.7	6	7	03:52.8	23.196
	33:12.2	7	7	03:52.5	23.226
14 - Carsten Uth (M) - SENIOR MEN					
	07:57.5	1	1	03:50.3	23.443
	11:47.9	2	2	03:50.4	23.44
	15:44.7	3	3	03:56.8	22.801
	19:39.4	4	5	03:54.7	23.012
	23:32.1	5	6	03:52.7	23.201
	27:33.1	6	7	04:00.9	22.413
	31:36.0	7	7	04:02.9	22.233
26 - Steph Cook - SENIOR WOMEN					
	11:06.1	1	2	03:59.9	22.512
	15:01.6	2	3	03:55.5	22.929
	18:56.5	3	4	03:54.9	22.987
	22:54.9	4	5	03:58.4	22.649
	26:54.1	5	6	03:59.2	22.572
	30:54.6	6	7	04:00.5	22.458
	34:51.3	7	7	03:56.7	22.809
7 - Nicole Lunstead - SENIOR WOMEN					
	06:16.9	1	1	03:54.5	23.025
	10:19.5	2	2	04:02.5	22.265
	14:24.5	3	3	04:05.0	22.039
	18:24.1	4	4	03:59.6	22.541
	22:25.1	5	5	04:01.1	22.401
	26:24.2	6	6	03:59.1	22.587
	30:20.2	7	7	03:56.0	22.884
1 - Grzegorz Stasik (M) - SENIOR MEN					
	05:21.4	1	1	03:44.3	24.073
	09:21.0	2	2	03:59.6	22.537
	13:25.0	3	3	04:03.9	22.138
	17:31.5	4	4	04:06.6	21.901
	21:37.5	5	5	04:06.0	21.951
	25:48.7	6	6	04:11.2	21.497
	29:47.4	7	7	03:58.7	22.622
10 - Andrzej Bojarski (M) - SENIOR MEN					
	07:07.2	1	1	03:59.6	22.534
	11:08.3	2	2	04:01.0	22.403
	15:04.1	3	3	03:55.9	22.893

	19:03.1	4	4	03:58.9	22.602
	23:13.8	5	5	04:10.8	21.533
	27:22.7	6	7	04:08.9	21.696
	31:28.1	7	7	04:05.4	22.009
41 - Sophie Townend - SENIOR WOMEN					
	13:49.8	1	3	04:12.9	21.354
	18:02.7	2	4	04:12.9	21.352
	22:13.9	3	5	04:11.2	21.497
	26:23.2	4	6	04:09.3	21.663
	30:31.6	5	7	04:08.5	21.733
	34:36.8	6	7	04:05.2	22.022
	38:36.8	7	7	04:00.0	22.502
29 - Scott Thompson (M) - SENIOR MEN					
	11:46.5	1	2	04:09.6	21.638
	15:52.0	2	3	04:05.4	22
	19:58.8	3	5	04:06.8	21.88
	24:06.0	4	6	04:07.3	21.837
	28:15.7	5	7	04:09.7	21.627
	32:20.5	6	7	04:04.8	22.06
	36:38.8	7	7	04:18.3	20.909
9 - Alison McKinlay (M) - SENIOR WOMEN					
	06:46.8	1	1	03:54.9	22.985
	10:53.4	2	2	04:06.6	21.901
	15:07.9	3	3	04:14.5	21.215
	19:19.1	4	4	04:11.2	21.498
	23:41.1	5	6	04:22.0	20.61
	28:07.3	6	7	04:26.2	20.288
	32:31.3	7	7	04:24.1	20.45
6 - Julian Franklin (M) - SENIOR MEN					
	06:20.7	1	1	04:12.9	21.351
	10:36.1	2	2	04:15.4	21.145
	14:58.6	3	3	04:22.5	20.569
	19:24.4	4	4	04:25.8	20.32
	23:46.3	5	6	04:21.9	20.616
	28:09.8	6	7	04:23.5	20.495
	32:38.8	7	7	04:29.0	20.076
39 - Andrew Goodwin (M) - SENIOR MEN					
	13:58.1	1	3	04:36.7	19.516
	18:24.8	2	4	04:26.7	20.245
	22:51.4	3	5	04:26.6	20.253
	27:42.0	4	7	04:50.5	18.587
	32:15.6	5	7	04:33.6	19.737
	36:49.3	6	7	04:33.7	19.73
	41:24.6	7	7	04:35.3	19.615
15 - Amanda Richardson (V) - SENIOR WOMEN					
	08:53.0	1	2	04:31.3	19.906
	13:22.7	2	3	04:29.6	20.026
	17:57.8	3	4	04:35.1	19.628
	22:33.3	4	5	04:35.4	19.605
	27:07.1	5	7	04:33.9	19.719

	31:54.0	6	7	04:46.9	18.821
	36:33.1	7	7	04:39.1	19.347
42 - Mary Wray(V) - SENIOR WOMEN					
	14:41.9	1	3	04:49.0	18.682
	19:22.1	2	4	04:40.2	19.271
	24:09.0	3	6	04:46.9	18.824
	28:54.1	4	7	04:45.1	18.943
	33:59.4	5	7	05:05.3	17.688
	38:56.3	6	7	04:57.0	18.184
	43:48.1	7	7	04:51.8	18.507
32 - Peter Drew (M) - SENIOR MEN					
	13:00.4	1	3	04:38.6	19.381
	17:54.7	2	4	04:54.3	18.349
	22:52.0	3	5	04:57.3	18.163
	27:43.7	4	7	04:51.7	18.51
	32:38.8	5	7	04:55.1	18.302
	37:27.1	6	7	04:48.3	18.727
	42:20.3	7	7	04:53.1	18.421
22 - Jan Moller - SENIOR MEN					
	10:39.4	1	2	04:33.4	19.754
	15:21.5	2	3	04:42.2	19.138
	20:08.8	3	5	04:47.3	18.796
	25:13.3	4	6	05:04.4	17.737
	30:25.5	5	7	05:12.3	17.294
	35:35.3	6	7	05:09.7	17.434
	40:45.4	7	7	05:10.2	17.41
45 - Radek Berka (M) - SENIOR MEN					
	22:14.0	1	5	04:53.6	18.39
	27:28.0	2	7	05:14.0	17.198
	32:53.8	3	7	05:25.8	16.575
	38:26.1	4	7	05:32.3	16.248
	43:59.2	5	7	05:33.1	16.213
	49:38.9	6	7	05:39.7	15.895
	55:09.4	7	7	05:30.4	16.341
18 - Bjarne L. Tofte (M) - SENIOR MEN					
	10:08.7	1	2	05:01.3	17.925
	15:25.2	2	3	05:16.5	17.063
	20:52.1	3	5	05:26.9	16.518
	26:30.2	4	6	05:38.1	15.973
	32:16.3	5	7	05:46.1	15.601
	38:00.5	6	7	05:44.2	15.689
	43:38.3	7	7	05:37.8	15.986
8 - David Palmer (M) - SENIOR MEN					
	07:59.2	1	1	05:21.0	16.82
	13:40.2	2	3	05:41.1	15.833
	19:22.1	3	4	05:41.9	15.794
	25:19.1	4	6	05:57.0	15.126
	31:18.3	5	7	05:59.2	15.034
	37:18.9	6	7	06:00.6	14.975
	43:08.6	7	7	05:49.7	15.441

28 - Greg Barnes (M) - SENIOR MEN

13:10.1	1	3	05:49.0	15.474
19:15.0	2	4	06:04.8	14.801
25:25.3	3	6	06:10.3	14.583
31:43.0	4	7	06:17.7	14.295
38:05.0	5	7	06:22.0	14.138
44:32.9	6	7	06:28.0	13.919
51:21.0	7	7	06:48.1	13.234

23 - Ben Montilla - SENIOR MEN

15:29.6	1	3	09:07.0	9.872
24:46.3	2	6	09:16.7	9.701
33:23.5	3	7	08:37.2	10.441
42:08.5	4	7	08:45.0	10.285
52:21.4	5	7	10:12.9	8.81
01:42.9	6	7	09:21.5	9.617
10:50.0	7	7	09:07.1	9.871

34 - Anders Soderback (M) - SENIOR MEN

12:33.8	1	3	03:41.4	24.387
16:12.0	2	4	03:38.2	24.744
20:04.1	3	5	03:52.1	23.27
24:02.9	4	6	03:58.9	22.608
28:04.0	5	7	04:01.1	22.402
32:00.8	6	7	03:56.8	22.808

63 - Joseph Rosenfeld (5km) - MALE 14 -17

14:59.3	1	3	03:22.3	26.698
18:18.2	2	4	03:18.8	27.161
21:52.1	3	5	03:34.0	25.239

65 - Tristan Marshall (5km) - UNDER 14 MALE

16:31.9	1	4	04:25.2	20.365
21:18.0	2	5	04:46.0	18.878
26:22.8	3	6	05:04.8	17.717

60 - Haakon Leonard Aegesen (5km) - UNDER 14 MALE

15:29.5	1	3	04:37.9	19.433
20:15.8	2	5	04:46.3	18.859
25:08.8	3	6	04:53.0	18.432

62 - Beth Ireland (5km) - FEMALE 14 -17

16:19.2	1	4	04:56.4	18.221
21:28.3	2	5	05:09.1	17.473
26:41.6	3	6	05:13.3	17.234

58 - Sam Bojarski (5km) - MALE 14 -17

16:03.8	1	4	05:26.1	16.559
21:29.5	2	5	05:25.8	16.576
26:42.5	3	6	05:12.9	17.256

64 - Jasmine Uth (5km) - UNDER 14 FEMALE

16:52.8	1	4	05:00.5	17.973
22:33.1	2	5	05:40.3	15.869
28:14.4	3	7	05:41.3	15.82

44 - Andrea Elizabeth Aires - senior women 5km

16:58.9	1	4	06:51.0	13.139
24:12.7	2	6	07:13.8	12.449

	31:37.7	3	7	07:25.0	12.134
19 - Barnaby Norman (5km) - SENIOR MEN 5km					
	14:49.4	1	3	09:26.8	9.526
	22:12.8	2	5	07:23.4	12.179
	29:18.8	3	7	07:06.0	12.675
16 - Megan Campbell (M) - senior women 5km					
	13:26.9	1	3	08:49.8	10.192
	24:52.7	2	6	11:25.8	7.874
	33:19.6	3	7	08:26.9	10.652
61 - Noah Barnes (3km) - 3km under 14 Male					
	23:50.2	1	6	12:41.3	7.093
	38:26.9	2	7	14:36.7	6.159