

21K La vuelta de Tinajo

Overa	MF	AG	Bib	Name	AG	Club	Finish	Pace	Gap
Lanzarote International Running Challenge 2021 & Club La Santa Night Run									
Female									
FEMALE 20-24									
71	F.16	1	334	Annika Simonsen		F20-24 De lange	1:32:35	4:24 min/km	+26:34
78	F.18	2	55	Laura Cavella		F20-24	1:34:01	4:28 min/km	+28:00
204	F.67	3	120	Susannah		F20-24	1:59:31	5:41 min/km	+53:30
FEMALE 25-29									
22	F.5	1	219	Luisa Ghose		F25-29	1:22:30	3:55 min/km	+16:29
96	F.23	2	236	Elisabeth		F25-29	1:37:07	4:37 min/km	+31:06
100	F.24	3	323	Leona Ruane		F25-29 Fitness Goose Run Club	1:38:50	4:42 min/km	+32:49
114	F.30	4	224	Morven Glennie		F25-29	1:41:08	4:48 min/km	+35:07
116	F.32	5	255	Megan Jungmann		F25-29 Fitness Goose Run Club	1:42:02	4:51 min/km	+36:01
216	F.75	6	169	Mette Jessen		F25-29	2:05:08	5:57 min/km	+59:07
FEMALE 30-34									
13	F.1	*	51	Louise Lund		F30-34	1:19:31	3:47 min/km	+13:30
14	F.2	*	258	Kate Kelly		F30-34	1:19:39	3:47 min/km	+13:38
27	F.6	1	309	Helen Perry		F30-34	1:23:48	3:59 min/km	+17:47
70	F.15	2	312	Ida Petersen		F30-34	1:32:17	4:23 min/km	+26:16
169	F.49	3	221	Emily Glen		F30-34 Crusaders AC	1:52:15	5:20 min/km	+46:14
171	F.51	4	68	Elaine Kennedy		F30-34	1:52:24	5:21 min/km	+46:23
224	F.78	5	311	Karen Marita Peter		F30-34	2:07:37	6:04 min/km	+1:01:36
265	F.98	6	182	Lara Doheny		F30-34	2:47:01	7:57 min/km	+1:41:00
FEMALE 35-39									
18	F.3	*	12	Catherine Thornton		F35-39	1:21:28	3:52 min/km	+15:27
40	F.9	1	62	Maitane Melero		F35-39	1:26:49	4:08 min/km	+20:48
82	F.19	2	122	Clare Sullivan		F35-39	1:34:35	4:30 min/km	+28:34
85	F.20	3	206	Rebecca Fleming		F35-39 Crusaders AC	1:34:56	4:31 min/km	+28:55
106	F.26	4	259	Emer Kenny		F35-39	1:39:52	4:45 min/km	+33:51
124	F.34	5	66	Sally Johnston		F35-39	1:43:02	4:54 min/km	+37:01
142	F.41	6	211	Margaret Foley		F35-39	1:46:13	5:03 min/km	+40:12
154	F.44	7	104	Mia Rasmussen		F35-39	1:47:53	5:08 min/km	+41:52
185	F.57	8	85	Kelle McQuade		F35-39 THOR	1:54:29	5:27 min/km	+48:28
214	F.73	9	245	Clodagh Huggard		F35-39	2:04:17	5:55 min/km	+58:16
FEMALE 40-44									
33	F.7	1	11	Sarah Flanagan		F40-44	1:24:59	4:02 min/km	+18:58
34	F.8	2	10	Hellen De Vries		F40-44 Aart Stigter	1:25:12	4:03 min/km	+19:11
47	F.11	3	365	Linsey Ryll		F40-44	1:28:53	4:13 min/km	+22:52
64	F.14	4	95	Maura Ginty		F40-44	1:31:01	4:20 min/km	+25:00
76	F.17	5	99	Deirdre Oconnell		F40-44	1:33:54	4:28 min/km	+27:53
115	F.31	6	296	Deirdre Ni		F40-44	1:41:30	4:49 min/km	+35:29
121	F.33	7	21	Jennifer Brocksopp		F40-44	1:42:52	4:53 min/km	+36:51
127	F.36	8	368	Gemma White		F40-44	1:43:37	4:56 min/km	+37:36
155	F.45	9	248	Amy Inchley		F40-44	1:47:54	5:08 min/km	+41:53
193	F.59	10	90	Catherine Nettleton		F40-44	1:57:44	5:36 min/km	+51:43
194	F.60	11	111	Mary Beth Ryan		F40-44	1:57:49	5:36 min/km	+51:48
201	F.65	12	237	Sabina Louise		F40-44	1:58:55	5:39 min/km	+52:54
FEMALE 45-49									
21	F.4	1	511	Lisbeth Pedersen		F45-49	1:22:23	3:55 min/km	+16:22

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Overa	MF	AG	Bib	Name		AG	Club	Finish	Pace	Gap
41	F.10	2	189	Christl Dörschel		F45-49	Aart Stigter Running Club	1:27:21	4:09 min/km	+21:20
55	F.12	3	346	Martina Taska		F45-49	NovemberRunners	1:29:42	4:16 min/km	+23:41
62	F.13	4	293	Barbara Murray		F45-49		1:30:53	4:19 min/km	+24:52
92	F.21	5	335	Octavia Singleton		F45-49		1:36:21	4:35 min/km	+30:20
109	F.28	6	100	Bitten Outlaw		F45-49	Næsby Motion	1:40:27	4:46 min/km	+34:26
129	F.38	7	80	Catharina Lust		F45-49		1:43:58	4:57 min/km	+37:57
135	F.40	8	136	Helen Walsh		F45-49		1:45:54	5:02 min/km	+39:53
181	F.54	9	135	Yvonne Walsh		F45-49		1:53:35	5:24 min/km	+47:34
184	F.56	10	243	Ali How		F45-49	Garden City Runners	1:54:25	5:26 min/km	+48:24
187	F.58	11	235	Marianne Haslette		F45-49		1:55:13	5:29 min/km	+49:12
199	F.63	12	61	Sarah Howell		F45-49	THOR	1:58:44	5:39 min/km	+52:43
228	F.80	13	45	Amanda Fuller		F45-49	BWFAC	2:08:28	6:07 min/km	+1:02:27

FEMALE 50-54

111	F.29	1	157	Siobhan Lennon		F50-54		1:40:35	4:47 min/km	+34:34
126	F.35	2	228	Mikaela Gudkov		F50-54	Sparta	1:43:20	4:55 min/km	+37:19
144	F.42	3	210	Siobhán Foley		F50-54	Dunboyne AC	1:46:26	5:04 min/km	+40:25
145	F.43	4	277	Lesley Mainwaring		F50-54	Triathlon Coaching Wales	1:46:39	5:04 min/km	+40:38
158	F.47	5	133	Lene Helvig		F50-54		1:48:59	5:11 min/km	+42:58
196	F.61	6	326	Mariëlla Scalia		F50-54		1:57:56	5:36 min/km	+51:55
210	F.69	7	305	Fiona Peck		F50-54		2:01:42	5:47 min/km	+55:41
211	F.70	8	191	Hermie Drenth		F50-54	Aart Stigter	2:02:42	5:50 min/km	+56:41
213	F.72	9	103	Valerie Power		F50-54	SPORTSWORLD	2:04:11	5:54 min/km	+58:10
215	F.74	10	162	Margaret Bunting		F50-54		2:05:02	5:57 min/km	+59:01
233	F.81	11	354	Florence Trehet		F50-54		2:11:31	6:15 min/km	+1:05:30
238	F.82	12	287	Anne Marie		F50-54		2:16:03	6:28 min/km	+1:10:02
239	F.83	13	110	Iben Rude		F50-54		2:16:15	6:29 min/km	+1:10:14
240	F.84	14	253	Diane Jones		F50-54		2:18:15	6:34 min/km	+1:12:14
249	F.89	15	201	Kathryn Evans		F50-54	Garden City Runners	2:25:52	6:56 min/km	+1:19:51
254	F.90	16	121	Sylvia Steinicke		F50-54	Long Distance Berlin	2:31:47	7:13 min/km	+1:25:46
257	F.91	17	52	Samantha Harris		F50-54	THOR	2:32:19	7:15 min/km	+1:26:18
258	F.92	18	367	Vicky Cairney		F50-54		2:32:19	7:15 min/km	+1:26:18
259	F.93	19	124	Deborah Terras		F50-54	BWFAC	2:32:52	7:16 min/km	+1:26:51

FEMALE 55-59

95	F.22	1	167	Lynn Chislett		F55-59		1:36:45	4:36 min/km	+30:44
102	F.25	2	59	Vivi Hjortlund		F55-59		1:39:23	4:43 min/km	+33:22
108	F.27	3	195	Olwyn Dunne		F55-59	Crusaders AC	1:40:03	4:45 min/km	+34:02
128	F.37	4	336	Helen Smethurst		F55-59	London Fronrunners	1:43:38	4:56 min/km	+37:37
132	F.39	5	207	Zoe Woodward		F55-59	Eton Manor AC	1:45:05	5:00 min/km	+39:04
183	F.55	6	107	Paula Robinson		F55-59		1:53:56	5:25 min/km	+47:55
198	F.62	7	119	Marie Staunton		F55-59		1:58:29	5:38 min/km	+52:28
200	F.64	8	327	Joke		F55-59		1:58:54	5:39 min/km	+52:53
207	F.68	9	242	Joanne Hoornweg		F55-59		2:01:22	5:46 min/km	+55:21
219	F.76	10	333	Janet Shanahan		F55-59		2:05:57	5:59 min/km	+59:56
227	F.79	11	263	Erna Koekoek		F55-59		2:08:28	6:07 min/km	+1:02:27
271	F.101	12	226	Birgitte Grenaa		F55-59	Sparta	3:18:52	9:28 min/km	+2:12:51
273	F.102	13	77	Fiona Little		F55-59	BWFAC	3:19:12	9:29 min/km	+2:13:11















































FEMALE 60-64

159	F.48	1	302	Penny Wilkins		F60-64		1:49:09	5:11 min/km	+43:08
174	F.52	2	360	Annette Brasen		F60-64	Kalundborg Svane Apotek	1:52:41	5:21 min/km	+46:40









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Overa	MF	AG	Bib	Name		AG	Club	Finish	Pace	Gap
175	F.53	3	28	Dorthe Christensen		F60-64	Sparta	1:52:46	5:22 min/km	+46:45
203	F.66	4	317	Helen Ralph		F60-64		1:59:09	5:40 min/km	+53:08
212	F.71	5	115	Elisabeth Smart		F60-64		2:02:46	5:50 min/km	+56:45
244	F.86	6	232	Anne Trock		F60-64	Sparta	2:19:54	6:39 min/km	+1:13:53
248	F.88	7	318	Ina Rasmussen		F60-64	Ina Rasmussen	2:25:26	6:55 min/km	+1:19:25
263	F.96	8	143	May Andersen		F60-64		2:42:59	7:45 min/km	+1:36:58
268	F.99	9	93	Mette Nielsen		F60-64		2:56:38	8:24 min/km	+1:50:37
FEMALE 65-69										
157	F.46	1	155	Marie-Louise		F65-69	Sparta	1:48:37	5:10 min/km	+42:36
170	F.50	2	297	Elisabeth Linde		F65-69	Sparta	1:52:20	5:20 min/km	+46:19
222	F.77	3	331	Martina Seidel		F65-69		2:07:26	6:04 min/km	+1:01:25
247	F.87	4	319	Hanne Riis		F65-69		2:23:17	6:49 min/km	+1:17:16
261	F.94	5	138	Gurli Wendt		F65-69		2:39:49	7:36 min/km	+1:33:48
262	F.95	6	266	Joan Friberg		F65-69		2:42:59	7:45 min/km	+1:36:58
FEMALE 70-74										
243	F.85	1	149	Gunna Bastrup		F70-74		2:19:44	6:39 min/km	+1:13:43
264	F.97	2	171	Hanne Clark		F70-74	Hanne Clark	2:43:01	7:45 min/km	+1:37:00
FEMALE 75-79										
269	F.100	1	178	Rose Webb		F75-79		3:04:56	8:48 min/km	+1:58:55
Male										
MALE 18-20										
12	M.12	1	186	Jack Baldy		M18-20		1:18:52	3:45 min/km	+12:51
MALE 20-24										
1	M.1	*	173	Jordan Clay		M20-24	Slightly younger Milton	1:06:01	3:08 min/km	--
29	M.23	1	203	Lasse Falck Weber		M20-24	De Lange	1:24:18	4:00 min/km	+18:17
57	M.45	2	44	Magnus Astrup		M20-24		1:29:57	4:16 min/km	+23:56
61	M.49	3	194	Ethan Dunican		M20-24	Tullamore Harriers A.C.	1:30:47	4:19 min/km	+24:46
101	M.77	4	146	Joseph Ball		M20-24		1:39:13	4:43 min/km	+33:12
113	M.84	5	163	Conor Butler		M20-24	Tullamore Harriers A.C	1:41:06	4:48 min/km	+35:05
MALE 25-29										
6	M.6	1	185	Jay Donegan		M25-29		1:13:51	3:30 min/km	+07:50
32	M.26	2	105	Simon Reason		M25-29		1:24:52	4:02 min/km	+18:51
37	M.29	3	231	Kristian Laumann		M25-29		1:26:39	4:07 min/km	+20:38
39	M.31	4	357	Levin Veale		M25-29		1:26:46	4:07 min/km	+20:45
69	M.55	5	151	Danny Beeson		M25-29		1:31:56	4:22 min/km	+25:55
136	M.96	6	332	Ger Sexton		M25-29		1:45:55	5:02 min/km	+39:54
151	M.108	7	338	Jon Spinks		M25-29		1:47:16	5:06 min/km	+41:15
202	M.137	8	101	Craig Pears		M25-29		1:58:56	5:39 min/km	+52:55
206	M.139	9	322	Conor Ronan		M25-29		2:00:49	5:45 min/km	+54:48
MALE 30-34										
2	M.2	*	1	Kasper Laumann		M30-34	Hechmann Racing Club	1:08:41	3:16 min/km	+02:40
8	M.8	1	267	Adrian Lainez		M30-34	Z5 X-treme triathlon	1:16:06	3:37 min/km	+10:05
53	M.42	2	113	Nick Scroxtton		M30-34	Dublin Front Runners	1:29:36	4:15 min/km	+23:35
104	M.79	3	283	Philip Matthews		M30-34		1:39:44	4:44 min/km	+33:43
131	M.93	4	216	Jesús García		M30-34	Notorious Bull	1:44:40	4:59 min/km	+38:39
137	M.97	5	316	Phillip Pugh		M30-34		1:45:57	5:02 min/km	+39:56
140	M.100	6	193	Niall Duffy		M30-34	Fitness Goose Run Club	1:46:06	5:03 min/km	+40:05
182	M.128	7	144	Mark Armstrong		M30-34		1:53:47	5:25 min/km	+47:46











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Overa	MF	AG	Bib	Name	AG	Club	Finish	Pace	Gap
MALE 35-39									
4	M.4	1	17	Aladdin Bouhania		M35-39 CintaMind	1:12:05	3:25 min/km	+06:04
7	M.7	2	5	Peter Mackrell		M35-39 Slightly Younger Milton	1:14:56	3:34 min/km	+08:55
10	M.10	3	49	Kevin Curran		M35-39 Sportsworld	1:18:05	3:43 min/km	+12:04
20	M.17	4	205	Christiaan Feehan		M35-39 Dublin Front Runners AC	1:21:54	3:53 min/km	+15:53
30	M.24	5	301	Neill O Shea		M35-39 Dublin frontrunners	1:24:26	4:01 min/km	+18:25
49	M.38	6	229	Brian Hackett		M35-39	1:29:09	4:14 min/km	+23:08
50	M.39	7	306	German Perez		M35-39	1:29:13	4:14 min/km	+23:12
60	M.48	8	257	Ronan Kelly		M35-39	1:30:40	4:19 min/km	+24:39
66	M.52	9	92	Frederik Nielsen		M35-39 Politiets Idrætsforening	1:31:28	4:21 min/km	+25:27
84	M.65	10	16	Alex Bone		M35-39	1:34:55	4:31 min/km	+28:54
90	M.70	11	98	Eoin O Connor		M35-39 Galway City Harriers -	1:35:53	4:33 min/km	+29:52
94	M.73	12	370	Jacob Boen Halle		M35-39	1:36:43	4:36 min/km	+30:42
97	M.74	13	179	Robert Dempsey		M35-39	1:38:10	4:40 min/km	+32:09
98	M.75	14	225	Brendan Glynn		M35-39	1:38:17	4:40 min/km	+32:16
119	M.87	15	181	Pieter Dogger		M35-39	1:42:30	4:52 min/km	+36:29
125	M.91	16	14	Florian Bauer		M35-39	1:43:10	4:54 min/km	+37:09
164	M.116	17	15	Nazrie Bin Abu		M35-39 Fitness Goose Run Club	1:51:32	5:18 min/km	+45:31
178	M.125	18	81	Conor Mac an Tuile		M35-39	1:53:11	5:23 min/km	+47:10
223	M.146	19	264	Hans Martin		M35-39	2:07:36	6:04 min/km	+1:01:35
MALE 40-44									
3	M.3	*	3	Rob Elmore		M40-44 Slightly Younger Milton	1:11:15	3:23 min/km	+05:14
5	M.5	1	6	Gareth Murran		M40-44 Sportsworld	1:13:33	3:30 min/km	+07:32
9	M.9	2	97	Ray O Connor		M40-44 Galway City Harriers -	1:17:14	3:40 min/km	+11:13
19	M.16	3	47	James Gillanders		M40-44 London Frontrunners	1:21:48	3:53 min/km	+15:47
23	M.18	4	156	Jochem Weijzen		M40-44 loopgroep Aart stigter	1:22:31	3:55 min/km	+16:30
31	M.25	5	38	Michael		M40-44 Sportsworld	1:24:47	4:02 min/km	+18:46
36	M.28	6	30	Ronan Padraic		M40-44 Galway City Harriers	1:26:10	4:06 min/km	+20:09
38	M.30	7	46	Ian Giggs		M40-44 Reading Roadrunners	1:26:43	4:07 min/km	+20:42
45	M.35	8	141	Darren Butler		M40-44 Tullamore Harriers	1:28:34	4:13 min/km	+22:33
67	M.53	9	137	Karl Walsh		M40-44 Crusaders	1:31:35	4:21 min/km	+25:34
74	M.58	10	369	Martin Faurholt		M40-44	1:33:29	4:27 min/km	+27:28
75	M.59	11	84	James McNab		M40-44 THOR	1:33:53	4:28 min/km	+27:52
83	M.64	12	239	Patrick Hodge		M40-44	1:34:46	4:30 min/km	+28:45
99	M.76	13	196	Bryan Durkan		M40-44	1:38:24	4:41 min/km	+32:23
146	M.103	14	73	Emmet Wordell		M40-44	1:46:50	5:05 min/km	+40:49
152	M.109	15	345	Daniel Tagg		M40-44	1:47:39	5:07 min/km	+41:38
160	M.112	16	337	Martin Smyth		M40-44	1:49:35	5:13 min/km	+43:34
162	M.114	17	215	David Gannon		M40-44	1:50:02	5:14 min/km	+44:01
217	M.142	18	19	Philip Helmer		M40-44 Blovstrød Løverne	2:05:20	5:58 min/km	+59:19
MALE 45-49									
11	M.11	1	4	Paul Fleming		M45-49 Sportsworld	1:18:42	3:44 min/km	+12:41
17	M.15	2	344	Trevor Sweeney		M45-49	1:21:10	3:51 min/km	+15:09
26	M.21	3	247	Andy Inchley		M45-49 Slightly Younger Milton	1:23:44	3:59 min/km	+17:43
28	M.22	4	41	Kilian Dooley		M45-49 Galway City Harriers -	1:23:58	3:59 min/km	+17:57
35	M.27	5	79	Søren Lunderoff		M45-49 Viborg Atletik & motion	1:25:51	4:05 min/km	+19:50
44	M.34	6	88	Jonathan Moscrop		M45-49 London Frontrunners	1:28:29	4:12 min/km	+22:28
46	M.36	7	67	Neil Jones		M45-49 Slightly Older Milton	1:28:39	4:13 min/km	+22:38
52	M.41	8	204	Peadar Faherty		M45-49	1:29:28	4:15 min/km	+23:27








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54	M.43	9	249	Darren Jarman		M45-49		1:29:38	4:16 min/km	+23:37
58	M.46	10	358	Andrew Wasdell		M45-49	Slightly older Milton	1:30:12	4:17 min/km	+24:11
72	M.56	11	246	Tim Inchley		M45-49		1:32:38	4:24 min/km	+26:37
73	M.57	12	190	Martin Doyle		M45-49	Sportsworld	1:33:00	4:25 min/km	+26:59
86	M.66	13	279	David Manuel		M45-49		1:35:06	4:31 min/km	+29:05
120	M.88	14	2	Jonas Brandsbjerg		M45-49		1:42:34	4:53 min/km	+36:33
148	M.105	15	131	Joachim van der		M45-49	Dublin Front Runners	1:46:59	5:05 min/km	+40:58
150	M.107	16	23	Ray Buckley		M45-49	Dublin Fronrunners	1:47:10	5:06 min/km	+41:09

MALE 50-54

15	M.13	1	9	David Exposito		M50-54	CLUB TRIATLON 4	1:19:46	3:47 min/km	+13:45
16	M.14	2	197	Andre Dwehus		M50-54		1:19:54	3:48 min/km	+13:53
25	M.20	3	512	Kim Rasmussen		M50-54		1:23:35	3:58 min/km	+17:34
42	M.32	4	56	Henrik Helmholt		M50-54		1:27:24	4:09 min/km	+21:23
51	M.40	5	276	Jan Madsen		M50-54	LIF Løb og Motion	1:29:19	4:15 min/km	+23:18
59	M.47	6	48	Anthony Gillen		M50-54	Sportsworld	1:30:35	4:18 min/km	+24:34
79	M.61	7	116	Paul Sparrow		M50-54		1:34:31	4:30 min/km	+28:30
80	M.62	8	125	Anthony Terras		M50-54	BWFAC	1:34:31	4:30 min/km	+28:30
88	M.68	9	218	Farzad Ghadamiyan		M50-54	NovemberRunners	1:35:41	4:33 min/km	+29:40
89	M.69	10	303	Lars Høiriis		M50-54		1:35:52	4:33 min/km	+29:51
93	M.72	11	260	David Kiely		M50-54		1:36:39	4:36 min/km	+30:38
105	M.80	12	89	Tim Murphy		M50-54	Sportsworld	1:39:45	4:44 min/km	+33:44
110	M.82	13	132	Kim Vinsten		M50-54	Næsby Motion	1:40:28	4:47 min/km	+34:27
112	M.83	14	31	Ned Cooke		M50-54		1:40:53	4:48 min/km	+34:52
118	M.86	15	240	Jesper		M50-54	Sparta	1:42:28	4:52 min/km	+36:27
130	M.92	16	329	Wilfred		M50-54		1:44:19	4:58 min/km	+38:18
143	M.102	17	158	Shane Boyle		M50-54		1:46:25	5:04 min/km	+40:24
149	M.106	18	35	Tom Crowley		M50-54	Dublin fronrunners	1:47:09	5:06 min/km	+41:08
161	M.113	19	161	Neil Brown		M50-54		1:49:37	5:13 min/km	+43:36
166	M.118	20	148	Michael Banahan		M50-54		1:51:46	5:19 min/km	+45:45
186	M.129	21	265	Krzysztof Kowalski		M50-54		1:55:09	5:28 min/km	+49:08
190	M.132	22	130	Graham Tyerman		M50-54		1:56:32	5:32 min/km	+50:31
232	M.152	23	40	Richard Deunk		M50-54		2:11:01	6:14 min/km	+1:05:00
234	M.153	24	60	Tony Howell		M50-54	Thor	2:12:00	6:17 min/km	+1:05:59
237	M.156	25	109	Carsten Rohde		M50-54	Kurts kåde kaniner	2:14:50	6:25 min/km	+1:08:49
242	M.158	26	34	Derek Crane		M50-54		2:19:35	6:38 min/km	+1:13:34
246	M.160	27	147	Antony Ball		M50-54		2:21:35	6:44 min/km	+1:15:34
253	M.164	28	117	Jörg Stargardt		M50-54	Weltraumjogger Berlin	2:31:46	7:13 min/km	+1:25:45
256	M.166	29	366	James Finlayson		M50-54		2:32:19	7:15 min/km	+1:26:18

MALE 55-59

24	M.19	1	63	Kim Jensen		M55-59		1:22:56	3:56 min/km	+16:55
56	M.44	2	166	Paul Cates		M55-59	Eton Manor AC	1:29:42	4:16 min/km	+23:41
63	M.50	3	288	Gianni Melideo		M55-59	NovemberRunners	1:30:55	4:19 min/km	+24:54
68	M.54	4	200	Tim Wynne		M55-59		1:31:46	4:22 min/km	+25:45
77	M.60	5	250	Karsten Jeberg		M55-59		1:33:55	4:28 min/km	+27:54
81	M.63	6	269	Henrik Rentoft		M55-59		1:34:34	4:30 min/km	+28:33
91	M.71	7	50	Jan Juul Hansen		M55-59	Næsby Motion	1:36:01	4:34 min/km	+30:00
122	M.89	8	291	Robert Müller		M55-59	NovemberRunners	1:42:55	4:54 min/km	+36:54
123	M.90	9	170	René Ciraklar		M55-59	IK Hellas	1:42:59	4:54 min/km	+36:58
139	M.99	10	208	Glyn Fletcher		M55-59		1:46:03	5:02 min/km	+40:02

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Overa	MF	AG	Bib	Name	AG	Club	Finish	Pace	Gap	
141	M.101	11	290	Robert Moore		M55-59	1:46:12	5:03 min/km	+40:11	
153	M.110	12	244	Henrik Høybye		M55-59	1:47:47	5:07 min/km	+41:46	
156	M.111	13	168	Peter Chislett		M55-59	1:48:01	5:08 min/km	+42:00	
172	M.121	14	118	Mike Staunton		M55-59	1:52:27	5:21 min/km	+46:26	
179	M.126	15	254	Ifan Jones		M55-59	1:53:27	5:24 min/km	+47:26	
180	M.127	16	278	Andrew		M55-59	Triathlon Coaching Wales	1:53:35	5:24 min/km	+47:34
191	M.133	17	348	Russell Tennant		M55-59	Lanza Road Runners	1:57:06	5:34 min/km	+51:05
195	M.135	18	220	Frank Gleeson		M55-59		1:57:53	5:36 min/km	+51:52
226	M.148	19	294	Paschal Naughton		M55-59	Tullamore Harriers	2:07:57	6:05 min/km	+1:01:56
241	M.157	20	145	Wayne Aylott		M55-59	garden city runners	2:18:41	6:36 min/km	+1:12:40
252	M.163	21	112	Vagn Schmidt		M55-59		2:30:16	7:09 min/km	+1:24:15
260	M.167	22	65	Kenneth Johansen		M55-59		2:33:06	7:17 min/km	+1:27:05





MALE 60-64

43	M.33	1	289	Wout Mensink		M60-64	Aart Stigter Running	1:28:11	4:11 min/km	+22:10
48	M.37	2	230	Lee Christmas		M60-64		1:28:57	4:14 min/km	+22:56
87	M.67	3	273	Raymond Linkers		M60-64		1:35:07	4:31 min/km	+29:06
103	M.78	4	341	Paul Stockings		M60-64		1:39:24	4:43 min/km	+33:23
107	M.81	5	160	Erik Brinks		M60-64	LIF Løb og Motion	1:39:57	4:45 min/km	+33:56
117	M.85	6	126	Gary Thoms		M60-64		1:42:17	4:52 min/km	+36:16
133	M.94	7	58	Tom Hjortlund		M60-64		1:45:17	5:00 min/km	+39:16
147	M.104	8	69	Torben Klindt		M60-64		1:46:58	5:05 min/km	+40:57
163	M.115	9	22	Keith Brown		M60-64		1:51:19	5:18 min/km	+45:18
167	M.119	10	42	Neil Edwards		M60-64		1:51:51	5:19 min/km	+45:50
168	M.120	11	272	Chris Lee		M60-64		1:52:06	5:20 min/km	+46:05
192	M.134	12	187	Andrew Dooley		M60-64	Lanza RoadRunners	1:57:08	5:34 min/km	+51:07
197	M.136	13	175	Diarmuid Cullinane		M60-64		1:58:09	5:37 min/km	+52:08
208	M.140	14	281	Emon Martin		M60-64	Garden City Runners	2:01:30	5:47 min/km	+55:29
218	M.143	15	209	Ian Floyd		M60-64		2:05:21	5:58 min/km	+59:20
230	M.150	16	78	Kevin Loftus		M60-64		2:10:35	6:13 min/km	+1:04:34
235	M.154	17	343	Leslaw Strzelecki		M60-64		2:12:13	6:17 min/km	+1:06:12
250	M.161	18	347	Brett Taylor		M60-64		2:26:02	6:57 min/km	+1:20:01
251	M.162	19	94	Klaus-Jørgen		M60-64		2:29:33	7:07 min/km	+1:23:32
267	M.169	20	183	Bernard Doheny		M60-64	Tullamore Harriers	2:53:45	8:16 min/km	+1:47:44
272	M.171	21	106	John Reason		M60-64		3:19:10	9:29 min/km	+2:13:09

MALE 65-69

65	M.51	1	174	James Cottle		M65-69		1:31:10	4:20 min/km	+25:09
134	M.95	2	359	Christopher		M65-69		1:45:44	5:02 min/km	+39:43
138	M.98	3	13	Martin Bates		M65-69		1:45:59	5:02 min/km	+39:58
165	M.117	4	222	James Glennie		M65-69		1:51:36	5:18 min/km	+45:35
173	M.122	5	261	Andrew Kilby		M65-69		1:52:37	5:21 min/km	+46:36
176	M.123	6	214	Henk Franssen		M65-69		1:52:46	5:22 min/km	+46:45
188	M.130	7	252	Terry Jones		M65-69	Triathlon Coaching Wales	1:55:14	5:29 min/km	+49:13
189	M.131	8	142	Piet Admiraal		M65-69	Loopgroep Aart Stigter	1:55:38	5:30 min/km	+49:37
205	M.138	9	324	Peter Rymarowicz		M65-69		1:59:39	5:41 min/km	+53:38
209	M.141	10	349	Malcolm Thirlaway		M65-69		2:01:35	5:47 min/km	+55:34
225	M.147	11	251	Poul-Erik		M65-69	Sparta	2:07:39	6:04 min/km	+1:01:38
229	M.149	12	71	Günter Kraus		M65-69		2:10:16	6:12 min/km	+1:04:15
231	M.151	13	202	John Evans		M65-69		2:10:52	6:13 min/km	+1:04:51
236	M.155	14	140	Christopher Young		M65-69		2:12:48	6:19 min/km	+1:06:47

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Overa	MF	AG	Bib	Name		AG	Club	Finish	Pace	Gap
245	M.159	15	233	Svend Trock		M65-69	Sparta	2:20:36	6:41 min/km	+1:14:35
266	M.168	16	114	John Shelton		M65-69		2:49:38	8:04 min/km	+1:43:37
MALE 70-74										
177	M.124	1	270	Ib Lynnerup Larsen		M70-74	Kurts Kåde Kaniner	1:53:02	5:22 min/km	+47:01
220	M.144	2	26	Erik Zachø		M70-74		2:06:07	6:00 min/km	+1:00:06
221	M.145	3	299	Preben Nissen		M70-74		2:06:16	6:00 min/km	+1:00:15
255	M.165	4	139	Peter Wendt		M70-74	Kurts kåde kaniner	2:32:08	7:14 min/km	+1:26:07
MALE 80+										
270	M.170	1	300	Peter Norman		M80+		3:08:21	8:58 min/km	+2:02:20