

21K La vuelta de Tinajo

Over	MF	AG	Bib	Name	AG	Club	Finish	Pace	Gap
Lanzarote International Running Challenge 2022 / Night Run 2022									
Female									
FEMALE 25-29									
45	F.4	1	26	Rosanna Andrews		F25-29	1:29:03	4:14 min/km	+20:25
71	F.10	2	154	Frederikke Svarre		F25-29	1:35:35	4:33 min/km	+26:57
74	F.11	3	404	Molly Whitehall		F25-29	1:36:52	4:36 min/km	+28:14
121	F.33	4	215	Morven Glennie		F25-29	1:46:58	5:05 min/km	+38:20
147	F.46	5	109	Roisin O'Donovan		F25-29	1:53:23	5:23 min/km	+44:45
169	F.58	6	222	Mette Hartlev		F25-29	1:57:54	5:36 min/km	+49:16
184	F.68	7	46	Caroline Draper		F25-29	2:03:09	5:51 min/km	+54:31
188	F.70	8	127	Susannah Staunton		F25-29	2:04:10	5:54 min/km	+55:32
-	-	-	233	Rachel Kelly		F25-29	2:35:34	7:24 min/km	
-	-	-	63	Kayleigh Harris		F25-29 THOR	3:02:00	8:39 min/km	
FEMALE 30-34									
86	F.17	1	245	Sarah Lyons		F30-34 CRUSADERS AC	1:40:48	4:47 min/km	+32:10
FEMALE 35-39									
16	F.1	-	379	Catherine Thornton		F35-39 CRUSADERS	1:19:35	3:47 min/km	+10:57
88	F.18	1	208	Rebecca Fleming		F35-39 CRUSADERS AC	1:41:10	4:49 min/km	+32:32
101	F.24	2	56	Sally Gallagher		F35-39	1:43:59	4:57 min/km	+35:21
112	F.28	3	94	Deirdre Lyons		F35-39 DUBLIN FRONTRUNNERS	1:45:39	5:01 min/km	+37:01
136	F.40	4	213	Emily Glen		F35-39 CRUSADERS AC	1:51:05	5:17 min/km	+42:27
151	F.49	5	112	Ivana Pristed		F35-39	1:54:07	5:26 min/km	+45:29
159	F.52	6	210	Margaret Foley		F35-39	1:55:42	5:30 min/km	+47:04
165	F.55	7	235	Emer Kenny		F35-39	1:56:44	5:33 min/km	+48:06
173	F.61	8	366	Mia Rasmussen		F35-39	1:59:01	5:40 min/km	+50:23
175	F.63	9	101	Kelle McQuade		F35-39 THOR	1:59:41	5:41 min/km	+51:03
FEMALE 40-44									
37	F.3	-	232	Shona Keane		F40-44 SPORTSWORLD	1:26:46	4:07 min/km	+18:08
49	F.5	1	7	Maura Ginty		F40-44 SPORTSWORLD AC	1:29:25	4:15 min/km	+20:47
54	F.6	2	382	Wendy Webber		F40-44 MILTON BUZZARD LADIES	1:30:33	4:18 min/km	+21:55
57	F.7	3	297	Fiona Kenna		F40-44	1:32:14	4:23 min/km	+23:36
80	F.13	4	82	Maria Kelly		F40-44	1:39:59	4:45 min/km	+31:21
83	F.15	5	228	Amy Inchley		F40-44 MILTON BUZZARD LADIES	1:40:16	4:46 min/km	+31:38
96	F.21	6	35	Jennifer Brocksopp		F40-44	1:43:18	4:55 min/km	+34:40
102	F.25	7	242	Sara Cbh Lorentzen		F40-44	1:44:04	4:57 min/km	+35:26
162	F.54	8	257	Elaine Moore		F40-44	1:56:15	5:32 min/km	+47:37
174	F.62	9	27	Rachel Barker		F40-44 THOR	1:59:41	5:41 min/km	+51:03
195	F.74	10	89	Michelle Lawton		F40-44 THOR	2:06:23	6:01 min/km	+57:45
FEMALE 45-49									
58	F.8	1	240	Maibritt Kristoffersen		F45-49	1:32:42	4:24 min/km	+24:04
66	F.9	2	234	Ruth Kelly		F45-49 SPORTSWORLD	1:34:40	4:30 min/km	+26:02
81	F.14	3	373	Octavia Singleton		F45-49	1:40:00	4:45 min/km	+31:22
100	F.23	4	13	Helen Walsh		F45-49	1:43:51	4:56 min/km	+35:13
109	F.27	5	174	Carolina Arribas Perez		F45-49	1:44:51	4:59 min/km	+36:13
113	F.29	6	361	Sophie Packman		F45-49 GCR	1:45:44	5:02 min/km	+37:06
125	F.35	7	203	Deirdre Ni Chearbhaill		F45-49	1:48:10	5:09 min/km	+39:32
146	F.45	8	77	Ali How		F45-49	1:53:22	5:23 min/km	+44:44
152	F.50	9	230	Pia Chanette Jensen		F45-49 SPARTA	1:54:08	5:26 min/km	+45:30

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Over	MF	AG	Bib	Name	AG	Club	Finish	Pace	Gap
153	F.51	10	54	Amanda Fuller	 F45-49	BWFAC	1:54:19	5:26 min/km	+45:41
160	F.53	11	341	Maria Dolores	 F45-49		1:56:01	5:31 min/km	+47:23
166	F.56	12	352	Liz Nixon	 F45-49		1:56:44	5:33 min/km	+48:06
170	F.59	13	218	Caroline Griffin	 F45-49	HERTS RUNNERS	1:58:03	5:37 min/km	+49:25
179	F.64	14	295	Sally Hunter	 F45-49		2:00:23	5:43 min/km	+51:45
186	F.69	15	104	Catherine Nettleton	 F45-49		2:04:02	5:54 min/km	+55:24
191	F.71	16	83	Kimberley Kennedy	 F45-49	SPORTSWORLD	2:04:15	5:54 min/km	+55:37
193	F.73	17	220	Esther Hakvoort	 F45-49		2:04:21	5:55 min/km	+55:43
199	F.76	18	380	Esther van Bochove	 F45-49		2:09:19	6:09 min/km	+1:00:41
207	F.82	19	87	Heather Larson	 F45-49		2:12:20	6:18 min/km	+1:03:42
208	F.83	20	280	Catherine Dann	 F45-49		2:12:20	6:18 min/km	+1:03:42
211	F.84	21	79	Sarah Howell	 F45-49		2:13:35	6:21 min/km	+1:04:57
217	F.86	22	71	Joan Helmholt	 F45-49		2:18:45	6:36 min/km	+1:10:07

FEMALE 50-54

33	F.2	-	97	Angela Mccann	 F50-54		1:25:29	4:04 min/km	+16:51
85	F.16	1	310	Inger Lise Midthjell	 F50-54	Joggedamene from Voss	1:40:41	4:47 min/km	+32:03
114	F.30	2	288	Siobhán Foley	 F50-54	Dunboyne AC	1:46:04	5:03 min/km	+37:26
131	F.37	3	51	Edna-Jane Findlay	 F50-54		1:49:47	5:13 min/km	+41:09
132	F.38	4	289	Randi Førde	 F50-54		1:50:02	5:14 min/km	+41:24
135	F.39	5	15	Lene Vintersboelle	 F50-54		1:50:43	5:16 min/km	+42:05
222	F.89	6	255	Anne Marie McNamara	 F50-54		2:22:07	6:46 min/km	+1:13:29
-	-	-	204	Kath Evans	 F50-54	GARDEN CITY RUNNERS	2:31:51	7:13 min/km	
-	-	-	14	Nickola Walker	 F50-54	BWFAC	2:32:41	7:16 min/km	
-	-	-	17	Deborah Terras	 F50-54	BWFAC	2:48:03	8:00 min/km	
-	-	-	65	Samantha Harris	 F50-54	THOR	2:37:26	7:29 min/km	

FEMALE 55-59

77	F.12	1	188	Lynn Chislett	 F55-59		1:38:28	4:41 min/km	+29:50
93	F.20	2	340	Ruth Vedå	 F55-59		1:42:52	4:53 min/km	+34:14
97	F.22	3	202	Olwyn Dunne	 F55-59	CRUSADERS	1:43:34	4:55 min/km	+34:56
106	F.26	4	73	Vivi Hjortlund	 F55-59		1:44:46	4:59 min/km	+36:08
118	F.31	5	284	Hilde Eldegard	 F55-59		1:46:25	5:04 min/km	+37:47
119	F.32	6	248	Lesley Mainwaring	 F55-59	TRIATHLON COACHING WALES	1:46:39	5:04 min/km	+38:01
123	F.34	7	60	Susan Gray	 F55-59		1:47:29	5:07 min/km	+38:51
141	F.42	8	395	Heidi Tenhunen	 F55-59		1:52:10	5:20 min/km	+43:32
142	F.43	9	195	Majbrit Demant	 F55-59		1:52:20	5:20 min/km	+43:42
144	F.44	10	323	Bente Reime	 F55-59		1:52:35	5:21 min/km	+43:57
148	F.47	11	88	Susanne Rikki Laursen	 F55-59		1:53:24	5:23 min/km	+44:46
167	F.57	12	25	Penny Andrews	 F55-59		1:57:41	5:36 min/km	+49:03
182	F.66	13	74	Anna Hockley	 F55-59		2:02:37	5:50 min/km	+53:59
192	F.72	14	125	Marie Staunton	 F55-59		2:04:17	5:55 min/km	+55:39
203	F.79	15	292	Monika Hanfland	 F55-59		2:10:34	6:13 min/km	+1:01:56
216	F.85	16	12	Christine Williams	 F55-59		2:18:07	6:34 min/km	+1:09:29
227	F.92	17	357	Caroline O'Dwyer	 F55-59		2:29:34	7:07 min/km	+1:20:56
-	-	-	76	Helena Hounslow	 F55-59	BWFAC	3:00:22	8:35 min/km	
-	-	-	93	Fiona Little	 F55-59	BWFAC	3:03:56	8:45 min/km	

FEMALE 60-64

90	F.19	1	385	Penny Wilkins	 F60-64		1:41:36	4:50 min/km	+32:58
128	F.36	2	371	Kate Sackett	 F60-64		1:49:35	5:13 min/km	+40:57
150	F.48	3	324	Sigrun Rekve	 F60-64		1:53:45	5:24 min/km	+45:07

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180	F.65	4	386	Mel Williams	 F60-64		2:01:02	5:45 min/km	+52:24
198	F.75	5	120	Elisabeth Smart	 F60-64		2:07:08	6:03 min/km	+58:30
201	F.77	6	331	Eva Skjeldal	 F60-64		2:09:53	6:11 min/km	+1:01:15
205	F.80	7	123	Sue Spencer	 F60-64		2:10:46	6:13 min/km	+1:02:08
206	F.81	8	264	Solgunn Wiik Bjørke	 F60-64		2:11:13	6:14 min/km	+1:02:35
218	F.87	9	238	Christine Köhler	 F60-64		2:19:52	6:39 min/km	+1:11:14
221	F.88	10	22	Tine Ahrens	 F60-64		2:21:18	6:43 min/km	+1:12:40
228	F.93	11	75	Annette Holrits	 F60-64	SPARTA	2:30:00	7:08 min/km	+1:21:22

FEMALE 65-69

139	F.41	1	223	Vibeke Laumann	 F65-69		1:51:28	5:18 min/km	+42:50
172	F.60	2	34	Inger Annette Brasen	 F65-69	FREMAD HOLBÆK/KALUNDBORG	1:58:28	5:38 min/km	+49:50
202	F.78	3	333	Marit Soldal	 F65-69		2:10:00	6:11 min/km	+1:01:22
226	F.91	4	367	Hanne Riis	 F65-69	SPARTA	2:28:14	7:03 min/km	+1:19:36
-	-	-	172	May Andersen	 F65-69	SPARTA	2:33:26	7:18 min/km	

FEMALE 70-74

183	F.67	1	175	Miriam Asvarisch	 F70-74		2:03:06	5:51 min/km	+54:28
224	F.90	2	179	Gunna Bastrup	 F70-74		2:26:04	6:57 min/km	+1:17:26

Male

MALE 20-24

22	M.21	1	121	Dexter Sparrow	 M20-24	BWFAC	1:21:20	3:52 min/km	+12:42
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MALE 25-29

11	M.11	1	42	Patrick Conlon	 M25-29	CRUSADERS A	1:18:18	3:43 min/km	+09:40
15	M.15	2	219	James Guilfoyle	 M25-29	TULLAMORE HARRIERS	1:19:16	3:46 min/km	+10:38
21	M.20	3	207	Levin Veale	 M25-29		1:21:10	3:51 min/km	+12:32
39	M.36	4	118	Florian Schmidt	 M25-29		1:27:12	4:09 min/km	+18:34
41	M.38	5	224	Kristian Hartlev	 M25-29		1:28:16	4:12 min/km	+19:38
53	M.48	6	384	Mathias Wiemann	 M25-29		1:30:25	4:18 min/km	+21:47
62	M.54	7	201	Matt Dunne	 M25-29		1:34:09	4:28 min/km	+25:31
63	M.55	8	178	Joseph Ball	 M25-29		1:34:17	4:29 min/km	+25:39
65	M.57	9	111	Gareth Phelan	 M25-29	CRUSADERS C	1:34:29	4:29 min/km	+25:51
79	M.67	10	114	Simon Reason	 M25-29	BWFAC	1:39:52	4:45 min/km	+31:14
99	M.77	11	334	Jon Spinks	 M25-29		1:43:49	4:56 min/km	+35:11
108	M.82	12	342	Álvaro Vidal Gargantiel	 M25-29		1:44:49	4:59 min/km	+36:11
130	M.94	13	358	Stephen Odonnell	 M25-29	SPORTSWORLD RUNNING CLUB	1:49:42	5:13 min/km	+41:04
143	M.100	14	110	Craig Pears	 M25-29		1:52:26	5:21 min/km	+43:48
-	-	-	32	Grant Bowman	 M25-29	THOR	3:02:00	8:39 min/km	

MALE 30-34

2	M.2	-	1	Kasper Laumann	 M30-34	HECHMANN RACING CLUB	1:10:25	3:21 min/km	+01:47
7	M.7	1	362	Colm Parnell	 M30-34	CRUSADERS A	1:15:41	3:36 min/km	+07:03
9	M.9	2	81	Conor Keating	 M30-34	SPORTSWORLD AC	1:17:22	3:41 min/km	+08:44
10	M.10	3	187	Conor Cavanagh	 M30-34	SPORTSWORLD	1:17:53	3:42 min/km	+09:15
23	M.22	4	59	Gary Gleeson	 M30-34		1:21:32	3:52 min/km	+12:54
30	M.29	5	66	Anders Hartig	 M30-34		1:24:44	4:02 min/km	+16:06
44	M.41	6	43	Daniel Cook	 M30-34		1:29:01	4:14 min/km	+20:23
78	M.66	7	61	Joe Greenwood	 M30-34		1:39:02	4:42 min/km	+30:24
84	M.69	8	96	Philip Matthews	 M30-34	CRUSADERS C	1:40:16	4:46 min/km	+31:38
105	M.80	9	406	Adrien Chevalier	M30-34	London Fields Triathlon Club	1:44:37	4:58 min/km	+35:59
117	M.87	10	347	Phelim Murray	 M30-34	CRUSADERS B	1:46:13	5:03 min/km	+37:35

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Over	MF	AG	Bib	Name	AG	Club	Finish	Pace	Gap
MALE 35-39									
1	M.1	-	374	Bas Stigter		M35-39	1:08:38	3:16 min/km	--
3	M.3	-	31	Aladdin Bouhania		M35-39 CINTAMIND	1:12:38	3:27 min/km	+04:00
6	M.6	1	403	Aitor Navarro Hita		M35-39 Los chic@s del Norte	1:15:33	3:35 min/km	+06:55
17	M.16	2	254	Joseph Mc dermott		M35-39 CRUSADERS A	1:19:41	3:47 min/km	+11:03
24	M.23	3	53	Daniel Fleming		M35-39 MILTON BUZZARDS	1:21:37	3:53 min/km	+12:59
26	M.25	4	91	David Lazenby		M35-39	1:23:03	3:57 min/km	+14:25
28	M.27	5	359	Shane Origan		M35-39 TULLAMORE HARRIERS	1:23:47	3:59 min/km	+15:09
32	M.31	6	90	Christopher Lazenby		M35-39	1:25:24	4:03 min/km	+16:46
34	M.32	7	108	Eoin O Connor		M35-39	1:25:36	4:04 min/km	+16:58
35	M.33	8	286	Owen Fletcher		M35-39	1:25:56	4:05 min/km	+17:18
40	M.37	9	55	John Richard Gallagher		M35-39	1:27:57	4:11 min/km	+19:19
42	M.39	10	256	Andrew Moore		M35-39 FITNESS GOOSE RUN CLUB	1:28:45	4:13 min/km	+20:07
72	M.62	11	350	Frederik Nielsen		M35-39 POLITIETS IDRÆTSFORENING	1:36:18	4:35 min/km	+27:40
87	M.70	12	405	Pieter Cailliau		M35-39 London Fields Triathlon Club	1:41:03	4:48 min/km	+32:25
89	M.71	13	216	Brendan Glynn		M35-39 CRUSADERS C	1:41:13	4:49 min/km	+32:35
95	M.75	14	197	Pieter Dogger		M35-39	1:43:16	4:55 min/km	+34:38
137	M.97	15	402	Ronan Dooley		M35-39	1:51:16	5:17 min/km	+42:38
154	M.103	16	180	Florian Bauer		M35-39	1:54:27	5:26 min/km	+45:49
223	M.134	17	365	Neil Purdy		M35-39	2:22:37	6:47 min/km	+1:13:59
MALE 40-44									
4	M.4	1	246	Donnie Macdonald		M40-44	1:13:06	3:28 min/km	+04:28
5	M.5	2	3	Peter Mackrell		M40-44 MILTON BUZZARDS	1:14:02	3:31 min/km	+05:24
8	M.8	3	2	Rob Elmore		M40-44 MILTON BUZZARDS	1:16:48	3:39 min/km	+08:10
12	M.12	4	4	Gareth Murran		M40-44 SPORTSWORLD	1:18:27	3:44 min/km	+09:49
18	M.17	5	309	Vincent McGuinness		M40-44 Crusaders AC	1:19:58	3:48 min/km	+11:20
25	M.24	6	244	Richard Lowson		M40-44	1:21:53	3:53 min/km	+13:15
29	M.28	7	397	Ronon O'Conghoile		M40-44	1:24:08	4:00 min/km	+15:30
43	M.40	8	267	Dominick Branigan		M40-44	1:28:57	4:14 min/km	+20:19
50	M.45	9	183	Darren Butler		M40-44 TULLAMORE HARRIERS	1:29:35	4:15 min/km	+20:57
55	M.49	10	21	Jens Abernethy		M40-44	1:30:54	4:19 min/km	+22:16
60	M.52	11	117	Mark Salmon		M40-44 FRONT RUNNERS	1:33:43	4:27 min/km	+25:05
76	M.65	12	211	Adam Furlong		M40-44 SPORTSWORLD	1:37:25	4:38 min/km	+28:47
103	M.78	13	84	Thomas Kinsella		M40-44 SPORTSWORLD	1:44:09	4:57 min/km	+35:31
133	M.95	14	336	Daniel Tagg		M40-44	1:50:21	5:15 min/km	+41:43
177	M.114	15	100	James McNab		M40-44 THOR	1:59:42	5:41 min/km	+51:04
MALE 45-49									
13	M.13	1	5	Paul Fleming		M45-49 SPORTSWORLD	1:18:31	3:44 min/km	+09:53
14	M.14	2	6	Andy Inchley		M45-49 MILTON BUZZARDS	1:18:43	3:44 min/km	+10:05
19	M.18	3	263	Jesús M Betancor		M45-49	1:20:16	3:49 min/km	+11:38
20	M.19	4	381	Daniel Webber		M45-49 MILTON BUZZARDS	1:21:03	3:51 min/km	+12:25
27	M.26	5	185	Steven Campbell		M45-49	1:23:39	3:58 min/km	+15:01
36	M.34	6	58	Martin Gillen		M45-49 SPORTSWORLD	1:26:40	4:07 min/km	+18:02
38	M.35	7	355	Eddie Nugent		M45-49 CRUSADERS A	1:27:12	4:09 min/km	+18:34
48	M.44	8	343	Karl Walsh		M45-49 Crusaders ac	1:29:15	4:14 min/km	+20:37
68	M.59	9	200	Martin Doyle		M45-49 SPORTSWORLD	1:35:07	4:31 min/km	+26:29
69	M.60	10	393	Tim O Donnell		M45-49 CRUSADERS B	1:35:22	4:32 min/km	+26:44
92	M.73	11	401	Stephen Dunn		M45-49 BWFAC	1:42:17	4:52 min/km	+33:39
104	M.79	12	38	Ray Buckley		M45-49 DUBLIN FRONTRUNNERS	1:44:33	4:58 min/km	+35:55

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126	M.91	13	239	Jesper Kristoffersen	 M45-49		1:48:46	5:10 min/km	+40:08
MALE 50-54									
31	M.30	1	186	Javier Casado Holgado	 M50-54		1:25:04	4:03 min/km	+16:26
46	M.42	2	70	Henrik Helmholt	 M50-54		1:29:10	4:14 min/km	+20:32
52	M.47	3	182	Darren Blazier	 M50-54		1:29:56	4:16 min/km	+21:18
70	M.61	4	226	Jesper Holm-Nielsen	 M50-54		1:35:29	4:32 min/km	+26:51
73	M.63	5	376	Jens Storm	 M50-54		1:36:45	4:36 min/km	+28:07
82	M.68	6	319	Lars Høiriis Østergaard	 M50-54		1:40:06	4:45 min/km	+31:28
94	M.74	7	18	Anthony Terras	 M50-54	BWFAC	1:43:09	4:54 min/km	+34:31
115	M.85	8	265	Shane Boyle	 M50-54		1:46:05	5:03 min/km	+37:27
129	M.93	9	103	Ned Cooke	 M50-54		1:49:41	5:13 min/km	+41:03
157	M.106	10	270	Neil Brown	 M50-54		1:55:33	5:30 min/km	+46:55
181	M.116	11	363	Bryan Pears	 M50-54		2:01:37	5:47 min/km	+52:59
215	M.131	12	177	Antony Ball	 M50-54		2:16:44	6:30 min/km	+1:08:06
219	M.132	13	52	James Finlayson	 M50-54	THOR	2:20:13	6:40 min/km	+1:11:35
225	M.135	14	78	Anthony Howell	 M50-54	THOR	2:28:10	7:03 min/km	+1:19:32
-	-	-	64	Paul Harris	 M50-54	THOR	2:25:22	6:55 min/km	
MALE 55-59									
47	M.43	1	57	Anthony Gillen	 M55-59	SPORTSWORLD	1:29:11	4:14 min/km	+20:33
51	M.46	2	181	Rob Bijl	 M55-59		1:29:43	4:16 min/km	+21:05
56	M.50	3	364	Dave Peart	 M55-59		1:31:01	4:20 min/km	+22:23
59	M.51	4	241	Henrik Rentoft Larsen	 M55-59		1:32:43	4:24 min/km	+24:05
64	M.56	5	122	Paul Sparrow	 M55-59	BWFAC	1:34:28	4:29 min/km	+25:50
75	M.64	6	388	Frank Ahrens	 M55-59	SPARTA	1:36:54	4:36 min/km	+28:16
91	M.72	7	124	Jörg Stargardt	 M55-59	WELTRAUMJOGGER BERLIN	1:42:16	4:52 min/km	+33:38
98	M.76	8	251	Michael Mariendal	 M55-59	SPARTA	1:43:49	4:56 min/km	+35:11
111	M.84	9	189	Peter Chislett	 M55-59		1:45:37	5:01 min/km	+36:59
116	M.86	10	41	René Ciraklar	 M55-59		1:46:13	5:03 min/km	+37:35
124	M.90	11	311	Robbie Moore	 M55-59		1:47:50	5:08 min/km	+39:12
127	M.92	12	370	Liam Ryan	 M55-59		1:49:28	5:12 min/km	+40:50
164	M.110	13	227	Henrik Høybye	 M55-59		1:56:24	5:32 min/km	+47:46
171	M.112	14	400	Philippe Wery	 M55-59		1:58:09	5:37 min/km	+49:31
176	M.113	15	249	Andrew Mainwaring	 M55-59	TRIATHLON COACHING WALES	1:59:41	5:41 min/km	+51:03
185	M.117	16	261	Clemens Ahmann	 M55-59		2:03:22	5:52 min/km	+54:44
189	M.119	17	126	Mike Staunton	 M55-59		2:04:10	5:54 min/km	+55:32
197	M.123	18	368	Thomas Rogers	 M55-59		2:07:02	6:02 min/km	+58:24
209	M.126	19	348	Paschal Naughton	 M55-59		2:12:49	6:19 min/km	+1:04:11
210	M.127	20	377	Russell Tennant	 M55-59		2:12:53	6:19 min/km	+1:04:15
213	M.129	21	44	Derek Crane	 M55-59	BWFAC	2:15:53	6:28 min/km	+1:07:15
-	-	-	176	Wayne Aylott	 M55-59		2:38:50	7:33 min/km	
-	-	-	349	Per Nielsen	 M55-59		2:42:41	7:44 min/km	
MALE 60-64									
67	M.58	1	389	Danny McLaughlin	 M60-64	Greenoak Glenpark Harriers	1:34:44	4:30 min/km	+26:06
138	M.98	2	375	Paul Stockings	 M60-64		1:51:21	5:18 min/km	+42:43
149	M.102	3	72	Tom Hjortlund	 M60-64		1:53:40	5:24 min/km	+45:02
155	M.104	4	49	Neil Edwards	 M60-64		1:55:04	5:28 min/km	+46:26
161	M.108	5	36	Keith Brown	 M60-64		1:56:14	5:32 min/km	+47:36
163	M.109	6	39	Paul Charles	 M60-64		1:56:24	5:32 min/km	+47:46
178	M.115	7	205	Michael Evans	 M60-64	GARDEN CITY RUNNERS	2:00:11	5:43 min/km	+51:33

21K La vuelta de Tinajo

Over	MF	AG	Bib	Name	AG	Club	Finish	Pace	Gap
190	M.120	8	252	Emon Martin	 	M60-64	2:04:15	5:54 min/km	+55:37
196	M.122	9	209	Ian Floyd		M60-64	2:06:45	6:02 min/km	+58:07
204	M.125	10	50	Andrew Elliott		M60-64	2:10:46	6:13 min/km	+1:02:08
220	M.133	11	113	John Reason		M60-64 BWFAC	2:21:14	6:43 min/km	+1:12:36
-	-	-	62	Doug Hammersley		M60-64	3:13:13	9:12 min/km	
-	-	-	198	Bernard Doheny		M60-64 TULLAMOREHARRIERS	3:13:33	9:12 min/km	
-	-	-	11	Peter Wray		M60-64	2:37:29	7:29 min/km	

MALE 65-69

61	M.53	1	192	James Cottle		M65-69 CRUSADERS B	1:33:44	4:27 min/km	+25:06
107	M.81	2	19	John Taylor		M65-69	1:44:47	4:59 min/km	+36:09
110	M.83	3	378	Malcolm Thirlaway		M65-69	1:44:57	4:59 min/km	+36:19
120	M.88	4	23	Ian Aitchison		M65-69	1:46:50	5:05 min/km	+38:12
122	M.89	5	214	James Glennie		M65-69	1:47:16	5:06 min/km	+38:38
134	M.96	6	259	Hans-Åge Mortensen		M65-69	1:50:40	5:16 min/km	+42:02
156	M.105	7	30	Martin Bates		M65-69 BWFAC	1:55:16	5:29 min/km	+46:38
168	M.111	8	236	Kiflemariam Kibreab		M65-69 HUDIKSVALL	1:57:52	5:36 min/km	+49:14
194	M.121	9	328	Peter Rymarowicz		M65-69	2:05:29	5:58 min/km	+56:51
200	M.124	10	231	Poul-Erik Johannessen		M65-69 SPARTA	2:09:52	6:11 min/km	+1:01:14
212	M.128	11	237	Andy Kilby		M65-69	2:14:25	6:24 min/km	+1:05:47
214	M.130	12	199	Andrew Dooley		M65-69	2:16:15	6:29 min/km	+1:07:37
-	-	-	69	Paul Heap		M65-69	2:39:32	7:35 min/km	

MALE 70-74

140	M.99	1	387	Anders Windling		M70-74	1:51:52	5:19 min/km	+43:14
158	M.107	2	173	John Archer		M70-74 SALE HARRIERS	1:55:42	5:30 min/km	+47:04
187	M.118	3	196	Wolfgang Diekotto		M70-74	2:04:03	5:54 min/km	+55:25

MALE 75-79

145	M.101	1	250	Stuart Mann		M75-79	1:52:44	5:22 min/km	+44:06
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MALE 85+

-	-	-	354	Peter Norman		M85+ WREXHAM AMATEUR ATHLETICS	3:37:14	10:20 min/km	
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