

Pl	Name	Time	5.0 km 14 C											
			1(104) 13(118)	2(122) 14(124)	3(116) F	4(104)	5(120)	6(115)	7(104)	8(121)	9(114)	10(125)	11(117)	12(123)
1	Jonathan Musgrave MAROC	46:56	3:41 3:41 44:04 3:07	7:25 3:44 44:52 0:48	10:55 3:30 46:56 2:04	15:52 4:57	18:21 2:29	22:09 3:48	26:24 4:15	29:46 3:22	31:57 2:11	36:19 4:22	39:01 2:42	40:57 1:56
2	Ali Robertson GRAMP	48:50	4:11 4:11 45:29 3:32	7:59 3:48 46:21 0:52	11:49 3:50 48:50 2:29	17:32 5:43	20:12 2:40	23:20 3:08	27:16 3:56	30:27 3:11	32:28 2:01	36:53 4:25	39:41 2:48	41:57 2:16
3	Frode Nebell GRAMP	50:41	4:16 4:16 47:06 3:59	7:33 3:17 48:36 1:30	11:14 3:41 50:41 2:05	21:01 9:47	23:16 2:15	26:08 2:52	28:34 2:26	32:26 3:52	34:18 1:52	38:51 4:33	41:03 2:12	43:07 2:04
4	Chris Low MAROC	51:38	3:57 3:57 47:56 3:57	7:59 4:02 48:58 1:02	12:23 4:24 51:38 2:40	18:11 5:48	20:46 2:35	24:24 3:38	27:05 2:41	30:45 3:40	32:58 2:13	39:12 6:14	41:58 2:46	43:59 2:01
5	Christopher Smithar DEE	53:44	3:57 3:57 49:07 3:48	8:46 4:49 51:00 1:53	12:01 3:15 53:44 2:44	18:34 6:33	21:04 2:30	23:46 2:42	26:35 2:49	34:05 7:30	36:06 2:01	40:59 4:53	43:14 2:15	45:19 2:05
6	Sarah Dunn MAROC	55:21	4:25 4:25 51:13 4:50	9:02 4:37 52:17 1:04	13:59 4:57 55:21 3:04	19:54 5:55	23:03 3:09	26:12 3:09	29:27 3:15	32:41 3:14	35:29 2:48	40:41 5:12	43:42 3:01	46:23 2:41
7	Doug Guy GRAMP	59:46	4:01 4:01 55:57 4:05	7:50 3:49 57:05 1:08	12:37 4:47 59:46 2:41	25:57 13:20	28:29 2:32	31:28 2:59	34:52 3:24	38:19 3:27	40:44 2:25	45:33 4:49	49:00 3:27	51:52 2:52
8	Eddie Harwood MOR	1:00:52	4:25 4:25 57:06 4:03	9:31 5:06 58:14 1:08	14:14 4:43 1:00:52 2:38	20:50 6:36	24:40 3:50	29:31 4:51	35:11 5:40	39:31 4:20	41:49 2:18	46:48 4:59	49:36 2:48	53:03 3:27
9	Ian Hamilton GRAMP	1:02:04	4:35 4:35 57:24 4:43	9:48 5:13 58:46 1:22	14:12 4:24 1:02:04 3:18	21:28 7:16	25:04 3:36	28:50 3:46	32:42 3:52	38:11 5:29	40:39 2:28	46:17 5:38	50:08 3:51	52:41 2:33
10	Callum Roberts MAROC	1:03:09	4:00 4:00 59:50 6:16	7:36 3:36 1:00:55 1:05	12:43 5:07 1:03:09 2:14	17:08 4:25	20:48 3:40	31:38 10:50	33:33 1:55	39:15 5:42	41:29 2:14	45:39 4:10	51:07 5:28	53:34 2:27
11	Donald Kerridge MAROC	1:04:45	3:28 3:28 59:00 5:05	9:33 6:05 1:02:36 3:36	13:12 3:39 1:04:45 2:09	19:34 6:22	22:32 2:58	29:09 6:37	32:04 2:55	38:46 6:42	40:51 2:05	45:39 4:48	48:31 2:52	53:55 5:24
12	Sam Gomersall GRAMP	1:05:47	4:26 4:26 1:02:10 4:09	9:05 4:39 1:03:27 1:17	13:20 4:15 1:05:47 2:20	20:11 6:51	23:49 3:38	28:07 4:18	35:05 6:58	41:04 5:59	46:48 5:44	52:05 5:17	55:11 3:06	58:01 2:50
13	Andy Tivendale MAROC	1:06:40	4:25 4:25 1:02:36 4:28	8:53 4:28 1:03:57 1:21	13:59 5:06 1:06:40 2:43	19:59 6:00	22:57 2:58	26:14 3:17	29:46 3:32	43:33 13:47	46:30 2:57	51:23 4:53	55:28 4:05	58:08 2:40
14	Drew Tivendale MAROC	1:24:33	2:54 2:54 1:15:45 3:48	6:43 3:49 1:16:53 1:08	10:14 3:31 1:24:33 7:40	16:16 6:02	19:57 3:41	25:45 5:48	45:09 19:24	1:00:22 15:13	1:02:20 1:58	1:06:48 4:28	1:10:08 3:20	1:11:57 1:49
15	Andrew McMurtrie MAROC	1:25:48	3:49 3:49 1:18:58 5:33	8:02 4:13 1:20:29 1:31	13:53 5:51 1:25:48 5:19	32:22 18:29	35:05 2:43	47:28 12:23	55:41 8:13	58:42 3:01	1:00:57 2:15	1:07:35 6:38	1:11:00 3:25	1:13:25 2:25
16	Keith Roberts MAROC	1:47:01	4:27 4:27 1:40:06 9:06	12:46 8:19 1:41:45 1:39	18:51 6:05 1:47:01 5:16	30:18 11:27	37:50 7:32	47:14 9:24	57:20 10:06	1:09:04 11:44	1:11:42 2:38	1:18:31 6:49	1:22:26 3:55	1:31:00 8:34
	David Hirst MAROC	mp	14:51 14:51 ----- -----	21:29 6:38 ----- -----	27:52 6:23 ----- -----	-----	----- 7:07 *126	-----	-----	-----	-----	-----	-----	-----

Medium (18)

		3.1 km 10 C											
			1(110)	2(126)	3(119)	4(114)	5(110)	6(113)	7(115)	8(110)	9(117)	10(127)	F
1	Evgueni Chepelin GRAMP	36:39	5:14 5:14	6:53 1:39	10:18 3:25	13:23 3:05	16:58 3:35	20:08 3:10	23:37 3:29	25:30 1:53	31:33 6:03	34:54 3:24	36:39 1:42
2	Alexander Chepelin GRAMP	37:27	4:11 4:11	6:11 2:00	8:43 2:32	11:06 2:23	14:12 3:06	15:42 1:30	19:43 4:01	21:50 2:07	32:52 11:02	35:53 3:01	37:27 1:34
3	L Kirk GRAMP	45:39	6:04 6:04	9:04 3:00	12:30 3:26	16:14 3:44	23:38 7:24	26:27 2:49	30:50 4:23	33:31 2:41	40:09 6:38	43:50 3:41	45:39 1:49
4	David Kirk GRAMP	45:43	6:02 6:02 4:27 *104	9:10 3:08	12:37 3:27	16:18 3:41	23:45 7:27	26:27 2:42	30:50 4:23	33:40 2:50	40:10 6:30	43:56 3:46	45:43 1:47
5	Nick Hale GRAMP	47:28	13:48 13:48	16:01 2:13	19:01 3:00	22:19 3:18	25:07 2:48	28:03 2:56	32:45 4:42	35:07 2:22	41:48 6:41	45:53 4:05	47:28 1:35
6	John Lang GRAMP	47:55	6:59 6:59	9:44 2:45	13:08 3:24	16:43 3:35	27:11 10:28	30:30 3:19	33:59 3:29	36:46 2:47	41:52 5:06	45:47 3:55	47:55 2:08
7	Iain Barraclough GRAMP	51:40	6:00 6:00	8:31 2:31	19:58 11:27	23:41 3:43	31:46 8:05	33:41 1:55	37:28 3:47	40:10 2:42	45:07 4:57	50:03 4:56	51:40 1:37

