

Pl	Stno	Name	Time												
<b>White (21)</b>				<b>1.5 km</b>		<b>11 C</b>									<b>F</b>
				1(202)	2(215)	3(141)	4(151)	5(149)	6(216)	7(217)	8(142)	9(150)	10(192)	11(211)	
1	57	Megan Smith MAROC	13:44	0:54	2:03	3:20	5:12	5:57	7:05	<b>7:43</b>	<b>8:46</b>	<b>9:27</b>	<b>10:51</b>	<b>12:05</b>	<b>13:44</b>
2	64	Amy Hamilton MAROC	13:55	0:54	1:09	1:17	<b>1:52</b>	0:45	1:08	<b>0:38</b>	<b>1:03</b>	0:41	1:24	1:14	1:39
3	134	Jonathan Nicol MAROC	17:03	1:02	2:29	3:48	6:04	6:48	8:35	9:30	10:50	12:34	14:17	15:32	17:03
4	18	Ewan Musgrave MAROC	17:40	0:53	2:12	3:47	6:10	7:01	8:29	9:35	11:15	12:17	14:30	15:51	17:40
5	19	Grant McMurtrie MAROC	19:10	1:17	3:16	7:49	9:52	10:32	11:37	12:31	13:44	14:36	16:04	16:52	19:10
6	30	Joel Gooch MAROC	19:59	1:00	2:19	3:57	7:36	9:20	11:40	12:51	14:19	15:41	17:03	18:41	19:59
7	63	Ann Foster MAROC	20:45	1:11	2:42	4:01	6:29	7:08	10:03	11:03	13:09	14:20	16:52	18:17	20:45
8	38	Peter Collins MAROC	22:51	1:04	2:40	4:07	6:48	7:31	9:22	10:41	12:19	13:16	15:11	16:26	22:51
9	67	Morven Farquhars GRAMP	23:20	1:47	4:10	6:02	9:06	9:53	11:51	12:51	14:47	16:06	18:45	20:22	23:20
10	37	Gemma Collins MAROC	25:13	1:41	3:47	6:00	9:29	10:23	12:31	13:37	16:15	17:59	21:03	22:45	25:13
11	66	Shannon (Jonquil) MAROC	25:17	1:41	2:06	2:13	3:29	0:54	2:08	1:06	2:38	1:44	3:04	1:42	2:28
12	17	Alex Lang GRAMP	25:23	1:07	2:36	3:51	7:33	11:01	13:47	14:55	16:44	18:12	22:20	23:23	25:23
13	65	Phoebe Schouten MAROC	26:32	1:04	2:11	3:16	5:34	14:22	18:16	19:15	20:52	21:26	23:22	24:27	26:32
14	16	Patrick Lang GRAMP	27:21	1:28	3:47	5:57	9:47	11:09	14:04	15:25	17:57	19:55	22:47	24:23	27:21
15	22	Eleanor Smith MAROC	31:28	1:35	4:01	7:58	11:23	14:20	16:05	18:01	19:43	22:26	24:55	26:54	31:28
16	23	Aidan Gray	31:29	2:43	4:06	7:51	11:24	13:07	15:55	17:58	19:51	22:09	24:51	26:39	31:29
17	20	Callum O'Donnell	31:41	1:25	4:11	7:06	11:15	13:27	16:17	18:22	19:55	22:34	25:04	27:05	31:41
18	24	Claire McGarvey	31:55	1:34	4:01	6:37	10:46	13:05	16:07	18:07	20:10	22:20	25:09	27:32	31:55
19	21	Julia Petty	32:43	1:54	4:23	8:10	11:14	13:22	16:22	18:20	20:00	22:36	25:10	27:04	32:43
20	25	Oscar Forbes MAROC	32:46	1:57	4:17	7:24	11:35	13:28	16:14	18:26	19:51	22:44	25:04	27:42	32:46
21	31	Ruth Gooch MAROC	37:56	2:39	6:26	8:51	14:08	15:36	19:38	22:19	24:49	26:30	32:02	34:27	37:56

<b>Yellow (16)</b>				<b>1.9 km</b>		<b>10 C</b>									<b>F</b>
				1(202)	2(215)	3(144)	4(143)	5(151)	6(149)	7(217)	8(150)	9(192)	10(211)		
1	39	Joseph Wright MAROC	11:03	<b>0:37</b>	<b>1:28</b>	<b>2:51</b>	<b>4:35</b>	<b>5:51</b>	<b>6:13</b>	<b>7:24</b>	<b>8:36</b>	<b>9:35</b>	<b>10:04</b>	<b>11:03</b>	
2	34	Jake Chapman MAROC	13:03	0:46	1:39	2:59	<b>5:44</b>	<b>1:16</b>	<b>0:22</b>	<b>1:11</b>	<b>1:12</b>	<b>0:59</b>	<b>0:29</b>	<b>0:59</b>	
3	32	Alistair Chapman MAROC	13:21	0:49	1:50	3:17	5:14	7:03	7:36	8:56	10:25	11:31	12:14	13:21	
4	35	Lachlan Kirk GRAMP	13:30	0:58	1:53	3:13	5:06	7:04	7:41	8:56	10:26	11:26	12:08	13:30	
5	29	Matthew Gooch MAROC	17:57	0:54	2:03	3:53	6:23	8:08	8:58	10:58	13:26	15:01	16:07	17:57	
6	5	Naomi Lang GRAMP	18:02	0:54	2:02	3:41	5:53	7:38	11:02	12:32	13:57	15:27	16:17	18:02	
7	27	Laura Barraclough GRAMP	18:08	0:59	2:11	4:15	7:00	9:25	10:09	11:59	14:03	15:40	16:22	18:08	
8	70	Megan Smith (2nd) MAROC	18:12	0:50	1:51	6:36	9:08	10:42	11:24	12:56	14:32	15:52	16:53	18:12	
9	33	Angus McArthur	18:53	1:11	2:26	4:17	7:07	9:49	10:33	12:18	14:28	15:59	16:58	18:53	

2:51  
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Table with columns: Pl, Stno, Name, Time, and 14 split time columns. It is divided into two main sections: Green (33) and Brown (22). Each section has its own sub-headers for distance and temperature. The Green section includes athletes like Peter Craig, Lynn Collins, and Alex Brockman. The Brown section includes athletes like Alasdair McLeod and Oleg Chepelin. The table shows total times and individual split times for each athlete across 14 laps.



Pl	Stno	Name	Time														
<b>Brown (22)</b>				<b>7.9 km 20 C</b>							<i>(cont.)</i>						
				1(195) 15(218)	2(118) 16(219)	3(120) 17(120)	4(114) 18(183)	5(123) 19(123)	6(121) 20(211)	7(116) F	8(117)	9(122)	10(113)	11(107)	12(124)	13(125)	14(119)
<b>21</b>	<b>140</b>	<b>John Mason MAROC</b>	<b>1:57:07</b>	3:41 3:41 1:30:46 1:17	6:51 3:10 1:35:30 4:44	10:48 3:57 1:41:26 5:56	26:27 15:39 1:48:37 7:11	38:26 11:59 1:50:14 1:37	44:13 5:47 1:55:54 5:40	48:03 3:50 1:57:07 1:13	51:07 3:04	58:35 7:28	1:02:06 3:31	1:04:06 2:00	1:14:14 10:08	1:25:25 11:11	1:29:29 4:04
	<b>126</b>	<b>Roger Coombs MAROC</b>	<b>mp</b>	2:46 2:46 -----	4:47 2:01 -----	7:58 3:11 -----	11:19 3:21 -----	13:57 2:38 -----	19:52 7:49 46:14 11:40	27:41 6:53 47:28 1:14	34:34	-----	-----	-----	-----	-----	-----
<b>Blue (23)</b>				<b>6.0 km 15 C</b>													
				1(195) 15(211)	2(118) F	3(120)	4(114)	5(213)	6(115)	7(117)	8(116)	9(121)	10(107)	11(122)	12(183)	13(120)	14(218)
<b>1</b>	<b>103</b>	<b>Ola Martner</b>	<b>42:17</b>	2:26 2:26 41:22 2:52	4:14 1:48 42:17 0:55	6:44 2:30	9:15 2:31	11:06 1:51	16:14 5:08	17:49 1:35	19:24 1:35	22:06 2:42	28:13 6:07	29:38 1:25	32:25 2:47	35:56 3:31	38:30 2:34
<b>2</b>	<b>100</b>	<b>Robert Hickling GRAMP</b>	<b>56:54</b>	2:33 2:33 55:52 3:35	4:42 2:09 56:54 1:02	8:02 3:20	10:57 2:55	13:55 2:58	21:05 7:10	23:25 2:20	26:06 2:41	29:32 3:26	37:27 7:55	38:59 1:32	44:01 5:02	49:09 5:08	52:17 3:08
<b>3</b>	<b>117</b>	<b>Andy Tivendale MAROC</b>	<b>58:21</b>	2:50 2:50 57:22	5:24 2:34 58:21	8:29 3:05	14:22 5:53	16:55 2:33	23:30 6:35	25:33 2:03	27:46 2:13	31:22 3:36	39:07 7:45	40:42 1:35	44:52 4:10	49:19 4:27	53:41 4:22
<b>4</b>	<b>119</b>	<b>Richard Oxlade GRAMP</b>	<b>1:01:14</b>	3:41 2:55 2:55 1:00:09	0:59 5:08 2:13 1:01:14	8:30 3:22	15:18 6:48	18:31 3:13	25:10 6:39	27:02 1:52	29:03 2:01	32:00 2:57	41:53 9:53	44:28 2:35	48:32 4:04	52:55 4:23	56:26 3:31
<b>5</b>	<b>107</b>	<b>Kirstin Maxwell RR</b>	<b>1:02:33</b>	3:10 3:10 1:01:34 3:37	5:37 2:27 1:02:33 0:59	8:50 3:13	16:54 8:04	20:32 3:38	27:34 7:02	30:33 2:59	32:38 2:05	35:32 2:54	43:38 8:06	45:40 2:02	50:09 4:29	55:09 5:00	57:57 2:48
<b>6</b>	<b>99</b>	<b>Rhona McMillan MAROC</b>	<b>1:04:13</b>	3:48 3:48 1:03:09 4:21	6:29 2:41 1:04:13 1:04	10:02 3:33	13:38 3:36	17:00 3:22	25:19 8:19	27:29 2:10	29:30 2:01	33:16 3:46	43:05 9:49	45:06 2:01	50:17 5:11	55:27 5:10	58:48 3:21
<b>7</b>	<b>118</b>	<b>Craig Chapman MAROC</b>	<b>1:05:26</b>	2:48 2:48 1:04:14 4:32	5:06 2:18 1:05:26 1:12	10:43 5:37	13:40 2:57	19:31 5:51	28:54 9:23	30:43 1:49	32:44 2:01	36:05 3:21	44:27 8:22	46:34 2:07	51:19 4:45	56:01 4:42	59:42 3:41
<b>8</b>	<b>145</b>	<b>Ross Sanderson ESOC</b>	<b>1:05:27</b>	4:43 4:43 1:04:30 4:43	7:39 2:56 1:05:27 0:57	11:18 3:39	17:16 5:58	20:49 3:33	27:04 6:15	28:53 1:49	30:47 1:54	33:44 2:57	42:49 9:05	45:40 2:51	50:31 4:51	56:07 5:36	59:47 3:40
<b>9</b>	<b>143</b>	<b>Kevin Reynard GRAMP</b>	<b>1:07:24</b>	3:30 3:30 1:06:24 4:05	5:56 2:26 1:07:24 1:00	9:08 3:12	13:26 4:18	17:27 4:01	24:31 7:04	26:32 2:01	31:58 5:26	35:03 3:05	44:52 9:49	47:16 2:24	52:09 4:53	58:52 6:43	1:02:19 3:27
<b>10</b>	<b>120</b>	<b>Neil Campbell MAROC</b>	<b>1:09:37</b>	4:53 4:53 1:08:37 4:27	10:19 5:26 1:09:37 1:00	13:57 3:38	17:37 3:40	20:38 3:01	27:49 7:11	29:38 1:49	31:47 2:09	35:16 3:29	45:17 10:01	47:29 2:12	53:12 5:43	1:00:10 6:58	1:04:10 4:00
<b>11</b>	<b>109</b>	<b>Ian Hamilton GRAMP</b>	<b>1:11:06</b>	3:59 3:59 1:09:57 4:54	6:29 2:30 1:11:06 1:09	10:31 4:02	14:17 3:46	17:32 3:15	25:01 7:29	27:13 2:12	29:36 2:23	35:34 5:58	47:45 12:11	50:13 2:28	55:24 5:11	1:01:11 5:47	1:05:03 3:52
<b>12</b>	<b>112</b>	<b>Stephen Spencer MAROC</b>	<b>1:14:55</b>	3:36 3:36 1:13:33 4:38	5:46 2:10 1:14:55 1:22	8:47 3:01	12:25 3:38	15:04 2:39	25:23 10:19	27:36 2:13	30:02 2:26	33:47 3:45	45:27 11:40	48:47 3:20	53:56 5:09	58:53 4:57	1:08:55 10:02

Pl	Stno	Name	Time																
<b>Blue (23)</b>				<b>6.0 km</b>	<b>15 C</b>	<i>(cont.)</i>													
				1(195)	2(118)	3(120)	4(114)	5(213)	6(115)	7(117)	8(116)	9(121)	10(107)	11(122)	12(183)	13(120)	14(218)		
				15(211)	F														
<b>13</b>	<b>3</b>	<b>Donald Grassie GRAMP</b>	<b>I:15:01</b>	3:26 3:26 1:13:44	6:07 2:41 1:15:01	14:12 8:05	17:51 3:39	21:00 3:09	29:01 8:01	31:17 2:16	33:46 2:29	37:36 3:50	47:26 9:50	50:11 2:45	55:58 5:47	1:02:05 6:07	1:08:20 6:15		
<b>14</b>	<b>105</b>	<b>Lesley Gomersall GRAMP</b>	<b>I:18:35</b>	4:37 4:37 1:17:14	7:26 2:49 1:18:35	10:43	14:48 4:05	19:42 4:54	28:21 8:39	30:47 2:26	33:46 2:59	38:42 4:56	49:17 10:35	51:21 2:04	1:01:30 10:09	1:07:30 6:00	1:12:26 4:56		
<b>15</b>	<b>98</b>	<b>Ian Searle GRAMP</b>	<b>I:25:13</b>	4:48 4:16 4:16 1:23:51	1:21 7:01 2:45 1:25:13	10:54	17:30 6:36	20:44 3:14	28:33 7:49	30:38 2:05	33:20 2:42	38:10 4:50	51:18 13:08	53:20 2:02	1:08:29 15:09	1:14:43 6:14	1:18:42 3:59		
<b>16</b>	<b>146</b>	<b>Katrina McLeod GRAMP</b>	<b>I:29:03</b>	3:46 3:46 1:27:42	6:43 2:57 1:29:03	11:11 4:28	22:58 11:47	26:30 3:32	36:43 10:13	39:35 2:52	42:06 2:31	46:51 4:45	59:37 12:46	1:02:12 2:35	1:08:55 6:43	1:16:51 7:56	1:21:47 4:56		
<b>17</b>	<b>106</b>	<b>Jessica Mason MAROC</b>	<b>I:30:18</b>	4:18 4:18 1:29:13	7:10 2:52 1:30:18	10:57 3:47	15:43 4:46	19:51 4:08	29:28 9:37	48:48 19:20	50:58 2:10	54:07 3:09	1:04:28 10:21	1:06:32 2:04	1:11:58 5:26	1:19:54 7:56	1:24:33 4:39		
<b>18</b>	<b>108</b>	<b>Leslie Dalgleish ESOC</b>	<b>I:33:46</b>	3:41 3:41 1:32:44	6:32 2:51 1:33:46	10:56 4:24	16:09 5:13	32:34 16:25	41:10 8:36	43:48 2:38	47:13 3:25	50:56 3:43	1:01:10 10:14	1:04:12 3:02	1:12:06 7:54	1:20:39 8:33	1:27:58 7:19		
	<b>8</b>	<b>Tom Mills NGOC</b>	<b>mp</b>	9:47 9:47 1:50:06	14:38 4:51 1:51:41	19:35 4:57	24:49 5:14	-----	39:18 14:29	41:58 2:40	45:36 3:38	49:56 4:20	1:01:48 11:52	1:05:17 3:29	1:27:24 22:07	1:40:09 12:45	1:44:58 4:49		
	<b>102</b>	<b>Callum Mcleod GRAMP</b>	<b>mp</b>	3:20 3:20 56:06	5:35 2:15 56:54	8:32	12:25 3:53 36:04	15:03 2:38	22:10 7:07	24:15 2:05	26:37 2:22	29:19 2:42	-----	38:06 8:47	42:57 4:51	48:15 5:18	51:47 3:32		
	<b>104</b>	<b>Jack Gomersall GRAMP</b>	<b>mp</b>	4:19 2:37 2:37 1:16:11	0:48 10:14 7:37 1:17:00	15:17 5:03	25:00 9:43	27:30 2:30	34:27 6:57	37:55 3:28	40:31 2:36	44:19 3:48	-----	-----	-----	1:08:06 23:47	1:11:55 3:49		
	<b>110</b>	<b>David Bryant MAROC</b>	<b>mp</b>	4:16 8:21 8:21 -----	0:49 16:45 8:24	46:41 29:56	58:35 11:54	1:07:04 8:29	1:28:09 21:05	1:32:05 3:56	1:36:33 4:28	1:45:05 8:32	2:16:05 31:00	-----	-----	-----	-----		
	<b>111</b>	<b>Jane Kerridge MAROC</b>	<b>mp</b>	----- 40:48 ----- 46:58 *143	40:48 2:21:34 23:54 48:43 *121	53:56 13:08	1:11:47 17:51 3:21 *147 51:51 *124	1:17:00 5:13 7:12 *145 56:11 *217	1:24:15 7:15 9:43 *122 1:00:14 *192	1:26:42 2:27 15:06 *139 1:04:02 *220	1:29:24 2:42 18:23 *126 1:04:56 *194	1:35:26 6:02 22:43 *113 1:05:32 *249	1:49:07 13:41 27:28 *128 29:47 *127	1:57:40 8:33 29:47 *127 *127	----- ----- 31:28 *137	----- ----- 37:44 *129	----- ----- 45:13 *114		