

PI	tno	Name	Time	3.0 km			100 m			9 C			
				1(201)	2(205)	3(207)	4(218)	5(203)	6(209)	7(213)	8(219)	9(220)	Finish
1	14	Musgrave, Ewan	32:22	3:08	6:10	8:55	11:45	17:29	20:46	23:49	26:05	30:42	32:22
		MAROC		3:08	3:02	2:45	2:50	5:44	3:17	3:03	2:16	4:37	1:40
2	19	Gooch, Joel	34:39	3:40	8:08	10:51	14:24	17:00	19:45	22:29	28:21	32:39	34:39
		MAROC		3:40	4:28	2:43	3:33	2:36	2:45	2:44	5:52	4:18	2:00
3	17	Gomersall, Sam	44:17	4:04	10:46	14:57	18:57	22:31	26:13	30:09	36:26	41:53	44:17
		GRAMP		4:04	6:42	4:11	4:00	3:34	3:42	3:56	6:17	5:27	2:24
4	2	Tivendale, Andy	44:50	4:33	9:56	13:49	18:15	22:00	25:01	28:50	32:34	39:50	44:50
		MAROC		4:33	5:23	3:53	4:26	3:45	3:01	3:49	3:44	7:16	5:00
5	24	Campbell, Eilidh	44:56	5:56	9:52	14:05	17:48	22:15	25:06	29:23	33:22	40:49	44:56
		MAROC		5:56	3:56	4:13	3:43	4:27	2:51	4:17	3:59	7:27	4:07
6	33	Lang, John	45:16	3:58	8:20	12:30	17:38	21:10	26:31	31:10	34:36	41:41	45:16
		GRAMP		3:58	4:22	4:10	5:08	3:32	5:21	4:39	3:26	7:05	3:35
7	9	Ricketts, Jennifer	45:39	4:45	8:26	12:09	20:36	23:59	26:55	30:35	33:14	43:36	45:39
		EUOC		4:45	3:41	3:43	8:27	3:23	2:56	3:40	2:39	10:22	2:03
8	3	Mather, Paul	47:44	4:17	7:51	19:52	23:06	26:27	28:56	33:26	37:26	45:11	47:44
		MAROC		4:17	3:34	12:01	3:14	3:21	2:29	4:30	4:00	7:45	2:33
9	31	McIntyre, Ian	48:59	5:24	10:15	15:35	20:43	25:08	28:21	33:51	37:57	45:39	48:59
		INT		5:24	4:51	5:20	5:08	4:25	3:13	5:30	4:06	7:42	3:20
10	30	Low, Chris	51:04	4:09	7:56	14:23	20:17	23:50	26:12	30:37	33:29	48:21	51:04
		MAROC		4:09	3:47	6:27	5:54	3:33	2:22	4:25	2:52	14:52	2:43
11	8	Ricketts, Trevor	51:28	4:12	9:13	13:19	20:19	24:31	28:36	34:03	37:29	48:52	51:28
		MAROC		4:12	5:01	4:06	7:00	4:12	4:05	5:27	3:26	11:23	2:36
12	12	Hale, Nick	51:46	3:46	7:11	20:59	23:49	27:12	29:51	33:59	38:12	45:40	51:46
		MAROC		3:46	3:25	13:48	2:50	3:23	2:39	4:08	4:13	7:28	6:06
13	27	Bennett, Ewan	53:39	6:01	10:23	15:53	23:14	28:11	32:01	37:48	41:37	50:56	53:39
		MAROC		6:01	4:22	5:30	7:21	4:57	3:50	5:47	3:49	9:19	2:43
14	26	Bennett, Alan	53:40	6:02	10:16	15:42	21:02	28:14	32:28	37:34	41:30	50:35	53:40
		MAROC		6:02	4:14	5:26	5:20	7:12	4:14	5:06	3:56	9:05	3:05
15	34	Anderson, Murray	54:10	4:16	8:30	19:14	22:30	26:21	29:11	36:07	39:46	51:10	54:10
		GRAMP		4:16	4:14	10:44	3:16	3:51	2:50	6:56	3:39	11:24	3:00
16	39	Chapman, Catriona	57:28	6:02	11:32	19:32	25:10	29:56	33:15	39:01	43:08	54:55	57:28
		MAROC		6:02	5:30	8:00	5:38	4:46	3:19	5:46	4:07	11:47	2:33
17	38	Chapman, Paul	57:38	6:07	11:36	19:38	25:16	30:00	33:20	39:09	43:14	55:00	57:38
		MAROC		6:07	5:29	8:02	5:38	4:44	3:20	5:49	4:05	11:46	2:38
18	22	Wright, Denise	57:54	7:17	15:36	20:50	28:20	33:34	37:06	41:31	45:15	53:44	57:54
		MAROC		7:17	8:19	5:14	7:30	5:14	3:32	4:25	3:44	8:29	4:10
19	11	Sheridan, Bob	59:05	6:01	10:09	23:15	29:04	32:50	35:05	39:27	42:30	56:05	59:05
		MAROC		6:01	4:08	13:06	5:49	3:46	2:15	4:22	3:03	13:35	3:00
20	18	Rowlands, Helen	59:36	5:41	13:06	18:44	23:54	30:55	36:54	42:03	46:13	56:00	59:36
		GRAMP		5:41	7:25	5:38	5:10	7:01	5:59	5:09	4:10	9:47	3:36
21	28	Reynolds, Charlotte	1:01:51	7:21	13:13	20:50	26:26	30:51	35:19	42:13	47:38	59:06	1:01:51
		MAROC		7:21	5:52	7:37	5:36	4:25	4:28	6:54	5:25	11:28	2:45
22	10	Esson, David	1:06:16	7:31	13:36	20:38	26:46	32:23	36:53	43:09	47:28	1:02:43	1:06:16
		GRAMP		7:31	6:05	7:02	6:08	5:37	4:30	6:16	4:19	15:15	3:33
23	21	Barrie, Adam	1:15:25	8:50	13:08	17:17	24:15	28:44	32:14	43:29	47:55	1:12:44	1:15:25
		MAROC		8:50	4:18	4:09	6:58	4:29	3:30	11:15	4:26	24:49	2:41
24	5	campbell, Phill	1:18:24	6:04	11:39	32:10	38:04	42:32	46:57	54:12	1:00:31	1:14:03	1:18:24
		GRAMP		6:04	5:35	20:31	5:54	4:28	4:25	7:15	6:19	13:32	4:21
25	1	Bott, Michael	1:18:26	6:08	11:42	32:14	38:06	42:34	46:59	54:15	1:00:33	1:14:04	1:18:26
		GRAMP		6:08	5:34	20:32	5:52	4:28	4:25	7:16	6:18	13:31	4:22
26	4	Morrison, Gary	1:43:12	4:24	8:56	28:26	35:04	39:19	41:52	48:23	57:34	1:40:33	1:43:12
		GRAMP		4:24	4:32	19:30	6:38	4:15	2:33	6:31	9:11	42:59	2:39

PI	tno	Name	Time	3.0 km 100 m		9 C		(cont.)							
				1(201)	2(205)	3(207)	4(218)	5(203)	6(209)	7(213)	8(219)	9(220)	Finish		
	37	Liebnitz, Scott MAROC	dnf	7:50	-----	43:51	-----	-----	-----	-----	-----	1:01:42	1:06:42		
				7:50		36:01						17:51	5:00		
	40	Mather, Rachel MAROC	dnf	21:32	43:26	-----	-----	-----	-----	-----	-----	-----	1:08:05		
				21:32	21:54								24:39		
	36	Zak, Estera MAROC	dnf	-----	-----	-----	-----	-----	-----	-----	-----	-----			
long (11)				5.0 km 200 m		11 C									
				1(205)	2(207)	3(204)	4(218)	5(213)	6(200)	7(197)	8(209)	9(206)	10(201)	11(202)	Finish
1	23	Wright, Joseph MAROC	43:15	5:26	7:27	9:36	11:27	14:53	18:36	21:46	23:51	31:01	34:58	39:25	43:15
				5:26	2:01	2:09	1:51	3:26	3:43	3:10	2:05	7:10	3:57	4:27	3:50
2	20	Gooch, Matthew MAROC	44:40	5:14	7:40	9:40	11:38	14:54	19:20	22:50	25:39	32:17	35:51	40:06	44:40
				5:14	2:26	2:00	1:58	3:16	4:26	3:30	2:49	6:38	3:34	4:15	4:34
3	25	Wilson, Felix MAROC	51:21	4:40	6:56	9:06	10:59	14:32	19:15	22:28	25:11	38:07	41:58	46:54	51:21
				4:40	2:16	2:10	1:53	3:33	4:43	3:13	2:43	12:56	3:51	4:56	4:27
4	6	Chapman, Alistair MAROC	54:51	6:03	9:15	11:59	14:10	19:00	24:01	29:19	32:00	38:32	42:44	48:23	54:51
				6:03	3:12	2:44	2:11	4:50	5:01	5:18	2:41	6:32	4:12	5:39	6:28
5	15	Musgrave, Jonathan MAROC	55:27	6:25	9:36	12:29	15:17	19:36	27:40	32:05	35:42	42:54	46:35	51:18	55:27
				6:25	3:11	2:53	2:48	4:19	8:04	4:25	3:37	7:12	3:41	4:43	4:09
6	29	Wright, Hazel MAROC	57:45	6:53	9:45	13:07	15:28	21:07	26:14	32:28	35:14	43:31	48:22	53:31	57:45
				6:53	2:52	3:22	2:21	5:39	5:07	6:14	2:46	8:17	4:51	5:09	4:14
7	7	McMurtrie, Andrew MAROC	1:04:01	7:15	15:12	17:46	20:21	24:17	28:33	34:04	37:30	46:52	52:10	58:48	1:04:01
				7:15	7:57	2:34	2:35	3:56	4:16	5:31	3:26	9:22	5:18	6:38	5:13
8	16	Hickling, Robert GRAMP	1:06:50	8:22	13:09	16:52	20:04	24:50	30:21	34:59	38:40	49:13	55:49	1:01:16	1:06:50
				8:22	4:47	3:43	3:12	4:46	5:31	4:38	3:41	10:33	6:36	5:27	5:34
9	13	Dunn, Sarah MAROC	1:07:07	9:28	14:59	18:14	21:03	27:18	32:43	38:03	41:02	49:05	53:52	1:01:58	1:07:07
				9:28	5:31	3:15	2:49	6:15	5:25	5:20	2:59	8:03	4:47	8:06	5:09
10	35	Tivendale, Drew MAROC	1:10:01	7:08	10:05	14:16	21:53	29:19	39:30	43:11	45:55	55:19	59:34	1:05:27	1:10:01
				7:08	2:57	4:11	7:37	7:26	10:11	3:41	2:44	9:24	4:15	5:53	4:34
11	32	Kardokas, Dominyk INT	1:21:24	8:15	11:43	28:55	31:23	36:01	41:35	45:14	52:53	1:03:03	1:09:47	1:15:38	1:21:24
				8:15	3:28	17:12	2:28	4:38	5:34	3:39	7:39	10:10	6:44	5:51	5:46

59:07
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