

Results for Swindale North

Split times for W16A

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Pos	No.	Name	Age Class	Time	1 (107)	2 (127)	3 (106)	4 (157)	5 (143)	6 (138)	7 (125)	8 (178)	9 (173)	10 (105)	11 (196)	12 (199)	Finish
1	975	Florence Haines AIRE	W16	29:39	3:19 3:19	7:06 3:47	9:58 2:52	12:02 2:04	13:56 1:54	15:19 1:23	17:51 2:32	19:11 1:20	23:13 4:02	25:17 2:04	28:34 3:17	29:25 0:51	29:39 0:14
2	1425	Lucy Butt SARUM	W16	30:41	3:16 3:16	7:12 3:56	9:44 2:32	11:57 2:13	13:58 2:01	15:14 1:16	18:00 2:46	19:48 1:48	23:46 3:58	25:58 2:12	29:32 3:34	30:27 0:55	30:41 0:14
3	1010	Niamh Corbett CorkO	W16	33:48	3:15 3:15	7:17 4:02	10:32 3:15	12:34 2:02	14:29 1:55	15:48 1:19	19:43 3:55	22:06 2:23	26:29 4:23	28:28 1:59	31:35 3:07	33:34 1:59	33:48 0:14
4	1420	Laura Jones BARRO	W16	34:22	3:02 3:02	8:54 5:52	11:42 2:48	13:59 2:17	16:06 2:07	17:32 1:26	20:17 2:45	22:16 1:59	26:29 4:13	29:45 3:16	33:17 3:32	34:13 0:56	34:22 0:09
5	682	Julie Emmerson OD	W14	34:52	4:18 4:18	8:37 4:19	11:43 3:06	14:10 2:27	16:24 2:14	18:00 1:36	21:02 3:02	22:36 1:34	27:32 4:56	30:06 2:34	33:32 3:26	34:41 1:09	34:52 0:11
6	1382	Emma Lindroos Pargas IF	W16	35:13	3:37 3:37	8:14 4:37	11:49 3:35	13:55 2:06	15:52 1:57	17:12 1:20	20:15 3:03	21:57 1:42	28:35 6:38	30:39 2:04	33:50 3:11	35:01 1:11	35:13 0:12
7	1524	Lucy Thraves SO	W16	37:38	5:35 5:35	9:40 4:05	12:52 3:12	15:50 2:58	17:48 1:58	19:21 1:33	22:35 3:14	24:24 1:49	29:28 5:04	32:39 3:11	35:57 3:18	37:27 1:30	37:38 0:11
8	774	Tamsin Moran SOC	W16	38:18	3:43 3:43	8:45 5:02	12:43 3:58	15:34 2:51	17:31 1:57	19:04 1:33	22:34 3:30	24:15 1:41	30:58 6:43	33:46 2:48	36:53 3:07	38:05 1:12	38:18 0:13
9	349	Shona Masson SO	W16	39:07	5:23 5:23	10:44 5:21	14:31 3:47	17:09 2:38	19:38 2:29	21:21 1:43	24:30 3:09	26:22 1:52	32:00 5:38	34:14 2:14	37:48 3:34	38:54 1:06	39:07 0:13
10	1810	Cari Littler SYO	W16	40:22	3:39 3:39	8:38 4:59	12:15 3:37	14:58 2:43	17:23 2:25	19:03 1:40	23:07 4:04	25:18 2:11	31:00 5:42	34:29 3:29	38:25 3:56	40:10 1:45	40:22 0:12
11	1368	Karen Maxwell RR	W16	40:26	4:55 4:55	9:38 4:43	13:30 3:52	16:45 3:15	19:19 2:34	21:14 1:55	25:13 3:59	27:15 2:02	33:28 6:13	35:53 2:25	39:04 3:11	40:12 1:08	40:26 0:14
12	683	Rachel Emmerson OD	W14	42:12	3:32 3:32	9:27 5:55	13:33 4:06	16:19 2:46	18:58 2:39	20:31 1:33	23:15 2:44	24:33 1:18	32:24 7:51	37:18 4:54	40:56 3:38	42:01 1:05	42:12 0:11
13	224	Jessie Benjamin BOK	W16	42:57	4:30 4:30	9:33 5:03	14:06 4:33	18:11 4:05	21:12 3:01	23:08 1:56	27:41 4:33	29:35 1:54	35:55 6:20	38:21 2:26	41:29 3:08	42:43 1:14	42:57 0:14
14	559	Beth Woodley AIRE	W16	45:43	4:29 4:29	9:21 4:52	12:45 3:24	16:10 3:25	19:12 3:02	21:47 2:35	26:32 4:45	33:00 6:28	37:49 4:49	40:11 2:22	44:06 3:55	45:26 1:20	45:43 0:17

15	1645	Elissa Foord TVOC	W16	46:13	4:23 4:23	9:26 5:03	12:54 3:28	16:04 3:10	18:58 2:54	21:01 2:03	25:16 4:15	29:25 4:09	38:16 8:51	40:43 2:27	44:40 3:57	46:00 1:20	46:13 0:13
16	70	Miranda Leaf HH	W16	47:05	4:31 4:31	12:27 7:56	16:20 3:53	19:33 3:13	22:15 2:42	24:03 1:48	28:33 4:30	30:48 2:15	37:56 7:08	41:08 3:12	45:37 4:29	46:52 1:15	47:05 0:13
17	1235	Sasha MacKenzie NN	W16	53:16	4:32 4:32	10:38 6:06	14:49 4:11	18:14 3:25	25:02 6:48	26:51 1:49	30:50 3:59	33:06 2:16	44:29 11:23	47:19 2:50	51:47 4:28	53:04 1:17	53:16 0:12
18	1167	Shona Simmons BOK	W16	59:13	4:39 4:39	10:45 6:06	15:08 4:23	18:59 3:51	22:08 3:09	24:32 2:24	29:06 4:34	31:21 2:15	48:09 16:48	50:52 2:43	55:14 4:22	58:58 3:44	59:13 0:15
19	985	Kira Browne SROC	W16	67:36	8:43 8:43	18:20 9:37	22:46 4:26	26:34 3:48	30:13 3:39	32:02 1:49	37:24 5:22	40:09 2:45	50:49 10:40	60:17 9:28	65:30 5:13	67:24 1:54	67:36 0:12
20	1045	Amy Oliver OD	W16	84:04	10:01 10:01	16:22 6:21	20:32 4:10	23:18 2:46	26:08 2:50	28:00 1:52	33:07 5:07	35:44 2:37	61:30 25:46	69:08 7:38	82:01 12:53	83:50 1:49	84:04 0:14
21	964	Siarlot Lloyd EPOC	W16	89:32	10:58 10:58	19:31 8:33	28:07 8:36	33:51 5:44	38:56 5:05	42:28 3:32	50:49 8:21	65:15 14:26	74:39 9:24	79:50 5:11	86:58 7:08	89:16 2:18	89:32 0:16

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