

Results for Swindale North

Split times for W45S

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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	1273	Adele Newall KERN0	W45	40:08	5:24 5:24	11:02 5:38	14:54 3:52	17:32 2:38	19:49 2:17	21:28 1:39	25:18 3:50	27:20 2:02	32:32 5:12	34:48 2:16	38:17 3:29	39:51 1:34	40:08 0:17
2	59	Kate Brett CHIG	W45	41:13	4:20 4:20	8:55 4:35	12:43 3:48	15:36 2:53	18:00 2:24	19:56 1:56	23:07 3:11	26:52 3:45	33:20 6:28	35:56 2:36	39:38 3:42	40:58 1:20	41:13 0:15
3	1465	Helen Pedley EPOC	W45	42:43	4:59 4:59	10:23 5:24	14:50 4:27	17:41 2:51	20:23 2:42	22:36 2:13	26:50 4:14	28:50 2:00	34:40 5:50	37:08 2:28	41:05 3:57	42:27 1:22	42:43 0:16
4	1072	Elizabeth Bales POTOC	W45	45:07	5:27 5:27	11:07 5:40	14:53 3:46	17:54 3:01	20:57 3:03	22:40 1:43	26:19 3:39	28:33 2:14	35:14 6:41	38:34 3:20	43:10 4:36	44:53 1:43	45:07 0:14
5	240	Karen Quickfall SROC	W45	48:21	5:27 5:27	11:32 6:05	16:02 4:30	19:06 3:04	22:09 3:03	24:25 2:16	28:47 4:22	31:23 2:36	38:47 7:24	42:04 3:17	46:41 4:37	48:01 1:20	48:21 0:20
6	231	Joanne Hickling SAX	W45	48:37	5:30 5:30	12:16 6:46	17:06 4:50	20:28 3:22	22:53 2:25	24:49 1:56	29:08 4:19	31:16 2:08	38:02 6:46	41:04 3:02	46:12 5:08	48:16 2:04	48:37 0:21
7	348	Nicky Masson MV	W45	48:41	5:15 5:15	12:58 7:43	17:55 4:57	21:15 3:20	24:05 2:50	26:13 2:08	30:10 3:57	32:38 2:28	38:34 5:56	42:00 3:26	46:46 4:46	48:28 1:42	48:41 0:13
8	863	Shona Spencer RAFO	W45	50:08	5:44 5:44	11:56 6:12	17:10 5:14	20:39 3:29	23:41 3:02	25:51 2:10	31:07 5:16	33:40 2:33	40:36 6:56	43:42 3:06	48:03 4:21	49:53 1:50	50:08 0:15
9	45	Roseanne Field SYO	W45	51:04	4:33 4:33	11:55 7:22	16:49 4:54	20:15 3:26	23:11 2:56	25:20 2:09	29:41 4:21	32:16 2:35	41:00 8:44	44:24 3:24	49:13 4:49	50:47 1:34	51:04 0:17
10	798	Kathryn Willis PFO	W45	56:28	5:10 5:10	11:20 6:10	17:07 5:47	20:20 3:13	26:20 6:00	28:31 2:11	32:59 4:28	35:43 2:44	45:30 9:47	48:50 3:20	54:12 5:22	56:10 1:58	56:28 0:18
11	1332	Katherine Pike WIM	W45	58:01	7:05 7:05	13:36 6:31	20:09 6:33	24:04 3:55	27:21 3:17	30:04 2:43	35:42 5:38	38:37 2:55	47:38 9:01	51:09 3:31	55:29 4:20	57:44 2:15	58:01 0:17
12	290	Helen Nisbet SMOC	W45	59:02	6:09 6:09	12:49 6:40	18:38 5:49	22:34 3:56	25:46 3:12	28:26 2:40	36:13 7:47	39:01 2:48	47:08 8:07	51:13 4:05	56:40 5:27	58:43 2:03	59:02 0:19
13	1433	Maria Roberts NOC	W45	59:26	7:10 7:10	13:01 5:51	18:17 5:16	24:05 5:48	27:14 3:09	29:40 2:26	35:37 5:57	38:12 2:35	48:00 9:48	51:44 3:44	57:14 5:30	59:08 1:54	59:26 0:18

14	1388	Sue Hawker BL	W45	63:18	6:54 6:54	13:40 6:46	19:25 5:45	23:33 4:08	26:40 3:07	29:30 2:50	34:05 4:35	36:51 2:46	44:30 7:39	50:44 6:14	59:18 8:34	62:30 3:12	63:18 0:48
15	560	Helen Woodley AIRE	W45	63:43	6:04 6:04	13:25 7:21	18:09 4:44	22:10 4:01	33:00 10:50	35:29 2:29	40:21 4:52	43:22 3:01	52:59 9:37	56:32 3:33	61:41 5:09	63:17 1:36	63:43 0:26
16	144	Carola Buechner LG-Ost	W45	65:41	5:56 5:56	18:24 12:28	23:35 5:11	27:58 4:23	31:30 3:32	34:02 2:32	43:31 9:29	45:54 2:23	53:49 7:55	57:51 4:02	63:11 5:20	65:21 2:10	65:41 0:20
17	141	Kerstin Pischke LG-Ost	W45	69:57	8:03 8:03	17:18 9:15	23:12 5:54	28:53 5:41	33:18 4:25	36:02 2:44	44:01 7:59	46:48 2:47	56:21 9:33	61:02 4:41	67:03 6:01	69:26 2:23	69:57 0:31
18	39	Sally Wilkinson SUFFOC	W45	70:49	4:38 4:38	21:52 17:14	25:48 3:56	29:52 4:04	32:45 2:53	34:49 2:04	38:51 4:02	46:37 7:46	59:53 13:16	62:49 2:56	66:48 3:59	70:27 3:39	70:49 0:22
19	1723	Ulrike Friessnig TV Fuerstenfeld	W45	72:42	8:16 8:16	19:28 11:12	29:18 9:50	33:50 4:32	38:11 4:21	40:58 2:47	47:17 6:19	50:32 3:15	59:37 9:05	65:01 5:24	70:21 5:20	72:21 2:00	72:42 0:21
20	1489	Helen Dempsey MDOC	W45	73:01	9:12 9:12	18:17 9:05	24:42 6:25	28:53 4:11	34:30 5:37	37:04 2:34	46:34 9:30	49:29 2:55	60:07 10:38	64:39 4:32	70:34 5:55	72:42 2:08	73:01 0:19
21	962	Rebecca Lloyd EPOC	W45	76:12	7:26 7:26	18:01 10:35	24:18 6:17	28:55 4:37	38:38 9:43	42:03 3:25	48:29 6:26	51:51 3:22	61:33 9:42	66:26 4:53	73:08 6:42	75:47 2:39	76:12 0:25
22	744	Melanie Elkington OD	W45	77:03	6:34 6:34	23:39 17:05	30:20 6:41	34:56 4:36	38:28 3:32	41:24 2:56	47:04 5:40	50:23 3:19	64:38 14:15	68:50 4:12	74:56 6:06	76:41 1:45	77:03 0:22
23	73	Carol Young RAFO	W45	78:36	7:00 7:00	23:42 16:42	30:52 7:10	35:25 4:33	39:09 3:44	42:18 3:09	49:20 7:02	52:42 3:22	63:00 10:18	68:49 5:49	75:17 6:28	78:11 2:54	78:36 0:25
24	323	Caroline Barcham SELOC	W45	79:27	7:47 7:47	17:14 9:27	27:12 9:58	34:10 6:58	38:42 4:32	41:54 3:12	49:39 7:45	52:49 3:10	63:14 10:25	68:50 5:36	76:45 7:55	79:02 2:17	79:27 0:25
25	802	Joanna Emberton EPOC	W45	80:41	13:36 13:36	21:45 8:09	28:16 6:31	32:48 4:32	48:17 15:29	51:12 2:55	56:10 4:58	59:09 2:59	67:08 7:59	73:36 6:28	78:27 4:51	80:22 1:55	80:41 0:19
26	508	Sharon Warland SOS	W45	82:08	6:10 6:10	12:45 6:35	20:49 8:04	28:14 7:25	42:13 13:59	44:32 2:19	51:43 7:11	54:35 2:52	70:54 16:19	75:10 4:16	80:15 5:05	81:51 1:36	82:08 0:17
27	959	Alexandra Coddington IND	W45	84:15	7:57 7:57	23:26 15:29	29:40 6:14	35:38 5:58	40:07 4:29	43:48 3:41	50:46 6:58	55:05 4:19	66:30 11:25	75:10 8:40	80:41 5:31	83:56 3:15	84:15 0:19
28	870	Di Read LOG	W45	92:43	10:42 10:42	21:08 10:26	28:23 7:15	36:43 8:20	41:21 4:38	45:27 4:06	54:18 8:51	58:21 4:03	74:44 16:23	80:16 5:32	88:26 8:10	92:12 3:46	92:43 0:31
29	78	Caroline Potter BOK	W45	93:57	20:29 20:29	37:48 17:19	43:21 5:33	46:56 3:35	50:09 3:13	52:17 2:08	60:34 8:17	63:32 2:58	81:08 17:36	86:53 5:45	91:09 4:16	93:42 2:33	93:57 0:15
30	1212	Pascale Picard COBS	W45	116:36	9:56 9:56	19:30 9:34	27:46 8:16	32:22 4:36	36:34 4:12	40:24 3:50	54:00 13:36	66:36 12:36	100:48 34:12	105:31 4:43	113:54 8:23	116:19 2:25	116:36 0:17