







# Cardiff 20/10 - 20 miles

Place	Name	Hometown	Gender	Type	Bib #	Time	Pace	Speed	Division Rank	
39	CLAIRE JACOBS	LES CROUPIERS RC, GBR	F: 10	Runner	84	02:44:21	05:06	11.8kph	Female 45 - 54: 3	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cummulative</u>
						Split 1	01:22:51.165	05:08	11.7kph	01:22:51.165
						Split 2	01:21:29.144	05:03	11.9kph	02:44:20.309
40	JON PORTELLI	WHITE ROCK RUNNERS, GBR	M: 30	Runner	77	02:47:00	05:11	11.6kph	:	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cummulative</u>
						Split 1	01:19:42.207	04:57	12.1kph	01:19:42.207
						Split 2	01:27:17.390	05:25	11.1kph	02:46:59.597
41	JEREMY DICKSON	LLISWERRY RUNNERS, GBR	M: 31	Runner	31	02:48:29	05:14	11.5kph	Male 50 - 59: 3	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cummulative</u>
						Split 1	01:20:06.554	04:58	12.1kph	01:20:06.554
						Split 2	01:28:21.641	05:29	10.9kph	02:48:28.195
42	BRYONY WEAVERS		F: 11	Runner	67	02:49:57	05:16	11.4kph	:	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cummulative</u>
						Split 1	01:21:58.402	05:05	11.8kph	01:21:58.402
						Split 2	01:27:58.506	05:27	11.0kph	02:49:56.908
43	NICK YOUNG	WHITE ROCK RUNNERS, GBR	M: 32	Runner	62	02:50:19	05:17	11.3kph	:	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cummulative</u>
						Split 1	01:26:05.048	05:20	11.2kph	01:26:05.048
						Split 2	01:24:13.056	05:13	11.5kph	02:50:18.104
44	ALED REES		M: 33	Runner	79	02:51:03	05:18	11.3kph	Male 40 - 49: 12	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cummulative</u>
						Split 1	01:22:10.890	05:06	11.8kph	01:22:10.890
						Split 2	01:28:52.178	05:31	10.9kph	02:51:03.068
45	JOHN BROOM	PENISTONE FOOTPATH RUNNERS, GBR	M: 34	Runner	28	02:52:21	05:21	11.2kph	Male 40 - 49: 13	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cummulative</u>
						Split 1	01:27:37.534	05:26	11.0kph	01:27:37.534
						Split 2	01:24:42.695	05:15	11.4kph	02:52:20.229
46	DAWN BROOM	PENISTONE FOOTPATH RUNNERS, GBR	F: 12	Runner	4	02:52:21	05:21	11.2kph	Female 45 - 54: 4	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cummulative</u>
						Split 1	01:27:37.129	05:26	11.0kph	01:27:37.129
						Split 2	01:24:43.522	05:15	11.4kph	02:52:20.651
47	ELISE EMMERSON		F: 13	Runner	65	02:52:46	05:22	11.2kph	Female 35 - 44: 4	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cummulative</u>
						Split 1	01:26:08.387	05:21	11.2kph	01:26:08.387
						Split 2	01:26:37.128	05:22	11.1kph	02:52:45.515
48	LAURA CRANDON		F: 14	Runner	64	02:52:46	05:22	11.2kph	:	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cummulative</u>
						Split 1	01:26:09.136	05:21	11.2kph	01:26:09.136
						Split 2	01:26:36.597	05:22	11.1kph	02:52:45.733
49	CAROLINE BASSETT	PEGASUS RC, GBR	F: 15	Runner	1	02:54:32	05:25	11.1kph	Female 35 - 44: 5	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cummulative</u>
						Split 1	01:30:15.729	05:36	10.7kph	01:30:15.729
						Split 2	01:24:15.640	05:14	11.5kph	02:54:31.369
50	ELINOR PHILLIPS	LLISWERRY RUNNERS, GBR	F: 16	Runner	15	02:55:16	05:26	11.0kph	:	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cummulative</u>
						Split 1	01:26:07.375	05:21	11.2kph	01:26:07.375
						Split 2	01:29:07.920	05:32	10.8kph	02:55:15.295
51	ELAINE WHARMBY	PEGASUS, GBR	F: 17	Runner	21	02:56:57	05:29	10.9kph	Female 55 - 120: 1	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cummulative</u>
						Split 1	01:30:15.931	05:36	10.7kph	01:30:15.931
						Split 2	01:26:40.528	05:23	11.1kph	02:56:56.459
52	JOANNE EAST	PEGASUS RC, GBR	F: 18	Runner	9	02:57:29	05:30	10.9kph	:	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cummulative</u>
						Split 1	01:30:15.510	05:36	10.7kph	01:30:15.510
						Split 2	01:27:12.835	05:25	11.1kph	02:57:28.345



