

Pl	Name	Time	20 C														Comment			
			5.9 km	40 m	1(201) 16(216)	2(202) 17(217)	3(203) 18(218)	4(204) 19(219)	5(205) 20(220)	6(206) Finish	7(207)	8(208)	9(209)	10(210)	11(211)	12(212)		13(213)	14(214)	15(215)
1	Richard Mawer BAOC	40:59	1:17	3:23	4:26	8:58	10:16	12:38	14:58	16:23	17:11	17:57	22:13	23:19	25:06	28:22	30:57			
			1:17	2:06	1:03	4:32	1:18	2:22	2:20	1:25	0:48	0:46	4:16	1:06	1:47	3:16	2:35			
			31:51	33:44	34:25	36:12	38:53	40:59	0:54	1:53	0:41	1:47	2:41	2:06						
2	Richard Cronin NGOC	42:48	1:23	3:43	4:47	9:41	10:57	13:12	15:44	16:57	17:54	18:40	23:06	24:17	26:35	30:12	33:04			
			1:23	2:20	1:04	4:54	1:16	2:15	2:32	1:13	0:57	0:46	4:26	1:11	2:18	3:37	2:52			
			33:50	35:51	36:34	37:49	40:38	42:48	0:46	2:01	0:43	1:15	2:49	2:10						
3	Romualdas Stupelis HOC	43:18	1:14	3:13	4:08	9:03	10:27	12:14	15:41	16:59	17:54	18:36	23:01	24:09	25:54	29:03	31:43			
			1:14	1:59	0:55	4:55	1:24	1:47	3:27	1:18	0:55	0:42	4:25	1:08	1:45	3:09	2:40			
			32:26	34:21	35:29	38:27	41:05	43:18	0:43	1:55	1:08	2:58	2:38	2:13						
4	Jonathan Rhys HOC	43:30	1:17	3:18	4:13	8:01	9:09	12:15	14:51	16:10	17:04	17:51	22:12	23:18	25:12	28:40	31:38			
			1:17	2:01	0:55	3:48	1:08	1:08	3:06	2:36	1:19	0:54	0:47	4:21	1:06	1:54	3:28	2:58		
			32:22	34:36	36:53	37:03	40:38	43:30	0:44	2:14	2:17	0:10	3:35	2:52						
5	Ben Arkell NGOC	45:31	2:11	4:58	6:05	12:17	13:32	15:28	18:12	19:38	20:35	21:21	25:39	27:13	29:21	32:39	35:32			
			2:11	2:47	1:07	6:12	1:15	1:56	2:44	1:26	0:57	0:46	4:18	1:34	2:08	3:18	2:53			
			36:25	38:31	39:16	40:36	43:30	45:31	0:53	2:06	0:45	1:20	2:54	2:01						
6	Thomas Cochrane NGOC	47:38	1:39	3:59	5:36	12:36	13:48	16:02	18:38	19:54	20:50	21:35	26:12	27:25	29:29	33:15	36:32			
			1:39	2:20	1:37	7:00	1:12	2:14	2:36	1:16	0:56	0:45	4:37	1:13	2:04	3:46	3:17			
			37:24	39:31	40:35	42:13	45:20	47:38	0:52	2:07	1:04	1:38	3:07	2:18						
7	Anders Johansson NGOC	52:57	2:01	4:42	6:44	12:45	14:25	16:40	19:36	21:27	22:40	23:39	29:13	30:32	32:54	36:55	40:36			
			2:01	2:41	2:02	6:01	1:40	2:15	2:56	1:51	1:13	0:59	5:34	1:19	2:22	4:01	3:41			
			41:28	43:52	45:04	46:49	50:27	52:57	0:52	2:24	1:12	1:45	3:38	2:30						
8	Scott Johnson NGOC	57:01	2:08	4:56	6:56	12:53	14:45	17:15	20:22	22:16	23:23	24:20	30:33	32:27	34:58	39:26	42:48			
			2:08	2:48	2:00	5:57	1:52	2:30	3:07	1:54	1:07	0:57	6:13	1:54	2:31	4:28	3:22			
			43:36	47:10	49:00	51:25	54:46	57:01	0:48	3:34	1:50	2:25	3:21	2:15						
9	Neil Cameron NGOC	66:08	2:24	5:36	7:21	14:50	16:52	20:17	24:13	26:21	27:35	29:01	35:03	36:39	39:26	44:25	48:45			
			2:24	3:12	1:45	7:29	2:02	3:25	3:56	2:08	1:14	1:26	6:02	1:36	2:47	4:59	4:20			
			49:58	53:07	54:19	57:47	62:58	66:08	1:13	3:09	1:12	3:28	5:11	3:10						
10	Mark Roderick NGOC	66:34	2:24	5:05	6:58	13:09	14:44	17:57	23:45	26:25	27:46	29:10	35:22	36:48	39:02	43:06	46:30			
			2:24	2:41	1:53	6:11	1:35	3:13	5:48	2:40	1:21	1:24	6:12	1:26	2:14	4:04	3:24			
			47:21	57:08	57:58	60:53	64:11	66:34	0:51	9:47	0:50	2:55	3:18	2:23						
11	Matt Bevan IND	73:22	3:12	6:29	7:57	15:58	17:33	21:04	24:23	27:54	29:22	34:34	40:05	41:34	44:39	48:46	52:58			
			3:12	3:17	1:28	8:01	1:35	3:31	3:19	3:31	1:28	5:12	5:31	1:29	3:05	4:07	4:12			
			55:04	60:19	63:06	65:50	70:22	73:22	2:06	5:15	2:47	2:44	4:32	3:00						

