

Pos	Bib	Athlete	Gender	Laps	Lap1	Lap2	Lap3	Lap4	Lap5	Lap 6	Lap 7	Lap 8	Lap 9	Lap 10	Lap 11	Lap 12	Lap 13	Lap 14	Lap 15	Lap 16	Lap 17	Lap 18	Lap 19	Lap 20	Lap 21	Lap 22	Lap 23	Lap 24	Lap 25	Lap 26	Lap 27	Lap 28	Lap 29	Lap 30	Lap 31	Lap 32	Lap 33	Lap 34	Lap 35	Lap 36		
1	161	Wayne McGuigan	Male	36	0:44:30	0:43:49	0:46:02	0:47:53	0:51:18	0:49:26	0:49:31	0:49:22	0:49:16	0:47:56	0:43:37	0:50:11	0:46:11	0:45:55	0:47:44	0:47:46	0:46:16	0:48:50	0:44:04	0:49:19	0:43:00	0:50:50	0:48:24	0:45:25	0:49:10	0:49:36	0:45:58	0:46:17	0:48:55	0:48:28	0:50:35	0:51:29	0:49:50	0:56:35	0:55:40	0:46:13		
2	155	Adam Mckee	Male	35	0:46:25	0:47:00	0:48:00	0:50:45	0:47:16	0:49:43	0:47:08	0:52:29	0:47:34	0:46:20	0:51:47	0:49:22	0:50:26	0:46:48	0:48:47	0:49:26	0:47:42	0:46:47	0:49:48	0:49:55	0:47:47	0:45:43	0:45:23	0:45:23	0:45:50	0:50:16	0:51:18	0:45:01	0:47:33	0:46:25	0:49:19	0:51:09	0:49:32	0:56:37	0:55:40			
3	121	Vincent Mcmath	Male	29	0:44:56	0:43:20	0:44:32	0:43:27	0:43:45	0:46:01	0:36:26	0:45:25	0:47:41	0:45:01	0:47:11	0:47:19	0:45:56	0:46:33	0:45:56	0:45:03	0:45:39	0:47:33	0:45:08	0:46:33	0:43:36	0:44:21	0:42:39	0:42:59	0:46:28	0:49:37	0:43:38	0:52:55	0:47:30									
4	140	Greg McClure	Male	27	0:52:17	0:51:39	0:49:22	0:51:48	0:51:53	0:49:43	0:49:53	0:51:05	0:50:40	0:50:26	0:51:29	0:55:13	0:54:37	0:53:11	0:53:27	0:53:48	0:54:01	0:55:43	0:56:18	0:56:02	0:55:41	0:55:25	0:55:05	0:55:40	0:57:18	0:58:43	0:59:17											
5	170	John Gordon	Male	26	0:44:47	0:43:48	0:47:30	0:44:06	0:46:28	0:43:01	0:43:42	0:45:24	0:43:36	0:44:06	0:44:57	0:45:04	0:45:21	0:45:56	0:46:17	0:46:09	0:45:51	0:48:17	0:47:29	0:47:45	0:46:11	0:46:16	0:45:57	0:46:07	0:49:12	0:47:55												
6	162	Jenny Elliott York	Female	26	0:44:38	0:43:34	0:45:46	0:44:04	0:46:14	0:47:25	0:46:51	0:45:22	0:49:06	0:47:06	0:46:08	0:47:15	0:47:27	0:45:55	0:46:07	0:47:50	0:45:52	0:47:03	0:47:28	0:47:00	0:46:11	0:46:16	0:45:57	0:45:42	0:49:31	0:56:08												
7	169	Dara O'Brien	Male	25	0:44:37	0:43:48	0:46:01	0:47:52	0:51:19	0:49:26	0:49:31	0:49:22	0:49:25	0:47:38	0:46:25	0:48:25	0:48:38	0:46:53	0:47:51	0:47:26	0:47:35	0:48:39	0:47:31	0:49:19	0:48:33	0:50:50	0:48:24	0:46:07	0:49:10													
8	167	Neil Scott	Male	25	0:50:47	0:51:04	0:52:02	0:46:03	0:48:15	0:50:18	0:47:50	0:48:26	0:49:02	0:49:55	0:54:58	0:49:46	0:48:08	0:55:37	0:48:05	0:51:47	0:51:48	0:51:01	0:51:07	0:50:35	0:49:00	0:49:00	0:50:24	0:52:43	0:55:51													
9	154	Neil Mearns	Male	25	0:45:26	0:44:08	0:47:19	0:47:15	0:47:17	0:48:45	0:46:26	0:45:51	0:46:17	0:46:44	0:48:18	0:47:14	0:46:52	0:47:30	0:49:13	0:50:01	0:50:43	0:47:56	0:48:24	0:50:07	0:48:32	0:47:25	0:47:46	0:49:10	0:57:19													
10	173	Tom Owens	Male	25	0:46:29	0:47:00	0:48:20	0:46:36	0:48:18	0:49:25	0:48:32	0:48:43	0:48:41	0:47:51	0:48:44	0:49:34	0:48:58	0:47:34	0:44:00	0:47:43	0:49:24	0:48:27	0:47:29	0:47:44	0:48:32	0:47:41	0:49:25	0:47:26	1:05:42													
11	174	Pj Meehan	Male	25	0:46:30	0:47:00	0:48:19	0:46:37	0:48:19	0:50:00	0:48:33	0:48:44	0:48:42	0:47:53	0:48:44	0:49:34	0:48:57	0:47:33	0:44:00	0:47:44	0:49:25	0:48:26	0:47:29	0:47:44	0:48:31	0:47:41	0:49:27	0:47:25	1:05:42													
12	141	Kyle Wilson	Male	24	0:51:56	0:51:32	0:49:36	0:50:06	0:47:25	0:50:38	0:49:26	0:49:44	0:50:05	0:50:34	0:49:41	0:49:47	0:48:42	0:49:32	0:49:08	0:48:31	0:49:03	0:48:03	0:48:26	0:48:30	0:48:49	0:49:32	0:49:46	0:49:10														
13	144	Ian Reid	Male	24	0:48:12	0:47:50	0:50:00	0:50:47	0:52:05	0:52:35	0:52:19	0:46:34	0:49:37	0:46:20	0:50:55	0:48:56	0:47:58	0:48:00	0:49:36	0:49:44	0:49:20	0:50:01	0:51:56	0:50:24	0:48:49	0:50:41	0:50:59	0:49:11														
14	124	Jordan Ross	Male	24	0:49:46	0:50:17	0:49:37	0:48:56	0:48:57	0:46:53	0:49:56	0:52:25	0:50:54	0:48:44	0:50:55	0:50:37	0:52:21	0:52:06	0:50:00	0:52:53	0:52:27	0:53:43	0:52:44	0:54:13	0:52:47	0:52:27	0:52:23	0:54:19														
15	153	John Brennan	Male	24	0:46:39	0:46:59	0:49:18	0:46:07	0:47:24	0:50:37	0:51:08	0:51:12	0:52:45	0:53:07	0:44:57	0:45:04	0:45:21	0:46:37	0:46:17	0:46:09	0:47:53	0:50:45	0:48:25	0:49:41	0:52:53	0:50:41	0:51:49	0:54:19														
16	150	Stephen Perry	Male	24	0:45:23	0:46:25	0:47:56	0:52:10	0:52:28	0:52:42	0:48:14	0:52:30	0:52:53	0:52:49	0:51:19	0:54:04	0:51:38	0:54:51	0:54:06	0:53:39	0:54:04	0:53:35	0:54:37	0:53:00	0:52:28	0:53:11	0:53:04	0:55:32														
17	139	Mary Keenan	Female	24	0:44:12	0:43:51	0:47:01	0:47:13	0:47:19	0:47:27	0:48:19	0:47:40	0:48:11	0:50:04	0:49:56	0:49:54	0:49:36	0:50:20	0:51:02	0:51:53	0:52:16	0:52:51	0:52:40	0:53:28	0:52:41	0:52:56	0:53:45	0:56:38														
18	148	Ashley Briggs	Male	18	0:47:46	0:47:00	0:47:27	0:46:36	0:47:26	0:48:27	0:48:29	0:49:43	0:49:08	0:49:10	0:49:46	0:51:20	0:49:14	0:50:51	0:52:17	0:51:31	0:54:02	0:32:44																				
19	184	Chris Gilroy	Male	18	0:46:36	0:45:41	0:47:25	0:46:02	0:46:40	0:47:44	0:47:28	0:47:30	0:48:18	0:48:49	0:48:17	0:49:54	0:49:19	0:48:53	0:53:30	0:51:23	0:56:04																					
20	180	Lee Vickery	Male	17	0:44:53	0:44:03	0:45:59	0:44:44	0:44:35	0:45:32	0:45:57	0:45:29	0:44:55	0:44:51	0:44:36	0:41:50	0:43:26	0:46:47	0:47:09	0:44:38	0:49:11																					
21	130	Declan Carr	Male	17	0:44:54	0:44:26	0:44:51	0:46:13	0:47:33	0:48:53	0:47:51	0:47:40	0:48:39	0:47:50	0:49:47	0:50:07	0:49:04	0:51:02	0:54:10	0:54:21	0:50:43																					
22	128	Ryan Armstrong	Male	17	0:50:24	0:51:36	0:49:23	0:47:15	0:47:18	0:49:43	0:49:53	0:50:37	0:50:40	0:49:12	0:51:30	0:50:06	0:49:16	0:53:11	0:53:28	0:53:50	0:54:11																					
23	122	Ian Hillsdon	Male	17	0:43:16	0:42:57	0:44:29	0:43:15	0:43:12	0:43:34	0:42:57	0:45:00	0:45:57	0:46:39	0:46:29	0:46:45	0:47:58	0:51:46	0:52:08	0:53:24	1:13:06																					
24	138	Richard Shannon	Male	16	0:44:51	0:45:36	0:45:00	0:45:33	0:46:15	0:47:27	0:46:52	0:45:22	0:47:58	0:47:36	0:47:48	0:47:18	0:47:30	0:47:58	0:47:46	0:49:12																						
25	151	Patrick Gallagher	Male	16	0:45:23	0:46:27	0:47:22	0:45:41	0:51:16	0:47:43	0:49:00	0:49:13	0:48:52	0:50:04	0:50:00	0:50:27	0:49:36	0:48:12	0:51:06	0:52:30																						
26	146	Declan Leung	Male	16	0:45:23	0:44:05	0:46:56	0:45:52	0:48:04	0:48:44	0:49:44	0:46:49	0:48:10	0:50:49	0:47:32	0:47:59	0:49:10	0:50:46	0:54:41	1:10:46																						
27	126	Katherine Harkness	Female	15	0:43:52	0:43:35	0:43:00	0:44:04	0:45:07	0:47:27	0:47:08	0:45:31	0:46:43	0:47:07	0:46:08	0:47:16	0:47:27	0:46:59	0:47:08																							
28	127	Laszlo Barkoczi	Male	15	0:44:25	0:43:57	0:46:15	0:41:56	0:45:12	0:44:01	0:45:46	0:44:14	0:48:56	0:48:14	0:46:48	0:48:01	0:48:32	0:48:38	0:47:51																							
29	149	Laura Grimes	Female	15	0:46:32	0:45:27	0:47:27	0:46:36	0:47:26	0:48:27	0:48:29	0:49:42	0:49:07	0:49:09	0:49:45	0:51:19	0:49:13	0:50:58	0:49:05																							
30	163	John Wilson	Male	15	0:47:45	0:47:00	0:47:22	0:46:26	0:46:48	0:47:26	0:47:05	0:47:40	0:49:08	0:47:55	0:48:25	0:49:34	0:49:13	0:49:01	0:49:40																							
31	133	Kyle Arbuthnot	Male	15	0:45:58	0:44:26	0:47:15	0:46:37	0:45:04	0:48:41	0:45:21	0:44:35	0:45:20	0:44:17	0:45:04	0:45:42	0:44:26	0:48:42	0:50:30																							
32	134	Duncan Corrie	Male	15	0:47:49	0:48:06	0:47:16	0:46:45	0:45:04	0:49:50	0:46:02	0:46:30	0:46:52	0:46:01	0:46:17	0:47:11	0:46:29	0:50:36	0:50:31																							
33	156	Conor Hourican	Male	15	0:45:21	0:44:31	0:46:42	0:44:04	0:47:48	0:50:01	0:49:27	0:48:57	0:45:52	0:54:53	0:39:56	0:49:48	0:51:00	0:54:49	0:54:49																							
34	179	Colin Millican	Male	15	0:41:43	0:42:49	0:44:07	0:31:58	0:43:25																																	