## SELF TRANSCENDENCE 24 HOUR RACE 21ST/22ND SEPTEMBER 2013

Times underlined are STOPWATCH TIMES. All others are taken from the runners lap sheets(all km splits are exct laps)

RACE POS	RUNNER	10K SPLITS	10K	SPLIT 20K	30K	40K	50K	•	=	80K	90K
	1 MARCO	CONSANI	0:54:55	01:49:30	02:42:35	03:36:05	04:28:37	05:21:25	06:14:30	07:09:00	08:04:40
	2 FIONNA	CAMERON	0:59:40	01:57:30	02:54:35	03:50:25	04:45:45	05:40:50	06:34:20	07:30:25	08:24:30
	3 HELEN	JAMES	00:52:49	01:47:50	02:45:01	03:41:44	04:38:07	05:34:30	06:33:33	07:35:00	08:38:50
	4 NICK	THOMAS	00:59:06	02:02:54	03:03:32	04:03:57	05:07:52	06:09:16	07:13:39	08:23:40	09:34:25
	5 <b>STEPHEN</b>	MASON	00:55:05	01:49:50	02:45:20	03:43:45	04:37:33	05:37:25	06:36:30	07:41:30	08:47:40
	6 STEPHEN	THOMPSON	0:55;25	01:52:10	02:41:30	03:58:20	05:12:18	06:26:10	07:38:30	08:49:10	10:21:00
	7 RICHIE	CUNNINGHAM	00:55:05	01:49:25	02:43:38	03:39:15	04:39:20	05:54:12	07:05:48	08:01:17	08:59:15
	8 AIDAN	BLAKE	00:58:50	01:55:55	02:53:30	03:52:10	04:50:05	05:48:20	06:52:10	07:53:35	09:02:30
	9 <b>TIM</b>	RAINEY	00:57:10	01:54:20	02:51:45	03:52:15	04:54:00	05:54:10	07:06:00	08:17:10	09:27:30
	10 <b>JONATHAN</b>	ERRINGTON	00:48:10	01:40:00	02:38:45	03:43:45	04:45:37	06:06:55	07:27:10	08:41:00	09:58:20
	11 <b>ROB</b>	CLOETE	01:11:55	02:23:45	03:38:40	04:50:40	06:10:28	07:26:00	08:46:10	09:57:45	11:20:00
	12 CHRIS	McCARTHY	01:00:55	02:01:15	03:01:15	04:04:00	05:06:52	06:11:20	07:14:55	08:23:00	09:41:35
	13 KEVIN	DOYLE	01:02:20	02:01:15	03:09:20	3:56::40	13:15:50	06:00:25	07:06:40	08:08:07	09:24:40
	14 VICKY	LUFFRON	00:58:50	01:58:35	02:58:25	04:00:35	05:06:29	06:08:50	07:25:00	08:35:15	10:08:35
	15 <b>JESUS</b>	PRIETO-LLORET	00:55:30	01:47:50	03:15:40	04:36:40	05:31:45	06:45:10	08:19:10	09:17:30	10:33:45
	16 <b>RICHARD</b>	KIMMENS	00:57:00	02:00:00	03:12:25	04:18:35	05:28:10	06:55:15	08:01:25	09:20:40	10:59:55
	16 KONSTANTINOS		01:08;00	02:24:25		05:02:20	06:35:00		09:18:05	10:50:09	12:16:10
	17 <b>ANN</b>	BATH	01:02:59	02:09:30		04:34:00	05:44:26		08:28:10	09:53:18	11:22:10
	19 HUGH	PINNER	01:03:10	02:09:10		04:23:20	05:28:35		07:56:55	09:22:00	11:05:17
	20 <b>PATRICK</b>	QUINN*	00:57:55	01:56:30		04:05:15	05:11:40		07:20:35	08:30:10	09:40:42
	21 ALEX	RICHES	01:07:07	02:12:50		04:31:51	05:44:21		08:11:20	09:25:31	11:05:00
	22 <b>GEOFFRY</b>	OLIVER	01:03:00	02:08:34		04:28:50	05:43:07		08:50:20	10:15:15	12:01:12
	23 <b>STEPHEN</b>	WOODUS	00:55:00	01:50:45		03:58:00	05:07:32		07:51:55	09:14:10	10:57:30
	24 ABICHAL	SHERRINGTON	01:08:02	02:21:36		04:55:17	06:15:07		09:18:10	11:03:55	12:59:55
	25 <b>DANIEL</b>	SATE*	00:59:07	02:08:39		04:32:20	05:59:28		09:02:41	10:34:22	12:07:32
	26 GARY	CHALKLEY	00:58:05	02:02:45		04:47:00	06:18:30		10:08:30	11:48:35	13:43:05
	27 <b>SHONA</b>	BENDIX	01:01:40	02:14:00		05:00:55	06:17:36		09:41:00	11:28:40	14:20:40
	28 <b>JOHN</b>	TURNER	00:57:20	02:15:30			06:16:20		09:19:45	11:27:10	14:00:14
	29 <b>PAT</b>	SEABROOK	01:19:08	02:52:03		06:08:50	07:56:47		11:39:35	13:49:00	16:16:53
	30 <b>RAY</b>	McCURDY	01:17:30	02:38:20		05:34:10	07:07:50		11:16:09	13:51:55	
	31 <b>SPENSER</b>	LANE	00:57:55	02:10:35	03:50:20	06:04:30	07:41:25	09:24:30	11:49:00	13:46:30	16:30:30

32 MARCUS	PHILLPOTT	01:09:05	02:18:05	03:38:40	05:14:55	06:56:30	08:41:40	11:09:30	14:33:55	18:10:30
33 <b>PISE</b>	PRASHANT*	01:00:30	02:03:45	03:11:30	04:32:50	05:59:15	07:30:11	09:06:57	10:32:51	12:22:00
34 <b>DON</b>	HANNON*	00:54:44	01:48:03	02:42:10	03:38:13	04:36:44	05:39:38	06:41:40	07:44:30	08:51:00
35 <b>COLIN</b>	JONES*	00:56:49	01:53:40	02:55:47	04:02:50	05:18:18	06:47:10	08:19:20	09:42:08	11:34:20
36 ANDREW	SAVILLE*	00:55:41	01:52:33	02:54:09	03:51:16	04:47:53	05:54:36	07:01:20	08:23:41	09:35:33
37 CHRIS	DOOGE*	00:56:00	01:52:40	02:49:38	03:46:37	04:44:50	05:44:20	06:46:05	07:53:07	09:00:12
38 <b>GIACOMINO</b>	BARBACETTO*	00:58:30	01:57:10	02:54	03:53:15	05:00:02	06:07:00	07:16:15	08:23:20	09:38:40
39 <b>FRANCOIS</b>	FAURE*	00:57:15	01:53:40	02:48:45	03:45:00	04:47:20	05:52:40	07:00:50	08:07:45	09:12:25
40 JAMES	GIBBONS*	01:08:10	02:16:45	03:37:45	04:50:30	06:07:50	08:05:35	09:54:00	10:53:37	
41 HORST	PRIESLER	01:55:30	03:39:40	05:31:30	07:23:07	09:34:20	12:45:50	15:54:00	21:07:10	
42 <b>SHARON</b>	GAYTOR*	1:00;20	02:00:15	03:00:30	04:01:25	05:05:25	06:13:50			
43 <b>JEAN</b>	GASKELL*	00:57:00	02:01:05	03:26:35						
44 BRIAN	EMMOTT*	01:09:30								

<sup>\*</sup> denotes runner withdrew before the end of the race

100K	110K	120K	130K	140K	150K	160K	170K	180K	190K	200K	210K	220K	230K	240k
08:54:40	09:53:30	10:45:20	11:43:30	12:40:10	13:33:14	14:26:25	15:28:50	16:25:40	17:26:05	18:29:47	19:32:15	20:37:50	21:37:40	22:56:00
09:19:43	10:16:30	11:17:25	12:19:30	13:26:30	14:37:00	15:51:45	17:09:50	18:44:10	20:11:30	21:32:02	22:53:49			
09:44:50	10:50:30	11:59:10	13:10:50	14:24:10	15:47:13	17:08:20	18:32:00	20:13:35	21:41:15	23:06:55				
10:45:00	11:53:10	12:58:30	14:08:30	15:25:40	16:46:40	18:00:06	19:17:34	20:44:24	22:06:29	23:34:45				
09:57:05	11:23:55	12:45:25	13:59:05	16:24:15	17:45:57	19:51:55	21:02:50	22:08:55	23:15:40					
11:35:35	12:56:30	14:28:05	15:50:05	17:26:40	18:34:24	19:44:00	20:56:50	22:02:45	23:07:50					
10:17:00	11:34:50	12:47:50	14:05:25	15:30:30	16:59:30	18:26:40	20:17:05	22:15:00	23:21:40					
10:10:29	11:25:25	12:43:00	13:59:40	15:25:30	16:44:29	18:32:30	19:53:00	21:55:30	23:42:50					
10:41:45	11:53:10	13:24:05	14:39:40	16:01:55	17:26:40	18:45:45	20:33:10							
11:21:50	12:54:30	14:14:40	15:54:30	18:08:05	19:36:03	21:07:28	22:55:55							
12:38:24	13:55:40	15:22:20	16:51:45	18:39:50	20:02:41	21:37:37	23:34:45							
11:02:40	12:26:50	13:49:50	15:??:??	??:??:??	19:39:10	21:31:15	23:42:15							
10:43:59	12:17:10	14:27:30	16:51:25	19:27:25	20:49:50	22:30:30	23:59:35							
11:32:27				??:??:??	20:21:47	22:26:45								
12:17:35	13:22:35	15:48:45	17:26:50	18:35:45	20:17:25	22:18:25								
12:15:32				17:36:25	19:14:41	21:00:25								
13:45:45				19:56:40		23:05:15								
12:50:55				19:08:47	20:51:50	21:47:42								
12:30:00	13:54:20	16:42:30	18:25:00	19:49:40	21:51:00	23:25:40								
10:53:20				17:58:50		21:59:10								
12:31:59				18:45:22	20:28:36	??:??:??								
<u>13:55:09</u>				20:36:10	23:29:10									
12:53:22				22:03:45										
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19:54:34	22:41:00													

21:05:00 23:20:20 14:16:50 17:06:25 10:14:50

13:32:00

11:24:18

10:27:10

10:54:22

10:17:45