SELF TRANSCENDENCE 24 HOUR RACE 20th/ 21stSEPTEMBER 2014 10 KM SPLITS

EXTRAPOLATED FROM LAP SHEETS. 400M TRACK MEANS ALL 10K SPLITS ARE AT THE FINISH LINE.

STOPWATCH TIMES <u>UNDERLINED</u>		OTHER TIMES EXTRAPOL	ATED FROM	COMPLETED							
	RUNNER		10K	20K	30K	40K	50K	60K	70K	80K	90K
1	84 FIONNA	ROSS	00:59:28	01:58:25	02:55:33	03:53:27	04:50:20	05:47:44	06:47:47	07:48:20	08:45:15
2	90 ISSY	WYKES	01:01:40	02:03:30	03:05:40	04:08:10	05:10:15	06:12:40	07:14:50	08:19:30	09:22:19
3	63 NOANIE	HEFFRON	00:59:33	01:58:50	02:59:05	04:01:25	05:02:00	06:02:35	07:06:40	08:16:10	09:15:50
4	72 MICHAL	MASNIK	01:04:08	02:07:57	03:11:46	04:15:20	05:17:06	05:22:13	07:22:45	08:32:05	09:30:35
5	86 SIMON	SMITH	01:01:50	02:04:28	03:12:09	04:13:15	05:17:47	06:23:05	07:39:45	08:55:20	10:24:30
6	68 RICHARD	KIMMENS	00:54:29	01:54:18	02:56:23	03:56:23	05:01:30	06:04:11	07:08:50	08:24:20	09:27:55
7	73 STEPHEN	MASON	00:55:38	01:51:02	02:47:48	03:45:20	04:44:49	05:42:08	06:43:25	07:49:50	08:54:00
8	91 BRIAN	ANKERS	00:55:40	01:52:10	02:47:30	03:45:20	04:42:40	05:38:55	06:37:55	07:35:50	08:37:20
9	59 MIKE	FEIGHAN	00:53:40	01:48:36	02:47:45	03:51:50	05:00:20	06:17:45	07:30:35	08:58:00	10:17:50
10	75 JASON	McCARDLE	00:58:47	01:57:52	02:57:03	03:57:33	04:59:15	06:02:05	07:11:37	08:24:24	09:29:00
11	83 DAVE	RICHARDS	01:08:22	02:14:50	03:23:57	04:34:48	05:46:18	06:57:29	08:15:00	09:35:40	10:51:05
12	50 diana	CELEIRO	1:06:00	02:13:05	03:26:15	04:36:30	05:52:20	06:11:50	08:28:20	09:59:54	11:09:25
13	89 RUPERT	WILLIAMSON	00:58:40	01:58:25	02:59:00	04:05:30	05:08:50	06:12:20	07:20:45	08:35:40	09:56:20
14	52 RASMIVAN	COLLINSON	00:56:30	01:49:15	02:50:50	03:52:10	05:10:30	06:17:05	07:35:25	08:53:50	10:32:10
15	55 CHRIS	DHOOGE	00:56:15	01:52:50	02:52:00	03:58:50	04:58:20	05:59:00	07:04:55	08:16:10	10:04:05
16	93 LUKE	LATIMER	00:54:20	01:48:30	02:46:45	03:50:55	05:06:25	06:20:20	07:35:25	08:53:10	10:12:10
17	77 MAX	NEWTON	00:48:00	01:36:53	02:27:49	03:22:19	04:24:10	05:23:20	06:22:32	07:36:15	08:38:25
18	81 PISE	PRASHANT	00:54:10	01:49:10	02:47:50	03:50:50	04:59:40	06:08:00	07:33:20	08:46:10	09:56:00
19	82 TIM	RAINEY	00:57:55	01:57:10	02:57:30	04:01:30	05:14:15	06:30:20	07:55:30	09:28:20	10:37:40
20	54 RICHARD	CRANSWICK	00:59:15	02:00:20	03:02:30	04:02:35	05:13:25	06:23:00	07:31:45	08:52:00	10:04:05
21	64 SALLY	HEWITT	01;04:12	02:11:22	03:25:23	04:34:00	05:56:40	07:17:50	08:38:05	09:57:15	11:37:26
22	67 COLIN	JONES	01:00;38	02:05:40	03:08:17	04:14:20	05:22:20	06:37:54	08:00:59	09:29:49	11:03:15
23	79 GEOFF	OLIVER	01:01:53	02:06:12	03:08:39	04:14:33	<u>05:29:19</u>	07:12:15	08:41:20	10:12:55	11:47:45
24	88 лони	TURNER	00:54:35	02:09:38	03:29:28	04:49:29	06:05:56	07:28:20	08:53:20	10:22:55	12:15:00
25	80 HUGH	PINNER	01:05:50	02:09:40	03:14:00	04:24:10	05:28:50	06:40:00	07:51:10	09:04:40	10:10:49
26	57 JONATHON	ERRINGTON	00:46:09	01:37:10	02:37:26	03:44:00	04:58:30	06:27:35	07:56:30	09:21:00	11:33:24
27	53 STEPHEN	COVENEY	01:00:00	02:07:25	03:20:50	04:45:40	06:19:15	08:01:15	09:34:20	11:14:35	12:49:10
28	78 JEREMY	NOTTINHGHAM	01:04:26	02:09:14	03:19:54	04:37:34	05:58:30	07:23:10	08:54:48	10:33:10	12:14:45
29	92 MAHASATYA	JANCZAK	01:02:00	02:00:30	03:22:00	04:40:00	05:59:40	07:33:10	09:20:40	11:42:40	13:35:30

	RUNNER		10K	20K	30K	40K	50K	60K	70K	80K	90K
30	46 ANN	BATH	1:00:56	02:06:45	03:17:45	04:40:40	<u>05:58:18</u>	07:26:05	08:55:45	10:36:00	12:22:37
31	47 SHONA	BENDIX	01:11:10	02:24:40	03:41:45	05:06:10	06:35:55	08:18:30	10:10:00	12:01:30	13:51:15
32	85 PAT	SEABROOK	01:21:03	02:54:13	04:34:25	06:13:58	07:55:40	09:40:30	11:27:20	13:18:14	15:09:42
33	48 AIDEN	BLAKE	00:57:30	01:55:20	02:52:35	03:49:55	04:49:30	05:46:45	06:44:20	07:45:30	08:45:55
34	87 LARISSA	TICHON	00:56:28	01:55:37	02:57:15	03:57:31	04:57:15	05:59:38	07:14:50	08:32:10	10:05:40
35	51 KARTEEK	CLARKE	01:09:58	02:30:05	04:03:50	05:43:10	08:06:05	09:52:55	11:43:30	13:48:15	17:35:10
36	94 SPENSER	LANE	01:21:25	02:52:00	04:27:20	06:03:00	08:02:10	09:54:50	11:46:00	14:39:50	16:32:30
37	70 ADRIAN	MacDERMOTT	01:21:01	02:48:48	04:04:29	05:29:55	07:08:12	08:37:58	10:10:11	11:57:15	13:46:20
38	66 BERIT	JESSON	01:09:53	02:48:23	03:29:10	04:40:29	05:55:27	07:17:49	08:45:06	10:09:19	11:45:45
39	65 вов	JACK	01:44:40	03:25:56	05:12:15	07:04:54	09:04:55	09:04:55	11:12:08	13:43:08	16:13:36
40	76 RAY	McCURDY	01:16:33	02:44:47	04:21:55	06:38:10	09:22:55	13:27:39	15:48:30	19:42:35	23:24:10
41	60 міск	GILBERT	00:57:40	01:55:25	03:09:10	04:32:15	06:07:50	07:45:45	09:29:20	11:32:06	11:33:24
42	61 MARK	GRIFFITHS	01:05:20	02:21:40	03:44:50	05:18:40	06:49:50	08:56:00	10:55:58		
43	56 JAMES	ELSON	00:55:50	01:53:25	02:52:05	03:53:35	05:13:00				
44	62 PAUL	HART	00:50:30	01:42:40	02:35:05	03:46:55					
45	69 BRIAN	EMMOTT	01:15:23	02:56:31							

	100K	110K	120K	130K	140K	150K	160K	170K	180K	190K	200K	210K	220K	230K
ROSS	<u>09:43:34</u>	10:43:00	11:43:45	12:44:20	13:48:30	14:53:59	14:53:59	17:10:00	18:14:05	19:20:40	20:28:40	21:32:10	22:38:00	23:40:40
WYKES	<u>10:27:21</u>	11:29:15	12:30:25	13:31:35	14:35:45	15:37:30	16:44:20	17:43:20	18:48:00	19:49:50	20:53:08	21:57:30	22:59:50	23:59:20
HEFFRON	10:23:13	11:34:03	12:37:46	13:49:14	15:00:11	16:17:30	17:36:35	18:44:05	19:57:40	21:12:20	22:27:30	23:30:50		
MASNIK	10:29:15	11:41:30	12:43:58	13:53:44	15:03:40	16:21:34	17:49:49	19:00:29	20:12:57	21:36:30	22:59:53			
SMITH	11:41:45	12:56:45	14:14:55	15:28:00	16:52:16	18:12:02	19:33:18	20:47:46	21:59:50	23:13:53				
KIMMENS	10:33:56	11:54:55	13:09:00	14:46:11	16:15:37	17:41:00	18:56:35	20:20:03	21:41:15	23:28:00				
MASON	10:01:30	11:12:55	12:28:25	13:54:00	17:12:00	18:33:30	19:51:55	21:06:50	22:27:00	23:27:10				
ANKERS	09:35:04	10:31:15	11:29:55	13:25:15	14:43:45	16:40:20	19:59:40	21:22:30	22:41:40	23:53:10				
FEIGHAN	<u>11:42:00</u>	12:52:55	14:14:10	16:19:00	17:26:12	18:38:28	19:54:10	21:16:42	23:01:42					
McCARDLE	10:43:46	12:01:00	13:32:33	14:45:45	16:06:00	17:43:20	19:06:35	20:29:45	22:07:15					
RICHARDS	12:11:05	13:29:00	14:51:56	16:11:39	17:31:15	18:56:10	20:21:10	21:45:40	23:12:00					
CELEIRO	12:34:00	14:03:15	15:35:20	17:04:45	18:36:26	20:03:55	21:27:30	22:50:30						
WILLIAMSON	11:16:20	12:46:35	14:18:45	15:45:45	17:24:10	19:03:00	20:33:20	22:15:40						
COLLINSON	11:54:50	13:36:50	15:06:45	17:06:50	18:57:25	20:21:30	21:47:50	23:11:33						
DHOOGE	10:27:25	11:38:15	12:56:45	14:04:55	15:22:10	16:56:49	19:53:30	23:00:20						
LATIMER	11:36:10	13:01:50	14:28:00	15:43:30	18:05:35	19:36:50	21:13:40	23:31:10						
NEWTON	09:56:10	11:09:40	12:33:29	13:50:15	15:48:50	18:00:00	21:05:30	23:36:55						
PRASHANT	11:22:10	12:43:00	14:32:10	16:14:24	18:21:05	20:04:40	21:56:30	23:55:10						
RAINEY	11:55:10	13:17:27	14:48:10	16:10:40	17:40:00	19:25:50	20:54:00	22:46:35						
CRANSWICK	11:20:23	12:33:05	13:50:04	15:34:40	17:07:47	18:43:07	20:33:17							
HEWITT	13:21:56	14:39:23	16:00:55	17:58:40	20:10:00	21:46:55	23:09:35							
JONES	12:37:06	13:57:58	15:50:52	17:44:49	19:30:49	20:55:16	22:51:41							
OLIVER	<u>13:21:24</u>	15:01:30	16:36:55	18:37:30	20:35:10	21:58:59	23:54:45							
TURNER	14:21:35	16:27:40	18:30:29	19:58:36	21:35:00	23:15:30								
PINNER	11:52:12	15:55:00	18:36:07	19:59:50	21:27:00	23:32:15								
ERRINGTON	13:06:57	15:07:43	18:17:00	20:49:35	22:24:48									
COVENEY	14:52:17	16:46:25	18:38:57	20:31:32	22:22:40									
NOTTINHGHAM	14:01:35	16:32:00	19:07:30	21:17:35										
JANCZAK	16:17:40	18:35:00	20:24:50	22:26:00										

	100K	110K	120K	130K	140K	150K	160K	170K	180K	190K	200K	210K	220K	230K
BATH	14:28:28	16:46:05	19:00:59	21:13:35										
BENDIX	15:46:25	18:24:05	21:10:40	23:12:49										
SEABROOK	17:15:07	19:05:05	20:58:48	22:55:13										
BLAKE	09:48:42	10:52:40	12:00:15	13:13:40										
TICHON	11:33:30	13:12:30	14:58:50											
CLARKE	19:42:55	21:44:55	23:45:55											
LANE	18:35:35	21:06:40												
MacDERMOTT	20:50:42	23:45:10												
JESSON	13:21:33													
JACK	22:03:50													
McCURDY														
GILBERT														
GRIFFITHS														
ELSON														
HART														
EMMOTT														