

SELF TRANSCENDENCE 24 HOUR RACE 19th/20th SEPTEMBER 2015

10 KM SPLITS

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

STOPWATCH TIMES UNDERLINED OTHER TIMES EXTRAPOLATED FROM COMPLETED LAPS ON LAP SHEETS

Race no.			10K	20K	30K	40K	50K	60K
1	28	Beth Pascall	0.56.05	1.53.00	2.50.35	3.48.35	4.48.30	5.47.05
2	46	Ali Young	0.50.05	1.42.50	2.37.40	3.37.40	4.35.30	5.32.20
3	42	Simon Smith	1.00.27	2.03.25	3.03.54	4.05.55	5.07.00	6.06.49
4	37	Gyula Sarosi	0.55.38	1.51.24	2.46.48	3.42.11	4.36.56	5.32.42
5	41	William Sichel	1.00.22	2.09.09	3.15.45	4.24.26	5.31.55	6.42.25
6	17	Johnny Hallneby	1.02.09	1.58.41	2.56.52	3.57.37	5.00.56	6.08.57
7	10	Natasha Farid	1.00.30	1.59.55	3.02.20	4.07.50	5.14.20	6.45.40
8	39	Adriano Scaglione	0.56.40	1.52.55	2.49.30	3.47.35	4.46.40	5.46.35
9	23	Michal Masnik	0.55.05	1.53.10	2.47.35	3.43.25	4.36.55	5.32.45
10	18	Mahasatya Janczak	1.01.04	2.07.48	3.11.35	4.28.54	5.37.13	6.54.56
11	20	Petra Kasperova	1.11.40	2.22.10	3.34.10	4.47.50	6.06.20	7.24.35
12	24	Radi Milev	1.02.45	2.05.25	3.09.40	4.17.40	5.30.45	6.42.50
13	16	Roz Glover	1.03.45	2.12.00	3.27.20	4.38.45	5.53.00	7.11.45
14	15	Valerie Glavin	0.54.30	1.49.35	2.46.55	3.46.15	4.49.55	5.49.00
15	29	Sidsel Petersen	1.05.33	2.14.07	3.17.06	4.18.24	5.19.50	6.20.00
16	3	Ann Bath	1.00.58	2.03.07	3.09.28	4.21.28	5.36.40	6.56.30
17	38	Andrew Saville	1.04.25	2.09.50	3.16.20	4.21.30	5.28.10	6.31.25
18	34	Timothy Rainey	0.59.30	2.02.40	3.06.50	4.12.00	5.25.20	6.46.05
19	32	Tanas Popovski	1.06.40	2.15.10	3.25.10	4.42.50	6.10.50	7.30.45
20	35	Dave Richards	1.09.06	2.18.10	3.30.13	4.44.40	6.21.41	8.00.10
21	31	Prasant Pise	0.56.02	1.54.35	2.56.56	4.02.12	5.15.52	6.39.03
22	13	Jonathan Gardner	1.20.15	2.37.25	3.58.40	5.19.50	6.46.10	8.13.00
23	11	Jon Fielden	1.01.40	2.03.45	3.04.50	4.06.00	5.07.00	6.14.15
24	4	Barrington Bradley	1.08.40	2.33.22	3.44.36	5.06.30	6.33.00	8.20.00
25	6	Stephen Campbell	1.04.52	2.11.56	3.22.30	4.40.45	6.26.37	7.17.20
26	26	Graham O'Loughlin	0.54.35	1.49.35	2.42.10	3.32.05	4.28.10	5.19.10
27	21	Clifford Kian	1.03.45	2.10.50	3.18.05	4.32.00	5.47.20	7.21.20
28	27	Geoff Oliver	1.03.40	2.10.50	3.20.05	4.36.30	6.09.00	7.49.35
29	22	Albena Margaritova	1.03.45	2.16.35	3.25.30	4.39.50	<u>5.56.45</u>	7.22.25
30	40	Patricia Seabrook	1.25.30	3.00.30	4.38.05	6.23.10	8.04.10	10.01.00
31	5	Izzy Cairns	1.00.36	2.03.58	3.07.59	4.12.16	5.15.53	6.19.20
32	30	Hugh Pinner	1.09.00	2.22.04	3.35.05	4.49.11	6.05.37	7.23.51
33	8	Janos Derekas	1.02.50	2.04.10	3.02.10	4.04.40	5.22.30	6.39.20
34	45	John Turner	0.57.15	2.19.55	3.42.40	5.05.20	6.30.50	7.53.00
35	25	Karnayati Morison	1.19.35	2.45.35	4.12.50	5.44.20	7.31.30	9.17.20
36	7	Colin Jones	1.00.30	2.04.18	3.17.40	4.43.35	6.21.30	8.02.25
37	33	Ray McCurdy	1.20.45	2.48.30	4.18.10	5.54.20	7.45.00	10.30.55
38	2	Konstantinos Anagnostou	1.03.55	2.11.03	3.17.05	4.23.20	5.28.30	6.50.00
39	12	Chris Finill	0.56.15	1.55.25	2.52.30	3.50.10	4.48.45	5.51.00
40	9	Jonathon Errington	0.47.00	1.44.00	2.49.50	4.04.15	5.33.10	6.50.20
41	44	Nathan Taylor	0.52.10	1.47.30	2.43.50	3.43.00	4.51.35	5.54.35
42	43	Damien Taylor	0.43.40	1.32.38	2.24.99	3.16.00	<u>4.11.30</u>	5.11.12
43	9	Jonathon Errington	0.47.00	1.44.00	2.49.50	4.04.15	5.33.10	6.50.20
44	36	Graeme Roberts	1.04.21	2.13.56	3.29.52	4.48.32	6.20.10	7.52.00
45	19	Jane Janman	1.15.18	2.44.32	4.23.07	6.12.01	8.20.39	
46	14	Sharon Gayter	1.03.45	2.10.10	3.18.15	4.48.25		



<b>180K</b>	<b>190K</b>	<b>200K</b>	<b>210K</b>	<b>220K</b>	<b>230K</b>
18.40.18	19.42.47	<u>20.45.12</u>	21.47.52	22.55.28	23.59.39
18.39.51	19.47.04	<u>21.02.13</u>	22.40.54		
20.06.20	21.13.40	<u>22.28.50</u>	23.49.10		
20.23.30	21.47.18	<u>23.13.20</u>			
22.37.00					
23.43.17					
23.53.00					
23.43.20					