

SELF TRANSCENDENCE 24 HOUR RACE 20th/ 21st SEPTEMBER 2014

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

|    | 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 | <u>04:50:20</u> | 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     | DHOOGHE    | 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 JOHN      | 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    | NOTTINGHAM | 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 |

|    | <b>RUNNER</b> |            | <b>10K</b> | <b>20K</b> | <b>30K</b> | <b>40K</b> | <b>50K</b>      | <b>60K</b> | <b>70K</b> | <b>80K</b> | <b>90K</b> |
|----|---------------|------------|------------|------------|------------|------------|-----------------|------------|------------|------------|------------|
| 30 | 46 ANN        | BATH       | 1:00:56    | 02:06:45   | 03:17:45   | 04:40:40   | <b>05:58:18</b> | 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 BOB        | 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 MICK       | 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   |            |            |                 |            |            |            |            |



