

LYMM RUNNERS TIME TRAIL TIMING RECORD

DATE OF TRIAL: 15.07.2014

DISTANCE: 5k

LOCATION/ROUTE: Lymm High School Playing Field

NAME	NOS	START TIME	SPLIT 1	LAP 1	SPLIT 2	LAP 2	FINISH	LAP 3	OVERALL TIME
STU B	28	04:30	00:10:48	06:18	17:10	06:22	23:32	06:22	19:02
PAUL B	35	05:40	00:11:57	06:17	18:43	06:46	24:51	06:08	19:11
ANDREA H	31	05:00	00:11:29	06:29		#####	24:12	24:12	19:12
JULIAN D	29	04:40	00:11:03	06:23	17:29	06:26	24:11	06:42	19:31
JACK R	32	05:10	00:11:25	06:15	18:05	06:40	24:54	06:49	19:44
JON H	26	04:10	00:10:53	06:43	17:50	06:57	24:00	06:10	19:50
JIM A	27	04:20		#####	17:38	17:38	24:13	06:35	19:53
DAVE H	30	04:50	00:11:23	06:33	18:11	06:48	24:48	06:37	19:58
JON S	33	05:20	00:11:42	06:22		#####	25:19	25:19	19:59
MARK H	25	04:00		#####	17:35	17:35	24:22	06:47	20:22
PHIL R	24	03:50	00:10:33	06:43	17:45	07:12	24:40	06:55	20:50
IAN P	22	03:30	00:10:44	07:14	18:10	07:26	25:31	07:21	22:01
HARI S	23	03:40	00:11:00	07:20	18:53	07:53	26:16	07:23	22:36
GEORGINA W	21	03:20	00:10:49	07:29	18:21	07:32	26:00	07:39	22:40
MARK I	34	05:30	00:12:33	07:03	20:25	07:52	28:15	07:50	22:45
TONY W	19	03:00	00:10:32	07:32	18:28	07:56	26:21	07:53	23:21
MARIE O'G	12	01:50	00:10:19	08:29	19:14	08:55	25:12	05:58	23:22
ANTHONY H	20	03:10	00:10:38	07:28	18:39	08:01	26:36	07:57	23:26
TONY S	18	02:50		#####	18:48	18:48	26:39	07:51	23:49
LYNN M	14	02:10	00:09:50	07:40	17:55	08:05	26:03	08:08	23:53
GRAHAM C	17	02:40	00:10:43	08:03	19:02	08:19	26:46	07:44	24:06
KAT H	16	02:30	00:10:31	08:01	18:46	08:15	27:16	08:30	24:46

AMY B	11	01:40	00:10:09	08:29	18:36	08:27	26:44	08:08	25:04
JENNY MC	15	02:20	00:10:36	08:16	19:06	08:30	27:44	08:38	25:24
KRISTI	9	01:20	00:09:47	08:27	18:35	08:48	27:01	08:26	25:41
KATY O'G	13	02:00	00:10:54	08:54	13:02	02:08	29:00	15:58	27:00
MICHELLE H	8	01:10	00:10:40	09:30	20:08	09:28	29:26	09:18	28:16
EMMA D	10	01:30	00:10:20	08:50	20:10	09:50	29:50	09:40	28:20
EMMA W	5	00:40	00:10:04	09:24	19:46	09:42	29:18	09:32	28:38
ZOE	6	00:50	00:10:10	09:20	19:59	09:49	29:46	09:47	28:56
ALISON R	7	01:00	00:10:45	09:45	20:43	09:58	30:27	09:44	29:27
KATY O'C	4	00:30	00:09:39	09:09	21:09	11:30	30:48	09:39	30:18
ANN	3	00:20	00:10:04	09:44	21:01	10:57	31:49	10:48	31:29
RACHEL	2	00:10	00:10:35	10:25	21:48	11:13	32:19	10:31	32:09
TRIPTHI	1	00:00	00:10:40	10:40	22:21	11:41	32:30	10:09	32:30