



# #RunExe Virtual 5m

26th to 1st April 2020

M 5

Pos	No	Time	Formatted	Avg speed	Name	Cat	Cat Rank	Club	% age adjusted
1	58	0:26:15	00:26:15	00:05:15	Adam Holland	MSen	1	Tavistock Ac	82%
2	98	0:27:40	00:27:40	00:05:32	Oli White	MSen	2	Exmouth Harriers	78%
3	74	0:28:05	00:28:05	00:05:37	Miko Cadeddu	MSen	3	South West Road Runners	76%
4	73	0:28:19	00:28:19	00:05:40	Robert Ellis	MSen	4	Exmouth Harriers	77%
5	113	0:30:51	00:30:51	00:06:10	Jason Hockridge	M40+	1	South West Road Runners	73%
6	114	0:30:58	00:30:58	00:06:12	Amy Jones	F40+	1	South West Road Runners	81%
7	69	0:33:09	00:33:09	00:06:38	Richard Pedrick	M35+	1	South West Road Runners	66%
8	103	0:34:16	00:34:16	00:06:51	Hannah Bown	F40+	2	Exmouth Harriers	73%
9	75	0:34:25	00:34:25	00:06:53	Brian Sansom	M55+	1	Exmouth Harriers	74%
10	96	0:34:43	00:34:43	00:06:57	Adam Rooke	M40+	2	Honiton Running Club	67%
11	59	0:35:14	00:35:14	00:07:03	David Snook	M35+	2	Tri Hards Exmouth	63%
12	115	0:35:22	00:35:22	00:07:04	Dylan Travers	MU17	1	Exeter Tri Club	70%
12	65	0:35:26	00:35:26	00:07:05	Ben Travers	M35+	3		63%
13	79	0:36:35	00:36:35	00:07:19	Ian Russell	M50+	1	Greenbow Running Club	67%
14	107	0:36:36	00:36:36	00:07:19	Jenny Reay	F60+	1	Exmouth Harriers	87%
15	87	0:36:37	00:36:37	00:07:19	Richard Flower	M35+	4		61%
16	72	0:36:55	00:36:55	00:07:23	Pete Waumsley	M45+	1	Storm Plymouth	65%
17	106	0:37:13	00:37:13	00:07:27	Jim Durston	M50+	2	South West Road Runners	68%
18	81	0:37:35	00:37:35	00:07:31	Anna Whittaker	F35+	1		66%
19	76	0:37:47	00:37:47	00:07:33	Des White	M65+	1	Exmouth Harriers	74%
20	64	0:37:56	00:37:56	00:07:35	Paul Carr	M40+	3		60%

<b>21</b>	112	0:38:08	00:38:08	00:07:38	Cath Stibbs	F45+	1	Kent Ac	68%
<b>22</b>	97	0:38:37	00:38:37	00:07:43	Nicholas Pope	M45+	2		61%
<b>23</b>	68	0:38:43	00:38:43	00:07:45	Steve Morgan	M60+	1	Exmouth AAC	70%
<b>24</b>	83	0:39:01	00:39:01	00:07:48	Jules Pring	F45+	2	South West Road Runners	67%
<b>25</b>	62	0:39:38	00:39:38	00:07:56	Rob Sweet (Pushing Buggy)	M45+	3		59%
<b>26</b>	84	0:39:42	00:39:42	00:07:56	Tracy Connor	F45+	3	South West Road Runners	67%
<b>27</b>	67	0:41:45	00:41:45	00:08:21	Sharon Wells	F50+	1	Honiton Running Club	69%
<b>28</b>	109	0:42:12	00:42:12	00:08:26	Agnieszka Bobon	F35+	2		58%
<b>29</b>	80	0:42:19	00:42:19	00:08:28	Peter Bunyan	M65+	2	South West Vets AC	67%
<b>30</b>	66	0:42:31	00:42:31	00:08:30	Neil Adger	M55+	2	South West Road Runners	60%
<b>31</b>	104	0:42:40	00:42:40	00:08:32	Mark Tait	M50+	3	South West Road Runners	58%
<b>32</b>	61	0:45:09	00:45:09	00:09:02	Jan Kirkham	F65+	1		75%
<b>33</b>	77	0:45:19	00:45:19	00:09:04	Alison White	M65+	3	Exmouth Harriers	74%
<b>35</b>	57	0:45:35	00:45:35	00:09:07	Suzie Tosh	F40+	3	South West Road Runners	56%
<b>35</b>	85	0:45:37	00:45:37	00:09:07	Charles Mossman	M70+	1		64%
<b>36</b>	60	0:49:28	00:49:28	00:09:54	Laura Greenhill	F45+	4		55%
<b>37</b>	105	0:51:02	00:51:02	00:10:12	Lauren Brown	FSen	1	Lonely Goat RC	47%
<b>38</b>	95	0:58:16	00:58:16	00:11:39	Jo Michael	F45+	5	Good Gym	45%
<b>39</b>	63	0:60:00	01:00:00	00:12:00	Jo Michael	F45+	6	Good Gym	44%
<b>40</b>	78	0:65:00	01:05:00	00:13:00	Nicki Hart	F45+	7	Women On The Run	41%
<b>41</b>	108	0:66:32	01:06:32	00:13:18	Mandy Lucas	F55+	1	Women On The Run	44%