



#RunExe Virtual 4M

18th June to 24th June 2020

Pos	No	Time	Avg speed	Name	Cat	Cat Rank	Club	% age adjusted
1	887	0:24:55	00:06:14	Emma Stepto	F50+	1	Cornwall AC	87%
2	888	0:25:32	00:06:23	RUBY Orchard	F35+	1	PB running club	77%
3	889	0:26:15	00:06:34	James Woolf	M50+	1	0	75%
4	890	0:27:23	00:06:51	Adam Rooke	M40+	1	Honiton Running Club	67%
5	891	0:27:37	00:06:54	Claudine Benstead	F60+	1	Oakhampton R C	90%
6	892	0:27:38	00:06:55	Des White	M65+	1	Exmouth Harriers	80%
7	893	0:28:36	00:07:09	Arthur Johns	M70+	1	Poole Runners & SW Vets	81%
8	894	0:29:09	00:07:17	Richard Flower	M35+	1	0	61%
9	895	0:30:14	00:07:34	Nicholas Pope	M45+	1	0	61%
10	896	0:30:31	00:07:38	Simon Bryce	M35+	2	0	57%
11	897	0:30:31	00:07:38	Mike Kay	M55+	1	South West Road Runners	67%
12	898	0:30:48	00:07:42	Hayley Ratcliff	F50+	2	Torbay aac	73%
13	899	0:31:06	00:07:46	Craig Hobson	M45+	2	Maverick Runners	60%
14	900	0:31:10	00:07:48	Hania Lee	F40+	1	Maverick runners	65%
15	901	0:31:53	00:07:58	Hayley Ratcliff	F50+	3	Torbay AAC	70%
16	902	0:32:10	00:08:02	Rob Sweet	M45+	3	0	58%
17	903	0:32:30	00:08:07	Jan Kirkham	F65+	1	0	82%
18	904	0:32:50	00:08:13	Tracy Connor	F45+	1	South West Road Runner	64%
19	905	0:33:12	00:08:18	Alison White	F65+	2	Exmouth Harriers	81%
20	906	0:34:09	00:08:32	Kelly Lawson	F40+	2	Greenbow running club	59%
21	907	0:37:59	00:09:30	Jane Burns	F50+	4	New Forest	57%
22	908	0:40:36	00:10:09	Niamh Tosh	FU17	1	SWRR	53%
23	909	0:55:51	00:13:58	Heather Fitzsimmons	F55+	1	Women on the run	42%