#RunExe Virtual 5Mile

1st July to 7th July 2020

Pos	No	Time	Avg speed	Name	Cat	Cat Rank	Club	% age adjusted
1	979	0:31:05	00:06:13	Emma Stepto	F50+	1	Cornwall AC	88%
2	980	0:31:23	00:06:17	RUBY Orchard	F35+	1	PB running club	79%
3	981	0:33:57	00:06:47	James Woolf	M50+	1	0	74%
4	982	0:34:20	00:06:52	Claudine Benstead	F60+	1	Oakhamton R C	91%
5	983	0:34:35	00:06:55	Des White	M65+	1	Exmouth Harriers	81%
6	984	0:36:19	00:07:16	Richard Flower	M35+	1	0	62%
7	985	0:36:41	00:07:20	Daniel Jones	MSen	1	Tiverton Harriers	59%
8	986	0:37:06	00:07:25	Arthur Johns	M70+	1	Poole Runners & SW Vets	80%
9	987	0:37:33	00:07:31	Nicholas Pope	M45+	1	0	62%
10	988	0:40:15	00:08:03	Mike Kay	M55+	1	South West Road Runners	64%
11	989	0:40:31	00:08:06	Rob Sweet	M45+	2	0	58%
12	990	0:40:47	00:08:09	Jan Kirkham	F65+	1	0	82%
13	991	0:41:53	00:08:23	Tracy Connor	F45+	1	South West Road Runners	63%
14	992	0:42:56	00:08:35	Alison White	F65+	2	Exmouth Harriers	78%
15	993	0:49:35	00:09:55	Jane Burns	F50+	2	Nfr	55%
16	994	0:64:56	00:12:59	Heather Fitzsimmons	F55+	1	Women on the run	46%