



#RunExe Virtual 4mile

8th to 21st July 2020

Pos	No	Time	Avg speed	Name	Cat	Cat Rank	Club	% age adjusted
1	27	0:22:43	00:05:41	Oliver White	M35+	1	Exmouth Harriers	74%
2	28	0:24:48	00:06:12	Emma Stepto	F50+	1	Cornwall AC	88%
3	29	0:25:28	00:06:22	Adam Rooke	M40+	1	Honiton Running Club	71%
4	30	0:26:52	00:06:43	Claudine Benstead	F60+	1	Okehampton RC	94%
5	31	0:27:43	00:06:56	Rob Sweet	M45+	1	0	65%
6	32	0:28:20	00:07:05	Des White	M65+	1	Exmouth Harriers	77%
7	33	0:29:07	00:07:17	Nicholas Pope	M45+	2	0	62%
8	34	0:30:14	00:07:34	Jenny Reay	F60+	2	Exmouth harriers	84%
9	35	0:31:37	00:07:54	Hayley Ratcliff	F50+	2	Torbay aac	71%
10	36	0:32:56	00:08:14	Alison White	F65+	1	Exmouth Harriers	82%
11	37	0:33:25	00:08:21	Tracy Connor	F45+	1	South West Road Runners	63%