



#RunExe Virtual 5mile

8th to 21st July 2020

Pos	No	Time	Avg speed	Name	Cat	Cat Rank	Club	% age adjusted
1	38	0:31:00	00:07:45	Emma Stepto	F50+	1	Cornwall AC	88%
2	39	0:33:29	00:08:22	James Woolf	M50+	1	0	75%
3	40	0:33:39	00:08:25	Des White	M65+	1	Exmouth Harriers	84%
4	41	0:34:43	00:08:41	Claudine Benstead	F60+	1	Okehampton RC	91%
5	42	0:34:53	00:08:43	Rob Sweet	M45+	1	0	67%
6	43	0:35:30	00:08:52	Richard Flower	M35+	1	0	63%
7	44	0:36:40	00:09:10	Nicholas Pope	M45+	2	0	64%
8	45	0:38:02	00:09:30	Jenny Reay	F60+	2	Exmouth harriers	83%
9	46	0:38:39	00:09:40	Hayley Ratcliff	F50+	2	Torbay aac	73%
10	47	0:40:55	00:10:14	Tracy Connor	F45+	1	South West Road Runners	65%
11	48	0:42:25	00:10:36	Alison White	F65+	1	Exmouth Harriers	79%
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