**Short (3)**   **0 km 0 Cm 8 C**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  |  |  |  |  | 1(150) | 2(152) | 3(153) | 4(154) | 5(155) | 6(158) | 7(156) | 8(157) | F |
| 1 | 4 | Sean Ryan | M21 | 17:49 | 02:24 | 04:34 | 07:55 | 08:49 | 11:47 | 14:45 | 16:10 | 18:43 | ---- |  |
|  |  |  |  |  | 02:24 | 02:10 | 03:21 | 00:54 | 02:58 | 02:58 | 01:25 | 02:33 |  |  |
| 2 | 12 | Michael McDermott | M20 | 19:21 | 01:03 | 04:06 | 08:17 | 09:13 | 13:01 | 15:38 | 17:03 | 18:27 | 19:21 |  |
|  |  |  |  |  | 01:03 | 03:03 | 04:11 | 00:56 | 03:48 | 02:37 | 01:25 | 01:24 | 00:54 |  |
| 3 | 11 | Francis Ge | W20 | 19:25 | 01:03 | 04:11 | 08:21 | 09:13 | 13:04 | 15:39 | 17:02 | 18:27 | 19:25 |  |
|  |  |  |  |  | 01:03 | 03:08 | 04:10 | 00:52 | 03:51 | 02:35 | 01:23 | 01:25 | 00:58 |  |

**Long (14)**   **0 km 0 Cm 13 C**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  |  |  |  |  | 1(150) | 2(151) | 3(152) | 4(153) | 5(154) | 6(155) | 7(159) | 8(158) | 9(160) | 10(161) | 11(162) | 12(156) | 13(157) | F |
| 1 | 2 | Paul Carr | M21 | 14:50 | 00:13 | 00:48 | 02:00 | 03:50 | 04:16 | 06:02 | 07:30 | 08:48 | 10:29 | 11:17 | 12:42 | 13:55 | 14:18 | 14:50 |  |
|  |  |  |  |  | 00:13 | 00:35 | 01:12 | 01:50 | 00:26 | 01:46 | 01:28 | 01:18 | 01:41 | 00:48 | 01:25 | 01:13 | 00:23 | 00:32 |  |
| 2 | 15 | Julien Webmaster Beuken | M21 | 17:28 | 00:20 | 00:53 | 02:27 | 04:41 | 05:12 | 07:09 | 08:29 | 09:46 | 11:52 | 12:53 | 14:42 | 16:13 | 16:58 | 17:28 |  |
|  |  |  |  |  | 00:20 | 00:33 | 01:34 | 02:14 | 00:31 | 01:57 | 01:20 | 01:17 | 02:06 | 01:01 | 01:49 | 01:31 | 00:45 | 00:30 |  |
| 3 | 16 | Konstantinos | M21 | 22:02 | 03:31 | 04:19 | 06:28 | 08:59 | 09:46 | 11:58 | 13:11 | 14:20 | 16:09 | 17:13 | 19:20 | 20:56 | 21:29 | 22:02 |  |
|  |  |  |  |  | 03:31 | 00:48 | 02:09 | 02:31 | 00:47 | 02:12 | 01:13 | 01:09 | 01:49 | 01:04 | 02:07 | 01:36 | 00:33 | 00:33 |  |
| 4 | 14 | Daniel Kelly | M21 | 22:15 | 00:23 | 01:07 | 03:11 | 06:18 | 06:43 | 08:45 | 09:59 | 11:58 | 15:13 | 16:41 | 19:04 | 20:57 | 21:46 | 22:15 |  |
|  |  |  |  |  | 00:23 | 00:44 | 02:04 | 03:07 | 00:25 | 02:02 | 01:14 | 01:59 | 03:15 | 01:28 | 02:23 | 01:53 | 00:49 | 00:29 |  |
| 5 | 13 | Treasurer Rebecca | W21 | 22:54 | 00:33 | 01:20 | 03:24 | 06:37 | 07:04 | 11:00 | 11:56 | 14:05 | 16:39 | 17:33 | 19:23 | 21:36 | 22:23 | 22:54 |  |
|  |  |  |  |  | 00:33 | 00:47 | 02:04 | 03:13 | 00:27 | 03:56 | 00:56 | 02:09 | 02:34 | 00:54 | 01:50 | 02:13 | 00:47 | 00:31 |  |
| 6 | 17 | Fiona PRO Mulvey | W21 | 24:25 | 00:25 | 01:12 | 03:05 | 07:30 | 07:58 | 12:02 | 12:44 | 14:45 | 17:30 | 18:34 | 21:02 | 22:58 | 23:59 | 24:25 |  |
|  |  |  |  |  | 00:25 | 00:47 | 01:53 | 04:25 | 00:28 | 04:04 | 00:42 | 02:01 | 02:45 | 01:04 | 02:28 | 01:56 | 01:01 | 00:26 |  |
| 7 | 1 | Elise Rognsvag | W21 | 26:54 | 01:01 | 02:09 | 04:58 | 08:38 | 09:25 | 12:05 | 13:07 | 15:19 | 18:18 | 19:45 | 22:28 | 24:59 | 26:07 | 26:54 |  |
|  |  |  |  |  | 01:01 | 01:08 | 02:49 | 03:40 | 00:47 | 02:40 | 01:02 | 02:12 | 02:59 | 01:27 | 02:43 | 02:31 | 01:08 | 00:47 |  |
| 8 | 9 | Stephen Sechler | M21 | 32:53 | 01:13 | 02:42 | 06:52 | 11:36 | 12:32 | 15:49 | 17:09 | 19:24 | 22:31 | 24:09 | 27:13 | 30:33 | 32:02 | 32:53 |  |
|  |  |  |  |  | 01:13 | 01:29 | 04:10 | 04:44 | 00:56 | 03:17 | 01:20 | 02:15 | 03:07 | 01:38 | 03:04 | 03:20 | 01:29 | 00:51 |  |
| 9 | 8 | James O'Connell | M21 | 33:42 | 01:20 | 02:33 | 06:31 | 11:15 | 12:19 | 15:36 | 16:56 | 19:14 | 22:31 | 24:14 | 28:02 | 31:15 | 32:47 | 33:42 |  |
|  |  |  |  |  | 01:20 | 01:13 | 03:58 | 04:44 | 01:04 | 03:17 | 01:20 | 02:18 | 03:17 | 01:43 | 03:48 | 03:13 | 01:32 | 00:55 |  |
| 10 | 6 | Hillary Owens | W21 | 35:21 | 02:24 | 03:53 | 08:03 | 12:58 | 13:53 | 17:10 | 18:29 | 20:51 | 24:07 | 26:00 | 29:37 | 32:53 | 34:25 | 35:21 |  |
|  |  |  |  |  | 02:24 | 01:29 | 04:10 | 04:55 | 00:55 | 03:17 | 01:19 | 02:22 | 03:16 | 01:53 | 03:37 | 03:16 | 01:32 | 00:56 |  |
| 11 | 7 | Bartosz Golec | M21 | 35:22 | 02:24 | 03:53 | 08:03 | 12:56 | 13:54 | 17:10 | 18:31 | 20:50 | 24:07 | 25:58 | 29:37 | 32:53 | 34:26 | 35:22 |  |
|  |  |  |  |  | 02:24 | 01:29 | 04:10 | 04:53 | 00:58 | 03:16 | 01:21 | 02:19 | 03:17 | 01:51 | 03:39 | 03:16 | 01:33 | 00:56 |  |
| 12 | 5 | Vivian Owens | W21 | 35:25 | 02:31 | 04:00 | 08:10 | 13:07 | 14:00 | 17:17 | 18:36 | 20:57 | 24:10 | 26:03 | 29:43 | 33:03 | 34:31 | 35:25 |  |
|  |  |  |  |  | 02:31 | 01:29 | 04:10 | 04:57 | 00:53 | 03:17 | 01:19 | 02:21 | 03:13 | 01:53 | 03:40 | 03:20 | 01:28 | 00:54 |  |
| 13 | 10 | Yunwen Bao | W20 | 45:08 | 01:39 | 03:14 | 06:49 | 14:18 | 21:18 | 26:41 | 27:59 | 31:36 | 34:55 | 36:50 | 40:03 | 42:52 | 44:16 | 45:08 |  |
|  |  |  |  |  | 01:39 | 01:35 | 03:35 | 07:29 | 07:00 | 05:23 | 01:18 | 03:37 | 03:19 | 01:55 | 03:13 | 02:49 | 01:24 | 00:52 |  |
|  | 3 | Kelly Williamson | W21 | DNF | 00:30 | 01:12 | 02:55 | 06:21 | 08:32 | 14:20 | ----- | 21:51 | 24:23 | 25:38 | 28:01 | 30:01 | 30:39 | 31:05 |  |
|  |  |  |  |  | 00:30 | 00:42 | 01:43 | 03:26 | 02:11 | 05:48 |  | 07:31 | 02:32 | 01:15 | 02:23 | 02:00 | 00:38 | 00:26 |  |