

Two Tunnels 10 Km

18-Aug-19 League 8

Distance (miles)

6.2137

Detailed Analysis				
Name	Position	Finishing time	Category	Pace Mins/mile
T Cooper	1	00:34:32	M	00:05:33
Tony Insull	48	00:43:38	M55	00:07:01
Jim Wemyss	60	00:44:05	M45	00:07:06
Theresa Goldstone	158	00:49:50	F50	00:08:01
Andrea Jenn	160	00:49:59	F40	00:08:03
Ali Wright	213	00:53:14	F40	00:08:34
Julie Hegarty	320	00:57:44	F50	00:09:17
Rachel Dugdale	337	00:58:25	F	00:09:24
Gill Atwill	416	01:01:24	F50	00:09:53
Last runner	670	01:37:50	F60	00:15:45

Nailsea finishers

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