

Race Date  
October 06, 2020

## Ten K and 1 hour challenge on Mingara track

### Lap Results - Overall Detail

#### TenKtrack

#### Females

Pos.	Name	Bib	Laps	Time	Distance / Pace
<b>1</b>	<b>Joasia Zakrzewski</b>	2048	<b>40</b>	<b>59:14.9</b>	<b>16.0000 3:42/K</b>
400 m		2048		1:31.0	0.40000 3:48/K
800 m		2048		1:32.4	0.40000 3:50/K
1200 m		2048		1:31.0	0.40000 3:48/K
1600 m		2048		1:29.4	0.40000 3:43/K
2 K		2048		1:29.7	0.40000 3:43/K
2400 m		2048		1:29.3	0.40000 3:43/K
2800 m		2048		1:29.8	0.40000 3:43/K
3200 m		2048		1:29.1	0.40000 3:43/K
3600 m		2048		1:27.9	0.40000 3:38/K
4 K		2048		1:27.6	0.40000 3:38/K
4400 m		2048		1:27.9	0.40000 3:38/K
4800 m		2048		1:27.9	0.40000 3:38/K
5200 m		2048		1:28.0	0.40000 3:40/K
5600 m		2048		1:28.4	0.40000 3:40/K
6 K		2048		1:28.4	0.40000 3:40/K
6400 m		2048		1:28.0	0.40000 3:40/K
6800 m		2048		1:27.8	0.40000 3:38/K
7200 m		2048		1:27.6	0.40000 3:38/K
7600 m		2048		1:27.1	0.40000 3:38/K
8 K		2048		1:27.6	0.40000 3:38/K
8400 m		2048		1:28.0	0.40000 3:40/K
8800 m		2048		1:27.9	0.40000 3:38/K
9200 m		2048		1:25.5	0.40000 3:33/K
9600 m		2048		1:25.9	0.40000 3:33/K
10 K		2048		1:24.5	0.40000 3:30/K
10400 m		2048		1:28.2	0.40000 3:40/K
10800 m		2048		1:29.7	0.40000 3:43/K
11200 m		2048		1:30.7	0.40000 3:45/K
11600 m		2048		1:30.0	0.40000 3:45/K
12 K		2048		1:30.5	0.40000 3:45/K
12400 m		2048		1:31.5	0.40000 3:48/K
12800 m		2048		1:31.0	0.40000 3:48/K
13200 m		2048		1:30.3	0.40000 3:45/K
13600 m		2048		1:29.6	0.40000 3:43/K
14 K		2048		1:30.5	0.40000 3:45/K
14400 m		2048		1:29.1	0.40000 3:43/K
14800 m		2048		1:29.5	0.40000 3:43/K
15200 m		2048		1:28.6	0.40000 3:40/K
15600 m		2048		1:28.3	0.40000 3:40/K
16 K		2048		1:28.2	0.40000 3:40/K
<b>2</b>	<b>Maria Walsh</b>	2041	<b>36</b>	<b>59:57.3</b>	<b>14.4000 4:10/K</b>
400 m		2041		1:36.0	0.40000 4:00/K
800 m		2041		1:44.7	0.40000 4:20/K
1200 m		2041		1:43.2	0.40000 4:18/K
1600 m		2041		1:41.1	0.40000 4:13/K
2 K		2041		1:40.9	0.40000 4:10/K
2400 m		2041		1:40.5	0.40000 4:10/K
2800 m		2041		1:40.1	0.40000 4:10/K
3200 m		2041		1:39.5	0.40000 4:08/K
3600 m		2041		1:39.0	0.40000 4:08/K
4 K		2041		1:39.6	0.40000 4:08/K

4400 m	2041			1:39.6	0.40000 4:08/K
4800 m	2041			1:38.3	0.40000 4:05/K
5200 m	2041			1:38.9	0.40000 4:05/K
5600 m	2041			1:38.9	0.40000 4:05/K
6 K	2041			1:38.8	0.40000 4:05/K
6400 m	2041			1:38.8	0.40000 4:05/K
6800 m	2041			1:38.4	0.40000 4:05/K
7200 m	2041			1:40.1	0.40000 4:10/K
7600 m	2041			1:39.7	0.40000 4:08/K
8 K	2041			1:38.5	0.40000 4:05/K
8400 m	2041			1:37.7	0.40000 4:03/K
8800 m	2041			1:40.2	0.40000 4:10/K
9200 m	2041			1:40.1	0.40000 4:10/K
9600 m	2041			1:40.6	0.40000 4:10/K
10 K	2041			1:42.9	0.40000 4:15/K
10400 m	2041			1:40.7	0.40000 4:10/K
10800 m	2041			1:39.8	0.40000 4:08/K
11200 m	2041			1:41.5	0.40000 4:13/K
11600 m	2041			1:40.7	0.40000 4:10/K
12 K	2041			1:41.2	0.40000 4:13/K
12400 m	2041			1:40.4	0.40000 4:10/K
12800 m	2041			1:38.1	0.40000 4:05/K
13200 m	2041			1:39.9	0.40000 4:08/K
13600 m	2041			1:41.4	0.40000 4:13/K
14 K	2041			1:40.1	0.40000 4:10/K
14400 m	2041			1:35.5	0.40000 3:58/K
<b>3 Tas Armytage</b>	2065	<b>25</b>	<b>41:15.1</b>	<b>10.0000</b>	<b>4:08/K</b>
400 m	2065			1:34.4	0.40000 3:55/K
800 m	2065			1:38.2	0.40000 4:05/K
1200 m	2065			1:37.5	0.40000 4:03/K
1600 m	2065			1:36.3	0.40000 4:00/K
2 K	2065			1:35.3	0.40000 3:58/K
2400 m	2065			1:35.9	0.40000 3:58/K
2800 m	2065			1:37.1	0.40000 4:03/K
3200 m	2065			1:37.1	0.40000 4:03/K
3600 m	2065			1:37.0	0.40000 4:03/K
4 K	2065			1:38.3	0.40000 4:05/K
4400 m	2065			1:37.7	0.40000 4:03/K
4800 m	2065			1:36.1	0.40000 4:00/K
5200 m	2065			1:38.4	0.40000 4:05/K
5600 m	2065			1:38.4	0.40000 4:05/K
6 K	2065			1:39.4	0.40000 4:08/K
6400 m	2065			1:40.2	0.40000 4:10/K
6800 m	2065			1:40.7	0.40000 4:10/K
7200 m	2065			1:41.6	0.40000 4:13/K
7600 m	2065			1:41.3	0.40000 4:13/K
8 K	2065			1:41.7	0.40000 4:13/K
8400 m	2065			1:43.0	0.40000 4:18/K
8800 m	2065			1:42.9	0.40000 4:15/K
9200 m	2065			1:41.8	0.40000 4:13/K
9600 m	2065			1:42.3	0.40000 4:15/K
10 K	2065			1:41.3	0.40000 4:13/K
<b>4 Melissa Robertson</b>	2063	<b>25</b>	<b>44:12.0</b>	<b>10.0000</b>	<b>4:25/K</b>
400 m	2063			1:36.8	0.40000 4:00/K
800 m	2063			1:44.2	0.40000 4:20/K
1200 m	2063			1:43.3	0.40000 4:18/K
1600 m	2063			1:43.9	0.40000 4:18/K

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TenKtrack												
<b>4</b>	<b>Melissa Robertson</b>	2063	<b>25</b>	<b>44:12.0</b>	<b>10.0000</b>	<b>4:25/K</b>	2400 m	2120	2:10.1	0.40000	5:25/K	
	2 K	2063		1:43.9	0.40000	4:18/K	2800 m	2120	2:14.4	0.40000	5:35/K	
	2400 m	2063		1:44.7	0.40000	4:20/K	3200 m	2120	2:08.8	0.40000	5:20/K	
	2800 m	2063		1:46.2	0.40000	4:25/K	3600 m	2120	2:08.1	0.40000	5:20/K	
	3200 m	2063		1:45.4	0.40000	4:23/K	4 K	2120	2:12.9	0.40000	5:30/K	
	3600 m	2063		1:42.3	0.40000	4:15/K	4400 m	2120	2:11.7	0.40000	5:28/K	
	4 K	2063		1:41.8	0.40000	4:13/K	4800 m	2120	2:13.5	0.40000	5:33/K	
	4400 m	2063		1:44.9	0.40000	4:20/K	5200 m	2120	2:15.7	0.40000	5:38/K	
	4800 m	2063		1:47.8	0.40000	4:28/K	5600 m	2120	2:19.3	0.40000	5:48/K	
	5200 m	2063		1:47.8	0.40000	4:28/K	6 K	2120	2:16.7	0.40000	5:40/K	
	5600 m	2063		1:46.8	0.40000	4:25/K	6400 m	2120	2:16.4	0.40000	5:40/K	
	6 K	2063		1:47.4	0.40000	4:28/K	6800 m	2120	2:15.5	0.40000	5:38/K	
	6400 m	2063		1:47.8	0.40000	4:28/K	7200 m	2120	2:17.6	0.40000	5:43/K	
	6800 m	2063		1:48.9	0.40000	4:30/K	7600 m	2120	2:17.2	0.40000	5:43/K	
	7200 m	2063		1:50.4	0.40000	4:35/K	8 K	2120	2:17.6	0.40000	5:43/K	
	7600 m	2063		1:48.8	0.40000	4:30/K	8400 m	2120	2:14.7	0.40000	5:35/K	
	8 K	2063		1:49.7	0.40000	4:33/K	8800 m	2120	2:14.7	0.40000	5:35/K	
	8400 m	2063		1:51.3	0.40000	4:38/K	9200 m	2120	2:14.7	0.40000	5:35/K	
	8800 m	2063		1:49.2	0.40000	4:33/K	9600 m	2120	2:16.6	0.40000	5:40/K	
	9200 m	2063		1:49.4	0.40000	4:33/K	10 K	2120	2:11.2	0.40000	5:28/K	
	9600 m	2063		1:48.1	0.40000	4:30/K	<b>7 Margaret Aurish</b>	<b>2039</b>	<b>25</b>	<b>57:11.6</b>	<b>10.0000</b>	<b>5:43/K</b>
	10 K	2063		1:40.1	0.40000	4:10/K	400 m	2039	2:01.0	0.40000	5:03/K	
<b>5</b>	<b>Sophie Lang</b>	2046	<b>25</b>	<b>45:05.1</b>	<b>10.0000</b>	<b>4:31/K</b>	800 m	2039	2:13.4	0.40000	5:33/K	
	400 m	2046		1:35.5	0.40000	3:58/K	1200 m	2039	2:11.3	0.40000	5:28/K	
	800 m	2046		1:40.5	0.40000	4:10/K	1600 m	2039	2:10.2	0.40000	5:25/K	
	1200 m	2046		1:39.6	0.40000	4:08/K	2 K	2039	2:10.7	0.40000	5:25/K	
	1600 m	2046		1:40.8	0.40000	4:10/K	2400 m	2039	2:13.1	0.40000	5:33/K	
	2 K	2046		1:43.1	0.40000	4:18/K	2800 m	2039	2:14.0	0.40000	5:35/K	
	2400 m	2046		1:46.8	0.40000	4:25/K	3200 m	2039	2:15.2	0.40000	5:38/K	
	2800 m	2046		1:47.6	0.40000	4:28/K	3600 m	2039	2:17.7	0.40000	5:43/K	
	3200 m	2046		1:46.4	0.40000	4:25/K	4 K	2039	2:19.4	0.40000	5:48/K	
	3600 m	2046		1:48.3	0.40000	4:30/K	4400 m	2039	2:17.2	0.40000	5:43/K	
	4 K	2046		1:46.1	0.40000	4:25/K	4800 m	2039	2:17.8	0.40000	5:43/K	
	4400 m	2046		1:50.7	0.40000	4:35/K	5200 m	2039	2:19.9	0.40000	5:48/K	
	4800 m	2046		1:49.8	0.40000	4:33/K	5600 m	2039	2:22.4	0.40000	5:55/K	
	5200 m	2046		1:51.4	0.40000	4:38/K	6 K	2039	2:19.9	0.40000	5:48/K	
	5600 m	2046		1:52.2	0.40000	4:40/K	6400 m	2039	2:20.0	0.40000	5:50/K	
	6 K	2046		1:50.1	0.40000	4:35/K	6800 m	2039	2:20.8	0.40000	5:50/K	
	6400 m	2046		1:49.4	0.40000	4:33/K	7200 m	2039	2:22.2	0.40000	5:55/K	
	6800 m	2046		1:50.8	0.40000	4:35/K	7600 m	2039	2:21.6	0.40000	5:53/K	
	7200 m	2046		1:52.8	0.40000	4:40/K	8 K	2039	2:25.8	0.40000	6:03/K	
	7600 m	2046		1:53.0	0.40000	4:43/K	8400 m	2039	2:21.9	0.40000	5:53/K	
	8 K	2046		1:54.6	0.40000	4:45/K	8800 m	2039	2:21.2	0.40000	5:53/K	
	8400 m	2046		1:53.9	0.40000	4:43/K	9200 m	2039	2:21.7	0.40000	5:53/K	
	8800 m	2046		1:53.1	0.40000	4:43/K	9600 m	2039	2:19.9	0.40000	5:48/K	
	9200 m	2046		1:52.5	0.40000	4:40/K	10 K	2039	2:12.1	0.40000	5:30/K	
	9600 m	2046		1:47.4	0.40000	4:28/K	<b>8 Hannah Bolton</b>	<b>2028</b>	<b>25</b>	<b>58:21.2</b>	<b>10.0000</b>	<b>5:50/K</b>
	10 K	2046		1:47.3	0.40000	4:28/K	400 m	2028	1:54.6	0.40000	4:45/K	
<b>6</b>	<b>Molly O'Neil</b>	2120	<b>25</b>	<b>54:56.9</b>	<b>10.0000</b>	<b>5:30/K</b>	800 m	2028	2:01.9	0.40000	5:03/K	
	400 m	2120		1:53.7	0.40000	4:43/K	1200 m	2028	2:07.4	0.40000	5:18/K	
	800 m	2120		1:58.5	0.40000	4:55/K	1600 m	2028	2:08.1	0.40000	5:20/K	
	1200 m	2120		2:01.6	0.40000	5:03/K	2 K	2028	2:09.7	0.40000	5:23/K	
	1600 m	2120		2:06.6	0.40000	5:15/K	2400 m	2028	2:11.6	0.40000	5:28/K	
	2 K	2120		2:07.8	0.40000	5:18/K	2800 m	2028	2:14.3	0.40000	5:35/K	
							3200 m	2028	2:16.8	0.40000	5:40/K	
							3600 m	2028	2:17.3	0.40000	5:43/K	
							4 K	2028	2:18.7	0.40000	5:45/K	

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TenKtrack											
<b>8 Hannah Bolton</b>	2028	<b>25</b>	<b>58:21.2</b>	<b>10.0000</b>	<b>5:50/K</b>	5200 m	2020	2:38.1	0.40000	6:35/K	
4400 m	2028		2:18.7	0.40000	5:45/K	5600 m	2020	2:34.6	0.40000	6:25/K	
4800 m	2028		2:17.0	0.40000	5:43/K	6 K	2020	2:35.7	0.40000	6:28/K	
5200 m	2028		2:22.0	0.40000	5:55/K	6400 m	2020	2:40.1	0.40000	6:40/K	
5600 m	2028		2:23.2	0.40000	5:58/K	6800 m	2020	2:32.2	0.40000	6:20/K	
6 K	2028		2:24.5	0.40000	6:00/K	7200 m	2020	2:37.9	0.40000	6:33/K	
6400 m	2028		2:25.4	0.40000	6:03/K	7600 m	2020	2:38.2	0.40000	6:35/K	
6800 m	2028		2:26.8	0.40000	6:05/K	8 K	2020	2:41.1	0.40000	6:43/K	
7200 m	2028		2:28.3	0.40000	6:10/K	8400 m	2020	2:40.6	0.40000	6:40/K	
7600 m	2028		2:26.0	0.40000	6:05/K	8800 m	2020	2:35.9	0.40000	6:28/K	
8 K	2028		2:26.0	0.40000	6:05/K	9200 m	2020	2:27.6	0.40000	6:08/K	
8400 m	2028		2:29.6	0.40000	6:13/K	9600 m	2020	1:56.8	0.40000	4:50/K	
8800 m	2028		2:29.6	0.40000	6:13/K	<b>11 Bev Dursten</b>	2043	<b>13</b>	<b>27:48.2</b>	<b>5.20000</b>	<b>5:21/K</b>
9200 m	2028		2:37.5	0.40000	6:33/K	400 m	2043	1:56.3	0.40000	4:50/K	
9600 m	2028		2:30.7	0.40000	6:15/K	800 m	2043	1:58.4	0.40000	4:55/K	
10 K	2028		2:34.6	0.40000	6:25/K	1200 m	2043	2:03.2	0.40000	5:08/K	
<b>9 Lidia McKay</b>	2047	<b>24</b>	<b>39:27.1</b>	<b>9.60000</b>	<b>4:07/K</b>	1600 m	2043	1:59.8	0.40000	4:58/K	
400 m	2047		1:35.0	0.40000	3:58/K	2 K	2043	2:00.4	0.40000	5:00/K	
800 m	2047		1:35.5	0.40000	3:58/K	2400 m	2043	2:32.8	0.40000	6:20/K	
1200 m	2047		1:35.6	0.40000	3:58/K	2800 m	2043	2:04.2	0.40000	5:10/K	
1600 m	2047		1:35.5	0.40000	3:58/K	3200 m	2043	2:05.5	0.40000	5:13/K	
2 K	2047		1:35.1	0.40000	3:58/K	3600 m	2043	2:08.4	0.40000	5:20/K	
2400 m	2047		1:33.9	0.40000	3:53/K	4 K	2043	2:20.9	0.40000	5:50/K	
2800 m	2047		1:35.9	0.40000	3:58/K	4400 m	2043	2:03.3	0.40000	5:08/K	
3200 m	2047		1:38.1	0.40000	4:05/K	4800 m	2043	2:02.5	0.40000	5:05/K	
3600 m	2047		1:36.6	0.40000	4:00/K	5200 m	2043	2:32.1	0.40000	6:20/K	
4 K	2047		1:37.2	0.40000	4:03/K	<b>12 Taria Warren</b>	2036	<b>13</b>	<b>40:16.6</b>	<b>5.20000</b>	<b>7:45/K</b>
4400 m	2047		1:36.8	0.40000	4:00/K	400 m	2036	1:34.0	0.40000	3:55/K	
4800 m	2047		1:37.8	0.40000	4:03/K	800 m	2036	4:55.5	0.40000	12:18/K	
5200 m	2047		1:38.3	0.40000	4:05/K	1200 m	2036	1:36.2	0.40000	4:00/K	
5600 m	2047		1:39.2	0.40000	4:08/K	1600 m	2036	4:55.2	0.40000	12:18/K	
6 K	2047		1:39.2	0.40000	4:08/K	2 K	2036	1:35.6	0.40000	3:58/K	
6400 m	2047		1:39.3	0.40000	4:08/K	2400 m	2036	4:52.1	0.40000	12:10/K	
6800 m	2047		1:40.3	0.40000	4:10/K	2800 m	2036	1:36.9	0.40000	4:00/K	
7200 m	2047		1:41.2	0.40000	4:13/K	3200 m	2036	4:51.8	0.40000	12:08/K	
7600 m	2047		1:43.4	0.40000	4:18/K	3600 m	2036	1:35.6	0.40000	3:58/K	
8 K	2047		1:41.5	0.40000	4:13/K	4 K	2036	4:49.0	0.40000	12:03/K	
8400 m	2047		1:44.8	0.40000	4:20/K	4400 m	2036	1:37.4	0.40000	4:03/K	
8800 m	2047		1:44.1	0.40000	4:20/K	4800 m	2036	4:45.3	0.40000	11:53/K	
9200 m	2047		1:44.6	0.40000	4:20/K	5200 m	2036	1:31.5	0.40000	3:48/K	
9600 m	2047		1:37.1	0.40000	4:03/K	<b>13 Cloe McLoughlin</b>	2023	<b>12</b>	<b>29:55.2</b>	<b>4.80000</b>	<b>6:14/K</b>
<b>10 Allannah Pitcher</b>	2020	<b>24</b>	<b>59:38.6</b>	<b>9.60000</b>	<b>6:13/K</b>	400 m	2023	2:05.5	0.40000	5:13/K	
400 m	2020		2:06.0	0.40000	5:15/K	800 m	2023	2:17.4	0.40000	5:43/K	
800 m	2020		2:17.0	0.40000	5:43/K	1200 m	2023	2:21.2	0.40000	5:53/K	
1200 m	2020		2:17.7	0.40000	5:43/K	1600 m	2023	2:25.7	0.40000	6:03/K	
1600 m	2020		2:23.9	0.40000	5:58/K	2 K	2023	2:28.2	0.40000	6:10/K	
2 K	2020		2:28.0	0.40000	6:10/K	2400 m	2023	2:30.4	0.40000	6:15/K	
2400 m	2020		2:27.5	0.40000	6:08/K	2800 m	2023	2:34.7	0.40000	6:25/K	
2800 m	2020		2:28.9	0.40000	6:10/K	3200 m	2023	2:36.2	0.40000	6:30/K	
3200 m	2020		2:32.7	0.40000	6:20/K	3600 m	2023	2:37.6	0.40000	6:33/K	
3600 m	2020		2:27.7	0.40000	6:08/K	4 K	2023	2:40.7	0.40000	6:40/K	
4 K	2020		2:28.8	0.40000	6:10/K	4400 m	2023	2:39.8	0.40000	6:38/K	
4400 m	2020		2:23.3	0.40000	5:58/K	4800 m	2023	2:37.4	0.40000	6:33/K	
4800 m	2020		2:37.3	0.40000	6:33/K	<b>14 Simone Harvey</b>	2040	<b>12</b>	<b>36:19.6</b>	<b>4.80000</b>	<b>7:34/K</b>
						400 m	2040	2:41.6	0.40000	6:43/K	
						800 m	2040	2:47.1	0.40000	6:58/K	
						1200 m	2040	2:49.8	0.40000	7:03/K	

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Ten K and 1 hour challenge on Mingara track  
Lap Results - Overall Detail

**TenKtrack**

<b>14 Simone Harvey</b>	2040	<b>12</b>	<b>36:19.6</b>	<b>4.80000</b>	<b>7:34/K</b>
1600 m	2040		2:52.5	0.40000	7:10/K
2 K	2040		2:57.5	0.40000	7:23/K
2400 m	2040		2:56.0	0.40000	7:20/K
2800 m	2040		2:57.6	0.40000	7:23/K
3200 m	2040		2:55.2	0.40000	7:18/K
3600 m	2040		2:56.0	0.40000	7:20/K
4 K	2040		3:00.1	0.40000	7:30/K
4400 m	2040		2:58.9	0.40000	7:25/K
4800 m	2040		4:26.8	0.40000	11:05/K
<b>15 Amy Walker</b>	2052	<b>10</b>	<b>23:58.8</b>	<b>4.00000</b>	<b>6:00/K</b>
400 m	2052		2:04.4	0.40000	5:10/K
800 m	2052		2:15.9	0.40000	5:38/K
1200 m	2052		2:19.3	0.40000	5:48/K
1600 m	2052		2:22.3	0.40000	5:55/K
2 K	2052		2:21.6	0.40000	5:53/K
2400 m	2052		2:22.4	0.40000	5:55/K
2800 m	2052		2:28.9	0.40000	6:10/K
3200 m	2052		2:29.9	0.40000	6:13/K
3600 m	2052		2:35.0	0.40000	6:28/K
4 K	2052		2:38.6	0.40000	6:35/K
<b>16 Scenna Pitcher</b>	2021	<b>8</b>	<b>16:44.2</b>	<b>3.20000</b>	<b>5:14/K</b>
400 m	2021		1:52.2	0.40000	4:40/K
800 m	2021		1:58.0	0.40000	4:55/K
1200 m	2021		2:00.0	0.40000	5:00/K
1600 m	2021		2:05.8	0.40000	5:13/K
2 K	2021		2:08.0	0.40000	5:20/K
2400 m	2021		2:11.1	0.40000	5:28/K
2800 m	2021		2:11.7	0.40000	5:28/K
3200 m	2021		2:17.1	0.40000	5:43/K
<b>17 Sarah Pickering</b>	2030	<b>8</b>	<b>16:45.7</b>	<b>3.20000</b>	<b>5:14/K</b>
400 m	2030		1:53.1	0.40000	4:43/K
800 m	2030		1:57.9	0.40000	4:53/K
1200 m	2030		2:00.3	0.40000	5:00/K
1600 m	2030		2:05.8	0.40000	5:13/K
2 K	2030		2:08.3	0.40000	5:20/K
2400 m	2030		2:11.0	0.40000	5:28/K
2800 m	2030		2:12.2	0.40000	5:30/K
3200 m	2030		2:16.8	0.40000	5:40/K

Race Date  
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## Ten K and 1 hour challenge on Mingara track

### Lap Results - Overall Detail

#### TenKtrack

#### Males

Pos.	Name	Bib	Laps	Time	Distance / Pace
<b>1</b>	<b>Joseph McGraw</b>	2038	<b>43</b>	<b>59:36.8</b>	<b>17.2000 3:28/K</b>
400 m		2038		1:22.0	0.40000 3:25/K
800 m		2038		1:20.8	0.40000 3:20/K
1200 m		2038		1:20.2	0.40000 3:20/K
1600 m		2038		1:20.9	0.40000 3:20/K
2 K		2038		1:21.8	0.40000 3:23/K
2400 m		2038		1:21.8	0.40000 3:23/K
2800 m		2038		1:21.2	0.40000 3:23/K
3200 m		2038		1:22.8	0.40000 3:25/K
3600 m		2038		1:21.8	0.40000 3:23/K
4 K		2038		1:23.0	0.40000 3:28/K
4400 m		2038		1:22.7	0.40000 3:25/K
4800 m		2038		1:22.7	0.40000 3:25/K
5200 m		2038		1:23.1	0.40000 3:28/K
5600 m		2038		1:22.9	0.40000 3:25/K
6 K		2038		1:22.2	0.40000 3:25/K
6400 m		2038		1:22.5	0.40000 3:25/K
6800 m		2038		1:22.8	0.40000 3:25/K
7200 m		2038		1:23.2	0.40000 3:28/K
7600 m		2038		1:23.8	0.40000 3:28/K
8 K		2038		1:23.0	0.40000 3:28/K
8400 m		2038		1:23.7	0.40000 3:28/K
8800 m		2038		1:24.8	0.40000 3:30/K
9200 m		2038		1:24.3	0.40000 3:30/K
9600 m		2038		1:23.7	0.40000 3:28/K
10 K		2038		1:21.4	0.40000 3:23/K
10400 m		2038		1:22.9	0.40000 3:25/K
10800 m		2038		1:22.3	0.40000 3:25/K
11200 m		2038		1:22.4	0.40000 3:25/K
11600 m		2038		1:21.7	0.40000 3:23/K
12 K		2038		1:23.9	0.40000 3:28/K
12400 m		2038		1:23.1	0.40000 3:28/K
12800 m		2038		1:24.5	0.40000 3:30/K
13200 m		2038		1:24.1	0.40000 3:30/K
13600 m		2038		1:24.1	0.40000 3:30/K
14 K		2038		1:24.7	0.40000 3:30/K
14400 m		2038		1:25.6	0.40000 3:33/K
14800 m		2038		1:25.3	0.40000 3:33/K
15200 m		2038		1:24.8	0.40000 3:30/K
15600 m		2038		1:25.2	0.40000 3:33/K
16 K		2038		1:26.5	0.40000 3:35/K
16400 m		2038		1:25.5	0.40000 3:33/K
16800 m		2038		1:24.2	0.40000 3:30/K
17200 m		2038		1:20.8	0.40000 3:20/K
<b>2</b>	<b>Tyler Jones</b>	2057	<b>33</b>	<b>59:41.6</b>	<b>13.2000 4:31/K</b>
400 m		2057		1:43.3	0.40000 4:18/K
800 m		2057		1:42.9	0.40000 4:15/K
1200 m		2057		1:44.1	0.40000 4:20/K
1600 m		2057		1:42.3	0.40000 4:15/K
2 K		2057		1:42.0	0.40000 4:15/K
2400 m		2057		1:41.9	0.40000 4:13/K
2800 m		2057		1:43.7	0.40000 4:18/K

3200 m	2057	1:46.5	0.40000	4:25/K	
3600 m	2057	1:46.0	0.40000	4:25/K	
4 K	2057	1:46.7	0.40000	4:25/K	
4400 m	2057	1:46.0	0.40000	4:25/K	
4800 m	2057	1:44.6	0.40000	4:20/K	
5200 m	2057	1:42.4	0.40000	4:15/K	
5600 m	2057	1:43.3	0.40000	4:18/K	
6 K	2057	1:42.0	0.40000	4:15/K	
6400 m	2057	1:41.2	0.40000	4:13/K	
6800 m	2057	1:41.7	0.40000	4:13/K	
7200 m	2057	1:42.0	0.40000	4:15/K	
7600 m	2057	1:42.6	0.40000	4:15/K	
8 K	2057	1:44.6	0.40000	4:20/K	
8400 m	2057	1:45.5	0.40000	4:23/K	
8800 m	2057	1:46.0	0.40000	4:25/K	
9200 m	2057	1:45.3	0.40000	4:23/K	
9600 m	2057	1:44.4	0.40000	4:20/K	
10 K	2057	1:42.8	0.40000	4:15/K	
10400 m	2057	1:48.0	0.40000	4:30/K	
10800 m	2057	2:03.4	0.40000	5:08/K	
11200 m	2057	2:02.9	0.40000	5:05/K	
11600 m	2057	2:06.5	0.40000	5:15/K	
12 K	2057	2:12.9	0.40000	5:30/K	
12400 m	2057	2:12.1	0.40000	5:30/K	
12800 m	2057	2:03.7	0.40000	5:08/K	
13200 m	2057	1:56.9	0.40000	4:50/K	
<b>3</b>	<b>Dylan Richardson</b>	2045	<b>32</b>	<b>59:40.5</b>	<b>12.8000 4:40/K</b>
400 m	2045	1:43.8	0.40000	4:18/K	
800 m	2045	1:44.1	0.40000	4:20/K	
1200 m	2045	1:43.9	0.40000	4:18/K	
1600 m	2045	1:44.9	0.40000	4:20/K	
2 K	2045	1:45.8	0.40000	4:23/K	
2400 m	2045	1:45.8	0.40000	4:23/K	
2800 m	2045	1:45.3	0.40000	4:23/K	
3200 m	2045	1:48.2	0.40000	4:30/K	
3600 m	2045	1:46.8	0.40000	4:25/K	
4 K	2045	1:45.8	0.40000	4:23/K	
4400 m	2045	1:46.7	0.40000	4:25/K	
4800 m	2045	1:46.8	0.40000	4:25/K	
5200 m	2045	1:47.8	0.40000	4:28/K	
5600 m	2045	1:50.9	0.40000	4:35/K	
6 K	2045	1:52.7	0.40000	4:40/K	
6400 m	2045	1:52.3	0.40000	4:40/K	
6800 m	2045	1:54.1	0.40000	4:45/K	
7200 m	2045	1:53.3	0.40000	4:43/K	
7600 m	2045	1:54.5	0.40000	4:45/K	
8 K	2045	1:51.3	0.40000	4:38/K	
8400 m	2045	1:48.9	0.40000	4:30/K	
8800 m	2045	1:47.9	0.40000	4:28/K	
9200 m	2045	1:48.5	0.40000	4:30/K	
9600 m	2045	1:46.1	0.40000	4:25/K	
10 K	2045	1:41.5	0.40000	4:13/K	
10400 m	2045	2:16.2	0.40000	5:40/K	
10800 m	2045	2:04.1	0.40000	5:10/K	
11200 m	2045	1:56.5	0.40000	4:50/K	
11600 m	2045	2:12.5	0.40000	5:30/K	
12 K	2045	2:12.1	0.40000	5:30/K	

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## Ten K and 1 hour challenge on Mingara track

### Lap Results - Overall Detail

TenKtrack											
<b>3 Dylan Richardson</b>	2045	<b>32</b>	<b>59:40.5</b>	<b>12.8000</b>	<b>4:40/K</b>	8 K	2049	2:05.6	0.40000	5:13/K	
12400 m	2045		2:04.6	0.40000	5:10/K	8400 m	2049	2:05.8	0.40000	5:13/K	
12800 m	2045		1:55.5	0.40000	4:48/K	8800 m	2049	2:08.0	0.40000	5:20/K	
<b>4 Oscar Tebutt</b>	2024	<b>30</b>	<b>59:41.5</b>	<b>12.0000</b>	<b>4:58/K</b>	9200 m	2049	2:06.9	0.40000	5:15/K	
400 m	2024		1:44.6	0.40000	4:20/K	9600 m	2049	2:05.9	0.40000	5:13/K	
800 m	2024		1:51.5	0.40000	4:38/K	10 K	2049	2:06.0	0.40000	5:15/K	
1200 m	2024		1:47.4	0.40000	4:28/K	10400 m	2049	2:06.5	0.40000	5:15/K	
1600 m	2024		1:46.9	0.40000	4:25/K	10800 m	2049	2:06.9	0.40000	5:15/K	
2 K	2024		1:50.0	0.40000	4:35/K	11200 m	2049	2:03.5	0.40000	5:08/K	
2400 m	2024		1:52.5	0.40000	4:40/K	11600 m	2049	2:03.4	0.40000	5:08/K	
2800 m	2024		1:51.9	0.40000	4:38/K	<b>6 Logan Cook</b>	<b>2027</b>	<b>26</b>	<b>44:24.7</b>	<b>10.4000</b>	<b>4:16/K</b>
3200 m	2024		1:52.3	0.40000	4:40/K	400 m	2027	1:34.4	0.40000	3:55/K	
3600 m	2024		1:56.2	0.40000	4:50/K	800 m	2027	1:34.2	0.40000	3:55/K	
4 K	2024		1:54.3	0.40000	4:45/K	1200 m	2027	1:32.8	0.40000	3:50/K	
4400 m	2024		1:51.7	0.40000	4:38/K	1600 m	2027	1:34.5	0.40000	3:55/K	
4800 m	2024		1:52.6	0.40000	4:40/K	2 K	2027	1:34.4	0.40000	3:55/K	
5200 m	2024		1:57.3	0.40000	4:53/K	2400 m	2027	1:35.2	0.40000	3:58/K	
5600 m	2024		2:16.9	0.40000	5:40/K	2800 m	2027	1:35.7	0.40000	3:58/K	
6 K	2024		1:52.1	0.40000	4:40/K	3200 m	2027	1:36.9	0.40000	4:00/K	
6400 m	2024		1:50.8	0.40000	4:35/K	3600 m	2027	1:35.5	0.40000	3:58/K	
6800 m	2024		1:48.9	0.40000	4:30/K	4 K	2027	1:39.4	0.40000	4:08/K	
7200 m	2024		1:51.3	0.40000	4:38/K	4400 m	2027	1:39.4	0.40000	4:08/K	
7600 m	2024		1:59.5	0.40000	4:58/K	4800 m	2027	1:40.7	0.40000	4:10/K	
8 K	2024		1:55.2	0.40000	4:48/K	5200 m	2027	1:41.0	0.40000	4:13/K	
8400 m	2024		2:00.8	0.40000	5:00/K	5600 m	2027	1:45.2	0.40000	4:23/K	
8800 m	2024		1:57.3	0.40000	4:53/K	6 K	2027	1:50.3	0.40000	4:35/K	
9200 m	2024		1:58.4	0.40000	4:55/K	6400 m	2027	1:50.4	0.40000	4:35/K	
9600 m	2024		1:59.2	0.40000	4:58/K	6800 m	2027	1:50.8	0.40000	4:35/K	
10 K	2024		1:53.1	0.40000	4:43/K	7200 m	2027	1:53.4	0.40000	4:43/K	
10400 m	2024		3:17.3	0.40000	8:13/K	7600 m	2027	1:51.7	0.40000	4:38/K	
10800 m	2024		2:37.1	0.40000	6:33/K	8 K	2027	1:50.8	0.40000	4:35/K	
11200 m	2024		2:12.3	0.40000	5:30/K	8400 m	2027	1:49.8	0.40000	4:33/K	
11600 m	2024		2:04.3	0.40000	5:10/K	8800 m	2027	1:49.0	0.40000	4:33/K	
12 K	2024		1:56.5	0.40000	4:50/K	9200 m	2027	1:49.9	0.40000	4:33/K	
<b>5 Graham Davis</b>	2049	<b>29</b>	<b>59:12.4</b>	<b>11.6000</b>	<b>5:06/K</b>	9600 m	2027	1:49.6	0.40000	4:33/K	
400 m	2049		1:56.5	0.40000	4:50/K	10 K	2027	1:46.7	0.40000	4:25/K	
800 m	2049		1:57.1	0.40000	4:53/K	10400 m	2027	1:31.9	0.40000	3:48/K	
1200 m	2049		1:57.2	0.40000	4:53/K	<b>7 Anthony Morgan</b>	<b>2026</b>	<b>25</b>	<b>32:01.1</b>	<b>10.0000</b>	<b>3:12/K</b>
1600 m	2049		1:58.9	0.40000	4:55/K	400 m	2026	1:17.0	0.40000	3:13/K	
2 K	2049		1:58.7	0.40000	4:55/K	800 m	2026	1:17.3	0.40000	3:13/K	
2400 m	2049		1:59.3	0.40000	4:58/K	1200 m	2026	1:14.0	0.40000	3:05/K	
2800 m	2049		1:58.0	0.40000	4:55/K	1600 m	2026	1:14.5	0.40000	3:05/K	
3200 m	2049		1:59.9	0.40000	4:58/K	2 K	2026	1:16.1	0.40000	3:10/K	
3600 m	2049		2:00.6	0.40000	5:00/K	2400 m	2026	1:15.9	0.40000	3:08/K	
4 K	2049		1:59.1	0.40000	4:58/K	2800 m	2026	1:15.3	0.40000	3:08/K	
4400 m	2049		2:01.6	0.40000	5:03/K	3200 m	2026	1:16.3	0.40000	3:10/K	
4800 m	2049		2:01.7	0.40000	5:03/K	3600 m	2026	1:17.2	0.40000	3:13/K	
5200 m	2049		2:02.0	0.40000	5:05/K	4 K	2026	1:16.4	0.40000	3:10/K	
5600 m	2049		2:02.6	0.40000	5:05/K	4400 m	2026	1:16.8	0.40000	3:10/K	
6 K	2049		2:03.5	0.40000	5:08/K	4800 m	2026	1:16.7	0.40000	3:10/K	
6400 m	2049		2:04.2	0.40000	5:10/K	5200 m	2026	1:16.4	0.40000	3:10/K	
6800 m	2049		2:04.2	0.40000	5:10/K	5600 m	2026	1:16.6	0.40000	3:10/K	
7200 m	2049		2:05.0	0.40000	5:13/K	6 K	2026	1:17.8	0.40000	3:13/K	
7600 m	2049		2:02.6	0.40000	5:05/K	6400 m	2026	1:18.2	0.40000	3:15/K	
						6800 m	2026	1:18.6	0.40000	3:15/K	
						7200 m	2026	1:18.0	0.40000	3:15/K	
						7600 m	2026	1:18.1	0.40000	3:15/K	

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## Ten K and 1 hour challenge on Mingara track

### Lap Results - Overall Detail

TenKtrack											
<b>7 Anthony Morgan</b>	2026	<b>25</b>	<b>32:01.1</b>	<b>10.0000</b>	<b>3:12/K</b>	8400 m	2029	1:19.0	0.40000	3:18/K	
8 K	2026		1:17.3	0.40000	3:13/K	8800 m	2029	1:21.4	0.40000	3:23/K	
8400 m	2026		1:18.0	0.40000	3:15/K	9200 m	2029	1:21.2	0.40000	3:23/K	
8800 m	2026		1:18.4	0.40000	3:15/K	9600 m	2029	1:19.9	0.40000	3:18/K	
9200 m	2026		1:17.9	0.40000	3:13/K	10 K	2029	1:19.3	0.40000	3:18/K	
9600 m	2026		1:18.6	0.40000	3:15/K	<b>10 Tom Lovegrove</b>	<b>2064</b>	<b>25</b>	<b>33:53.9</b>	<b>10.0000</b>	<b>3:23/K</b>
10 K	2026		1:12.5	0.40000	3:00/K	400 m	2064	1:16.1	0.40000	3:10/K	
<b>8 James Starkey</b>	2035	<b>25</b>	<b>32:55.9</b>	<b>10.0000</b>	<b>3:18/K</b>	800 m	2064	1:17.4	0.40000	3:13/K	
400 m	2035		1:16.1	0.40000	3:10/K	1200 m	2064	1:15.9	0.40000	3:08/K	
800 m	2035		1:17.3	0.40000	3:13/K	1600 m	2064	1:17.6	0.40000	3:13/K	
1200 m	2035		1:15.7	0.40000	3:08/K	2 K	2064	1:16.0	0.40000	3:10/K	
1600 m	2035		1:17.6	0.40000	3:13/K	2400 m	2064	1:17.8	0.40000	3:13/K	
2 K	2035		1:16.0	0.40000	3:10/K	2800 m	2064	1:17.9	0.40000	3:13/K	
2400 m	2035		1:18.1	0.40000	3:15/K	3200 m	2064	1:19.3	0.40000	3:18/K	
2800 m	2035		1:17.6	0.40000	3:13/K	3600 m	2064	1:21.9	0.40000	3:23/K	
3200 m	2035		1:19.1	0.40000	3:18/K	4 K	2064	1:21.5	0.40000	3:23/K	
3600 m	2035		1:19.4	0.40000	3:18/K	4400 m	2064	1:21.4	0.40000	3:23/K	
4 K	2035		1:19.7	0.40000	3:18/K	4800 m	2064	1:23.5	0.40000	3:28/K	
4400 m	2035		1:19.9	0.40000	3:18/K	5200 m	2064	1:22.7	0.40000	3:25/K	
4800 m	2035		1:20.3	0.40000	3:20/K	5600 m	2064	1:23.9	0.40000	3:28/K	
5200 m	2035		1:19.8	0.40000	3:18/K	6 K	2064	1:23.8	0.40000	3:28/K	
5600 m	2035		1:20.5	0.40000	3:20/K	6400 m	2064	1:24.0	0.40000	3:30/K	
6 K	2035		1:20.5	0.40000	3:20/K	6800 m	2064	1:24.9	0.40000	3:30/K	
6400 m	2035		1:20.9	0.40000	3:20/K	7200 m	2064	1:24.0	0.40000	3:30/K	
6800 m	2035		1:20.6	0.40000	3:20/K	7600 m	2064	1:22.3	0.40000	3:25/K	
7200 m	2035		1:21.6	0.40000	3:23/K	8 K	2064	1:24.9	0.40000	3:30/K	
7600 m	2035		1:21.3	0.40000	3:23/K	8400 m	2064	1:24.2	0.40000	3:30/K	
8 K	2035		1:21.5	0.40000	3:23/K	8800 m	2064	1:24.8	0.40000	3:30/K	
8400 m	2035		1:22.1	0.40000	3:25/K	9200 m	2064	1:25.4	0.40000	3:33/K	
8800 m	2035		1:21.3	0.40000	3:23/K	9600 m	2064	1:20.7	0.40000	3:20/K	
9200 m	2035		1:21.9	0.40000	3:23/K	10 K	2064	1:20.9	0.40000	3:20/K	
9600 m	2035		1:18.9	0.40000	3:15/K	<b>11 Charlie Brooks</b>	<b>2037</b>	<b>25</b>	<b>34:17.9</b>	<b>10.0000</b>	<b>3:26/K</b>
10 K	2035		1:07.1	0.40000	2:48/K	400 m	2037	1:15.1	0.40000	3:08/K	
<b>9 Dom Perry</b>	2029	<b>25</b>	<b>33:32.3</b>	<b>10.0000</b>	<b>3:21/K</b>	800 m	2037	1:17.8	0.40000	3:13/K	
400 m	2029		1:20.7	0.40000	3:20/K	1200 m	2037	1:16.8	0.40000	3:10/K	
800 m	2029		1:21.0	0.40000	3:23/K	1600 m	2037	1:19.4	0.40000	3:18/K	
1200 m	2029		1:20.6	0.40000	3:20/K	2 K	2037	1:21.6	0.40000	3:23/K	
1600 m	2029		1:19.5	0.40000	3:18/K	2400 m	2037	1:20.7	0.40000	3:20/K	
2 K	2029		1:18.2	0.40000	3:15/K	2800 m	2037	1:21.4	0.40000	3:23/K	
2400 m	2029		1:20.1	0.40000	3:20/K	3200 m	2037	1:22.0	0.40000	3:25/K	
2800 m	2029		1:21.2	0.40000	3:23/K	3600 m	2037	1:22.9	0.40000	3:25/K	
3200 m	2029		1:23.3	0.40000	3:28/K	4 K	2037	1:22.9	0.40000	3:25/K	
3600 m	2029		1:21.8	0.40000	3:23/K	4400 m	2037	1:24.1	0.40000	3:30/K	
4 K	2029		1:22.7	0.40000	3:25/K	4800 m	2037	1:23.4	0.40000	3:28/K	
4400 m	2029		1:21.8	0.40000	3:23/K	5200 m	2037	1:24.1	0.40000	3:30/K	
4800 m	2029		1:22.9	0.40000	3:25/K	5600 m	2037	1:22.6	0.40000	3:25/K	
5200 m	2029		1:20.8	0.40000	3:20/K	6 K	2037	1:24.6	0.40000	3:30/K	
5600 m	2029		1:17.4	0.40000	3:13/K	6400 m	2037	1:24.5	0.40000	3:30/K	
6 K	2029		1:21.8	0.40000	3:23/K	6800 m	2037	1:24.9	0.40000	3:30/K	
6400 m	2029		1:21.4	0.40000	3:23/K	7200 m	2037	1:24.3	0.40000	3:30/K	
6800 m	2029		1:21.6	0.40000	3:23/K	7600 m	2037	1:24.0	0.40000	3:30/K	
7200 m	2029		1:18.2	0.40000	3:15/K	8 K	2037	1:24.1	0.40000	3:30/K	
7600 m	2029		1:17.3	0.40000	3:13/K	8400 m	2037	1:26.0	0.40000	3:35/K	
8 K	2029		1:17.8	0.40000	3:13/K	8800 m	2037	1:24.7	0.40000	3:30/K	
						9200 m	2037	1:25.9	0.40000	3:33/K	
						9600 m	2037	1:23.7	0.40000	3:28/K	
						10 K	2037	1:15.2	0.40000	3:08/K	

Race Date  
October 06, 2020

## Ten K and 1 hour challenge on Mingara track

### Lap Results - Overall Detail

<b>TenKtrack</b>													
<b>12</b>	<b>Stuart Eddy</b>	2056	<b>25</b>	<b>34:20.0</b>	<b>10.0000</b>	<b>3:26/K</b>	800 m	2060	1:26.7	0.40000	3:35/K		
	400 m	2056		1:20.2	0.40000	3:20/K	1200 m	2060	1:27.1	0.40000	3:38/K		
	800 m	2056		1:20.8	0.40000	3:20/K	1600 m	2060	1:29.1	0.40000	3:43/K		
	1200 m	2056		1:20.9	0.40000	3:20/K	2 K	2060	1:27.6	0.40000	3:38/K		
	1600 m	2056		1:21.0	0.40000	3:23/K	2400 m	2060	1:26.9	0.40000	3:35/K		
	2 K	2056		1:21.9	0.40000	3:23/K	2800 m	2060	1:25.9	0.40000	3:33/K		
	2400 m	2056		1:22.0	0.40000	3:25/K	3200 m	2060	1:26.1	0.40000	3:35/K		
	2800 m	2056		1:21.3	0.40000	3:23/K	3600 m	2060	1:27.1	0.40000	3:38/K		
	3200 m	2056		1:22.8	0.40000	3:25/K	4 K	2060	1:27.6	0.40000	3:38/K		
	3600 m	2056		1:21.9	0.40000	3:23/K	4400 m	2060	1:28.9	0.40000	3:40/K		
	4 K	2056		1:23.2	0.40000	3:28/K	4800 m	2060	1:28.9	0.40000	3:40/K		
	4400 m	2056		1:22.3	0.40000	3:25/K	5200 m	2060	1:30.0	0.40000	3:45/K		
	4800 m	2056		1:22.8	0.40000	3:25/K	5600 m	2060	1:28.8	0.40000	3:40/K		
	5200 m	2056		1:23.3	0.40000	3:28/K	6 K	2060	1:29.8	0.40000	3:43/K		
	5600 m	2056		1:22.5	0.40000	3:25/K	6400 m	2060	1:30.7	0.40000	3:45/K		
	6 K	2056		1:22.5	0.40000	3:25/K	6800 m	2060	1:29.8	0.40000	3:43/K		
	6400 m	2056		1:22.7	0.40000	3:25/K	7200 m	2060	1:30.3	0.40000	3:45/K		
	6800 m	2056		1:22.5	0.40000	3:25/K	7600 m	2060	1:29.1	0.40000	3:43/K		
	7200 m	2056		1:23.2	0.40000	3:28/K	8 K	2060	1:30.6	0.40000	3:45/K		
	7600 m	2056		1:24.1	0.40000	3:30/K	8400 m	2060	1:31.4	0.40000	3:48/K		
	8 K	2056		1:23.0	0.40000	3:28/K	8800 m	2060	1:32.2	0.40000	3:50/K		
	8400 m	2056		1:23.7	0.40000	3:28/K	9200 m	2060	1:34.2	0.40000	3:55/K		
	8800 m	2056		1:24.5	0.40000	3:30/K	9600 m	2060	1:30.4	0.40000	3:45/K		
	9200 m	2056		1:24.6	0.40000	3:30/K	10 K	2060	1:25.8	0.40000	3:33/K		
	9600 m	2056		1:24.0	0.40000	3:30/K	<b>15</b>	<b>Isaac Feemy</b>	<b>2068</b>	<b>25</b>	<b>37:47.2</b>	<b>10.0000</b>	<b>3:47/K</b>
	10 K	2056		1:17.0	0.40000	3:13/K	400 m	2068	1:27.1	0.40000	3:38/K		
<b>13</b>	<b>Peter Wickham</b>	2033	<b>25</b>	<b>34:22.0</b>	<b>10.0000</b>	<b>3:26/K</b>	800 m	2068	1:31.8	0.40000	3:48/K		
	400 m	2033		1:15.4	0.40000	3:08/K	1200 m	2068	1:28.9	0.40000	3:40/K		
	800 m	2033		1:17.4	0.40000	3:13/K	1600 m	2068	1:30.0	0.40000	3:45/K		
	1200 m	2033		1:15.1	0.40000	3:08/K	2 K	2068	1:29.4	0.40000	3:43/K		
	1600 m	2033		1:18.9	0.40000	3:15/K	2400 m	2068	1:28.8	0.40000	3:40/K		
	2 K	2033		1:19.8	0.40000	3:18/K	2800 m	2068	1:28.6	0.40000	3:40/K		
	2400 m	2033		1:19.3	0.40000	3:18/K	3200 m	2068	1:28.1	0.40000	3:40/K		
	2800 m	2033		1:21.0	0.40000	3:23/K	3600 m	2068	1:30.6	0.40000	3:45/K		
	3200 m	2033		1:21.6	0.40000	3:23/K	4 K	2068	1:29.7	0.40000	3:43/K		
	3600 m	2033		1:22.0	0.40000	3:25/K	4400 m	2068	1:32.0	0.40000	3:50/K		
	4 K	2033		1:23.6	0.40000	3:28/K	4800 m	2068	1:30.3	0.40000	3:45/K		
	4400 m	2033		1:22.6	0.40000	3:25/K	5200 m	2068	1:30.8	0.40000	3:45/K		
	4800 m	2033		1:23.5	0.40000	3:28/K	5600 m	2068	1:32.7	0.40000	3:50/K		
	5200 m	2033		1:22.8	0.40000	3:25/K	6 K	2068	1:30.4	0.40000	3:45/K		
	5600 m	2033		1:25.0	0.40000	3:33/K	6400 m	2068	1:32.6	0.40000	3:50/K		
	6 K	2033		1:24.9	0.40000	3:30/K	6800 m	2068	1:31.8	0.40000	3:48/K		
	6400 m	2033		1:23.7	0.40000	3:28/K	7200 m	2068	1:32.6	0.40000	3:50/K		
	6800 m	2033		1:24.1	0.40000	3:30/K	7600 m	2068	1:32.9	0.40000	3:50/K		
	7200 m	2033		1:28.9	0.40000	3:40/K	8 K	2068	1:32.4	0.40000	3:50/K		
	7600 m	2033		1:27.0	0.40000	3:38/K	8400 m	2068	1:33.3	0.40000	3:53/K		
	8 K	2033		1:25.4	0.40000	3:33/K	8800 m	2068	1:32.0	0.40000	3:50/K		
	8400 m	2033		1:25.0	0.40000	3:33/K	9200 m	2068	1:32.1	0.40000	3:50/K		
	8800 m	2033		1:22.9	0.40000	3:25/K	9600 m	2068	1:31.6	0.40000	3:48/K		
	9200 m	2033		1:24.3	0.40000	3:30/K	10 K	2068	1:25.7	0.40000	3:33/K		
	9600 m	2033		1:25.3	0.40000	3:33/K	<b>16</b>	<b>JP Mare</b>	<b>2042</b>	<b>25</b>	<b>38:45.6</b>	<b>10.0000</b>	<b>3:53/K</b>
	10 K	2033		1:21.3	0.40000	3:23/K	400 m	2042	1:25.5	0.40000	3:33/K		
<b>14</b>	<b>Al Cooke</b>	2060	<b>25</b>	<b>36:58.6</b>	<b>10.0000</b>	<b>3:42/K</b>	800 m	2042	1:28.2	0.40000	3:40/K		
	400 m	2060		1:22.6	0.40000	3:25/K	1200 m	2042	1:29.0	0.40000	3:43/K		
							1600 m	2042	1:29.7	0.40000	3:43/K		
							2 K	2042	1:29.8	0.40000	3:43/K		
							2400 m	2042	1:31.6	0.40000	3:48/K		



Race Date  
October 06, 2020

## Ten K and 1 hour challenge on Mingara track

### Lap Results - Overall Detail

<b>TenKtrack</b>											
<b>16 JP Mare</b>	2042	<b>25</b>	<b>38:45.6</b>	<b>10.0000</b>	<b>3:53/K</b>	3200 m	2066	1:36.4	0.40000	4:00/K	
2800 m	2042		1:32.7	0.40000	3:50/K	3600 m	2066	1:35.7	0.40000	3:58/K	
3200 m	2042		1:33.5	0.40000	3:53/K	4 K	2066	1:36.3	0.40000	4:00/K	
3600 m	2042		1:33.9	0.40000	3:53/K	4400 m	2066	1:36.9	0.40000	4:00/K	
4 K	2042		1:34.0	0.40000	3:55/K	4800 m	2066	1:38.3	0.40000	4:05/K	
4400 m	2042		1:35.0	0.40000	3:58/K	5200 m	2066	1:38.5	0.40000	4:05/K	
4800 m	2042		1:35.2	0.40000	3:58/K	5600 m	2066	1:38.1	0.40000	4:05/K	
5200 m	2042		1:35.3	0.40000	3:58/K	6 K	2066	1:38.9	0.40000	4:05/K	
5600 m	2042		1:35.8	0.40000	3:58/K	6400 m	2066	1:38.6	0.40000	4:05/K	
6 K	2042		1:34.5	0.40000	3:55/K	6800 m	2066	1:38.4	0.40000	4:05/K	
6400 m	2042		1:35.2	0.40000	3:58/K	7200 m	2066	1:39.6	0.40000	4:08/K	
6800 m	2042		1:35.9	0.40000	3:58/K	7600 m	2066	1:39.3	0.40000	4:08/K	
7200 m	2042		1:35.0	0.40000	3:58/K	8 K	2066	1:39.6	0.40000	4:08/K	
7600 m	2042		1:35.7	0.40000	3:58/K	8400 m	2066	1:39.8	0.40000	4:08/K	
8 K	2042		1:36.0	0.40000	4:00/K	8800 m	2066	1:40.8	0.40000	4:10/K	
8400 m	2042		1:35.6	0.40000	3:58/K	9200 m	2066	1:40.8	0.40000	4:10/K	
8800 m	2042		1:35.1	0.40000	3:58/K	9600 m	2066	1:38.7	0.40000	4:05/K	
9200 m	2042		1:35.0	0.40000	3:58/K	10 K	2066	1:35.0	0.40000	3:58/K	
9600 m	2042		1:32.4	0.40000	3:50/K	<b>19 Wayne Daley</b>	<b>2032</b>	<b>25</b>	<b>41:20.8</b>	<b>10.0000</b>	<b>4:08/K</b>
10 K	2042		1:25.0	0.40000	3:33/K	400 m	2032	1:30.1	0.40000	3:45/K	
<b>17 Stuart Baverstock</b>	2061	<b>25</b>	<b>38:52.4</b>	<b>10.0000</b>	<b>3:53/K</b>	800 m	2032	1:35.7	0.40000	3:58/K	
400 m	2061		1:25.6	0.40000	3:33/K	1200 m	2032	1:35.4	0.40000	3:58/K	
800 m	2061		1:30.6	0.40000	3:45/K	1600 m	2032	1:34.6	0.40000	3:55/K	
1200 m	2061		1:31.5	0.40000	3:48/K	2 K	2032	1:34.0	0.40000	3:55/K	
1600 m	2061		1:32.0	0.40000	3:50/K	2400 m	2032	1:35.5	0.40000	3:58/K	
2 K	2061		1:32.2	0.40000	3:50/K	2800 m	2032	1:36.0	0.40000	4:00/K	
2400 m	2061		1:31.2	0.40000	3:48/K	3200 m	2032	1:37.1	0.40000	4:03/K	
2800 m	2061		1:32.2	0.40000	3:50/K	3600 m	2032	1:42.6	0.40000	4:15/K	
3200 m	2061		1:33.9	0.40000	3:53/K	4 K	2032	1:44.7	0.40000	4:20/K	
3600 m	2061		1:32.3	0.40000	3:50/K	4400 m	2032	1:40.1	0.40000	4:10/K	
4 K	2061		1:32.8	0.40000	3:50/K	4800 m	2032	1:40.3	0.40000	4:10/K	
4400 m	2061		1:33.2	0.40000	3:53/K	5200 m	2032	1:41.5	0.40000	4:13/K	
4800 m	2061		1:35.9	0.40000	3:58/K	5600 m	2032	1:38.1	0.40000	4:05/K	
5200 m	2061		1:35.3	0.40000	3:58/K	6 K	2032	1:40.3	0.40000	4:10/K	
5600 m	2061		1:34.9	0.40000	3:55/K	6400 m	2032	1:40.0	0.40000	4:10/K	
6 K	2061		1:35.0	0.40000	3:58/K	6800 m	2032	1:40.7	0.40000	4:10/K	
6400 m	2061		1:34.9	0.40000	3:55/K	7200 m	2032	1:42.7	0.40000	4:15/K	
6800 m	2061		1:37.4	0.40000	4:03/K	7600 m	2032	1:43.7	0.40000	4:18/K	
7200 m	2061		1:37.4	0.40000	4:03/K	8 K	2032	1:44.8	0.40000	4:20/K	
7600 m	2061		1:37.2	0.40000	4:03/K	8400 m	2032	1:43.0	0.40000	4:18/K	
8 K	2061		1:35.4	0.40000	3:58/K	8800 m	2032	1:40.5	0.40000	4:10/K	
8400 m	2061		1:36.4	0.40000	4:00/K	9200 m	2032	1:39.5	0.40000	4:08/K	
8800 m	2061		1:32.6	0.40000	3:50/K	9600 m	2032	1:42.6	0.40000	4:15/K	
9200 m	2061		1:31.8	0.40000	3:48/K	10 K	2032	1:36.3	0.40000	4:00/K	
9600 m	2061		1:30.6	0.40000	3:45/K	<b>20 Garry Field</b>	<b>2054</b>	<b>25</b>	<b>41:55.8</b>	<b>10.0000</b>	<b>4:12/K</b>
10 K	2061		1:28.9	0.40000	3:40/K	400 m	2054	1:34.2	0.40000	3:55/K	
<b>18 Julien Hanson</b>	2066	<b>25</b>	<b>40:31.3</b>	<b>10.0000</b>	<b>4:03/K</b>	800 m	2054	1:39.6	0.40000	4:08/K	
400 m	2066		1:34.0	0.40000	3:55/K	1200 m	2054	1:38.2	0.40000	4:05/K	
800 m	2066		1:32.5	0.40000	3:50/K	1600 m	2054	1:35.7	0.40000	3:58/K	
1200 m	2066		1:34.0	0.40000	3:55/K	2 K	2054	1:35.9	0.40000	3:58/K	
1600 m	2066		1:34.6	0.40000	3:55/K	2400 m	2054	1:36.0	0.40000	4:00/K	
2 K	2066		1:34.2	0.40000	3:55/K	2800 m	2054	1:37.2	0.40000	4:03/K	
2400 m	2066		1:35.3	0.40000	3:58/K	3200 m	2054	1:37.8	0.40000	4:03/K	
2800 m	2066		1:35.8	0.40000	3:58/K	3600 m	2054	1:38.8	0.40000	4:05/K	
						4 K	2054	1:40.9	0.40000	4:10/K	
						4400 m	2054	1:40.5	0.40000	4:10/K	
						4800 m	2054	1:40.2	0.40000	4:10/K	

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## Ten K and 1 hour challenge on Mingara track

### Lap Results - Overall Detail

<b>TenKtrack</b>											
<b>20 Garry Field</b>	2054	<b>25</b>	<b>41:55.8</b>	<b>10.0000</b>	<b>4:12/K</b>	5600 m	2031	1:44.4	0.40000	4:20/K	
5200 m	2054		1:41.1	0.40000	4:13/K	6 K	2031	1:44.8	0.40000	4:20/K	
5600 m	2054		1:42.7	0.40000	4:15/K	6400 m	2031	1:43.5	0.40000	4:18/K	
6 K	2054		1:43.9	0.40000	4:18/K	6800 m	2031	1:47.2	0.40000	4:28/K	
6400 m	2054		1:42.0	0.40000	4:15/K	7200 m	2031	1:47.5	0.40000	4:28/K	
6800 m	2054		1:42.8	0.40000	4:15/K	7600 m	2031	1:48.5	0.40000	4:30/K	
7200 m	2054		1:43.3	0.40000	4:18/K	8 K	2031	1:46.7	0.40000	4:25/K	
7600 m	2054		1:49.8	0.40000	4:33/K	8400 m	2031	1:45.6	0.40000	4:23/K	
8 K	2054		1:42.0	0.40000	4:15/K	8800 m	2031	1:46.0	0.40000	4:25/K	
8400 m	2054		1:43.0	0.40000	4:18/K	9200 m	2031	1:49.0	0.40000	4:33/K	
8800 m	2054		1:49.0	0.40000	4:33/K	9600 m	2031	1:47.3	0.40000	4:28/K	
9200 m	2054		1:44.3	0.40000	4:20/K	10 K	2031	1:41.0	0.40000	4:13/K	
9600 m	2054		1:43.3	0.40000	4:18/K	<b>23 Murray Schubert</b>	<b>2050</b>	<b>25</b>	<b>44:26.3</b>	<b>10.0000</b>	<b>4:27/K</b>
10 K	2054		1:32.4	0.40000	3:50/K	400 m	2050	1:47.7	0.40000	4:28/K	
<b>21 Mark Byfield</b>	2055	<b>25</b>	<b>43:42.5</b>	<b>10.0000</b>	<b>4:22/K</b>	800 m	2050	1:47.0	0.40000	4:28/K	
400 m	2055		1:51.3	0.40000	4:38/K	1200 m	2050	1:45.1	0.40000	4:23/K	
800 m	2055		1:52.3	0.40000	4:40/K	1600 m	2050	1:42.8	0.40000	4:15/K	
1200 m	2055		1:47.5	0.40000	4:28/K	2 K	2050	1:45.2	0.40000	4:23/K	
1600 m	2055		1:48.8	0.40000	4:30/K	2400 m	2050	1:43.6	0.40000	4:18/K	
2 K	2055		1:48.2	0.40000	4:30/K	2800 m	2050	1:45.1	0.40000	4:23/K	
2400 m	2055		1:46.3	0.40000	4:25/K	3200 m	2050	1:46.2	0.40000	4:25/K	
2800 m	2055		1:46.8	0.40000	4:25/K	3600 m	2050	1:45.7	0.40000	4:23/K	
3200 m	2055		1:45.0	0.40000	4:23/K	4 K	2050	1:45.5	0.40000	4:23/K	
3600 m	2055		1:46.2	0.40000	4:25/K	4400 m	2050	1:46.3	0.40000	4:25/K	
4 K	2055		1:44.6	0.40000	4:20/K	4800 m	2050	1:47.7	0.40000	4:28/K	
4400 m	2055		1:46.8	0.40000	4:25/K	5200 m	2050	1:48.7	0.40000	4:30/K	
4800 m	2055		1:46.5	0.40000	4:25/K	5600 m	2050	1:46.8	0.40000	4:25/K	
5200 m	2055		1:44.8	0.40000	4:20/K	6 K	2050	1:49.1	0.40000	4:33/K	
5600 m	2055		1:47.1	0.40000	4:28/K	6400 m	2050	1:49.0	0.40000	4:33/K	
6 K	2055		1:46.4	0.40000	4:25/K	6800 m	2050	1:47.9	0.40000	4:28/K	
6400 m	2055		1:46.1	0.40000	4:25/K	7200 m	2050	1:47.0	0.40000	4:28/K	
6800 m	2055		1:45.5	0.40000	4:23/K	7600 m	2050	1:49.0	0.40000	4:33/K	
7200 m	2055		1:46.0	0.40000	4:25/K	8 K	2050	1:50.3	0.40000	4:35/K	
7600 m	2055		1:43.8	0.40000	4:18/K	8400 m	2050	1:46.8	0.40000	4:25/K	
8 K	2055		1:42.8	0.40000	4:15/K	8800 m	2050	1:48.0	0.40000	4:30/K	
8400 m	2055		1:42.2	0.40000	4:15/K	9200 m	2050	1:50.6	0.40000	4:35/K	
8800 m	2055		1:40.4	0.40000	4:10/K	9600 m	2050	1:44.7	0.40000	4:20/K	
9200 m	2055		1:38.1	0.40000	4:05/K	10 K	2050	1:39.5	0.40000	4:08/K	
9600 m	2055		1:38.4	0.40000	4:05/K	<b>24 David Mehan</b>	<b>2069</b>	<b>25</b>	<b>46:14.6</b>	<b>10.0000</b>	<b>4:37/K</b>
10 K	2055		1:29.4	0.40000	3:43/K	400 m	2069	1:56.4	0.40000	4:50/K	
<b>22 Carl Gibbons</b>	2031	<b>25</b>	<b>43:46.7</b>	<b>10.0000</b>	<b>4:23/K</b>	800 m	2069	1:49.0	0.40000	4:33/K	
400 m	2031		1:44.9	0.40000	4:20/K	1200 m	2069	1:46.5	0.40000	4:25/K	
800 m	2031		1:45.6	0.40000	4:23/K	1600 m	2069	1:47.6	0.40000	4:28/K	
1200 m	2031		1:45.3	0.40000	4:23/K	2 K	2069	1:50.1	0.40000	4:35/K	
1600 m	2031		1:43.8	0.40000	4:18/K	2400 m	2069	1:50.5	0.40000	4:35/K	
2 K	2031		1:43.7	0.40000	4:18/K	2800 m	2069	1:45.0	0.40000	4:23/K	
2400 m	2031		1:42.8	0.40000	4:15/K	3200 m	2069	1:45.6	0.40000	4:23/K	
2800 m	2031		1:41.3	0.40000	4:13/K	3600 m	2069	1:47.9	0.40000	4:28/K	
3200 m	2031		1:43.4	0.40000	4:18/K	4 K	2069	1:48.2	0.40000	4:30/K	
3600 m	2031		1:45.7	0.40000	4:23/K	4400 m	2069	1:49.3	0.40000	4:33/K	
4 K	2031		1:45.0	0.40000	4:23/K	4800 m	2069	1:50.2	0.40000	4:35/K	
4400 m	2031		1:44.8	0.40000	4:20/K	5200 m	2069	1:49.3	0.40000	4:33/K	
4800 m	2031		1:44.7	0.40000	4:20/K	5600 m	2069	1:48.5	0.40000	4:30/K	
5200 m	2031		1:43.3	0.40000	4:18/K	6 K	2069	1:51.7	0.40000	4:38/K	
						6400 m	2069	1:51.0	0.40000	4:38/K	
						6800 m	2069	1:53.6	0.40000	4:43/K	
						7200 m	2069	1:55.2	0.40000	4:48/K	

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## Ten K and 1 hour challenge on Mingara track

### Lap Results - Overall Detail

<b>TenKtrack</b>											
<b>24 David Mehan</b>	2069	<b>25</b>	<b>46:14.6</b>	<b>10.0000</b>	<b>4:37/K</b>	8 K	2022	2:11.2	0.40000	5:28/K	
7600 m	2069		1:55.9	0.40000	4:48/K	8400 m	2022	2:09.6	0.40000	5:23/K	
8 K	2069		1:55.2	0.40000	4:48/K	8800 m	2022	2:12.2	0.40000	5:30/K	
8400 m	2069		1:53.2	0.40000	4:43/K	9200 m	2022	2:14.3	0.40000	5:35/K	
8800 m	2069		1:55.6	0.40000	4:48/K	9600 m	2022	2:14.8	0.40000	5:35/K	
9200 m	2069		1:54.5	0.40000	4:45/K	10 K	2022	2:12.6	0.40000	5:30/K	
9600 m	2069		1:56.6	0.40000	4:50/K	<b>27 John Lovegrove</b>	<b>2070</b>	<b>25</b>	<b>52:22.0</b>	<b>10.0000</b>	<b>5:14/K</b>
10 K	2069		1:46.7	0.40000	4:25/K	400 m	2070	1:56.6	0.40000	4:50/K	
<b>25 Steve Hughes</b>	2058	<b>25</b>	<b>47:44.2</b>	<b>10.0000</b>	<b>4:46/K</b>	800 m	2070	1:56.6	0.40000	4:50/K	
400 m	2058		1:47.4	0.40000	4:28/K	1200 m	2070	1:56.9	0.40000	4:50/K	
800 m	2058		1:49.2	0.40000	4:33/K	1600 m	2070	1:58.8	0.40000	4:55/K	
1200 m	2058		1:49.6	0.40000	4:33/K	2 K	2070	1:59.0	0.40000	4:58/K	
1600 m	2058		1:52.6	0.40000	4:40/K	2400 m	2070	2:01.3	0.40000	5:03/K	
2 K	2058		1:51.0	0.40000	4:38/K	2800 m	2070	2:00.3	0.40000	5:00/K	
2400 m	2058		1:50.3	0.40000	4:35/K	3200 m	2070	2:02.1	0.40000	5:05/K	
2800 m	2058		1:51.6	0.40000	4:38/K	3600 m	2070	2:02.4	0.40000	5:05/K	
3200 m	2058		1:52.9	0.40000	4:40/K	4 K	2070	2:04.6	0.40000	5:10/K	
3600 m	2058		1:53.6	0.40000	4:43/K	4400 m	2070	2:06.5	0.40000	5:15/K	
4 K	2058		1:54.8	0.40000	4:45/K	4800 m	2070	2:06.4	0.40000	5:15/K	
4400 m	2058		1:55.5	0.40000	4:48/K	5200 m	2070	2:05.0	0.40000	5:13/K	
4800 m	2058		1:56.4	0.40000	4:50/K	5600 m	2070	2:06.8	0.40000	5:15/K	
5200 m	2058		1:54.8	0.40000	4:45/K	6 K	2070	2:07.4	0.40000	5:18/K	
5600 m	2058		1:55.3	0.40000	4:48/K	6400 m	2070	2:09.3	0.40000	5:23/K	
6 K	2058		1:56.8	0.40000	4:50/K	6800 m	2070	2:09.1	0.40000	5:23/K	
6400 m	2058		1:57.2	0.40000	4:53/K	7200 m	2070	2:10.5	0.40000	5:25/K	
6800 m	2058		1:56.9	0.40000	4:50/K	7600 m	2070	2:10.2	0.40000	5:25/K	
7200 m	2058		1:57.4	0.40000	4:53/K	8 K	2070	2:10.0	0.40000	5:25/K	
7600 m	2058		1:56.8	0.40000	4:50/K	8400 m	2070	2:11.7	0.40000	5:28/K	
8 K	2058		1:57.7	0.40000	4:53/K	8800 m	2070	2:12.6	0.40000	5:30/K	
8400 m	2058		1:57.3	0.40000	4:53/K	9200 m	2070	2:14.8	0.40000	5:35/K	
8800 m	2058		1:57.3	0.40000	4:53/K	9600 m	2070	2:13.4	0.40000	5:33/K	
9200 m	2058		1:57.2	0.40000	4:53/K	10 K	2070	2:08.4	0.40000	5:20/K	
9600 m	2058		1:57.0	0.40000	4:53/K	<b>28 Scott and Coen</b>	<b>2025</b>	<b>17</b>	<b>34:32.8</b>	<b>6.80000</b>	<b>5:05/K</b>
10 K	2058		1:56.3	0.40000	4:50/K	400 m	2025	1:15.6	0.40000	3:08/K	
<b>26 Jack McGinniskin</b>	2022	<b>25</b>	<b>50:50.9</b>	<b>10.0000</b>	<b>5:05/K</b>	800 m	2025	1:17.2	0.40000	3:13/K	
400 m	2022		1:44.7	0.40000	4:20/K	1200 m	2025	1:16.3	0.40000	3:10/K	
800 m	2022		1:51.7	0.40000	4:38/K	1600 m	2025	1:18.0	0.40000	3:15/K	
1200 m	2022		1:49.2	0.40000	4:33/K	2 K	2025	8:58.5	0.40000	22:25/K	
1600 m	2022		1:53.4	0.40000	4:43/K	2400 m	2025	1:10.8	0.40000	2:55/K	
2 K	2022		1:55.9	0.40000	4:48/K	2800 m	2025	1:15.1	0.40000	3:08/K	
2400 m	2022		1:57.3	0.40000	4:53/K	3200 m	2025	1:18.1	0.40000	3:15/K	
2800 m	2022		1:59.7	0.40000	4:58/K	3600 m	2025	1:19.9	0.40000	3:18/K	
3200 m	2022		1:58.5	0.40000	4:55/K	4 K	2025	1:18.4	0.40000	3:15/K	
3600 m	2022		1:56.6	0.40000	4:50/K	4400 m	2025	6:02.8	0.40000	15:05/K	
4 K	2022		1:57.5	0.40000	4:53/K	4800 m	2025	1:15.6	0.40000	3:08/K	
4400 m	2022		1:57.7	0.40000	4:53/K	5200 m	2025	1:17.7	0.40000	3:13/K	
4800 m	2022		1:58.9	0.40000	4:55/K	5600 m	2025	1:18.7	0.40000	3:15/K	
5200 m	2022		2:00.5	0.40000	5:00/K	6 K	2025	1:22.7	0.40000	3:25/K	
5600 m	2022		1:58.9	0.40000	4:55/K	6400 m	2025	1:23.9	0.40000	3:28/K	
6 K	2022		1:59.5	0.40000	4:58/K	6800 m	2025	1:22.7	0.40000	3:25/K	
6400 m	2022		2:06.0	0.40000	5:15/K	<b>29 Mark Newham</b>	<b>2044</b>	<b>15</b>	<b>57:29.3</b>	<b>6.00000</b>	<b>9:35/K</b>
6800 m	2022		2:09.3	0.40000	5:23/K	400 m	2044	3:15.4	0.40000	8:08/K	
7200 m	2022		2:08.7	0.40000	5:20/K	800 m	2044	3:12.6	0.40000	8:00/K	
7600 m	2022		2:10.9	0.40000	5:25/K	1200 m	2044	3:22.8	0.40000	8:25/K	
						1600 m	2044	3:32.9	0.40000	8:50/K	
						2 K	2044	3:37.4	0.40000	9:03/K	
						2400 m	2044	3:45.2	0.40000	9:23/K	

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Ten K and 1 hour challenge on Mingara track  
Lap Results - Overall Detail

TenKtrack					800 m	2053	1:22.9	0.40000	3:25/K	
					1200 m	2053	1:20.8	0.40000	3:20/K	
					1600 m	2053	1:19.7	0.40000	3:18/K	
<b>29 Mark Newham</b>	2044	<b>15</b>	<b>57:29.3</b>	<b>6.00000</b>	<b>9:35/K</b>	2 K	2053	1:19.2	0.40000	3:18/K
2800 m	2044		3:58.1	0.40000	9:55/K	2400 m	2053	1:20.0	0.40000	3:20/K
3200 m	2044		4:04.2	0.40000	10:10/K	2800 m	2053	1:20.7	0.40000	3:20/K
3600 m	2044		4:04.8	0.40000	10:10/K	3200 m	2053	1:23.1	0.40000	3:28/K
4 K	2044		4:09.8	0.40000	10:23/K	3600 m	2053	1:21.9	0.40000	3:23/K
4400 m	2044		4:09.7	0.40000	10:23/K	4 K	2053	1:22.4	0.40000	3:25/K
4800 m	2044		4:11.7	0.40000	10:28/K	4400 m	2053	1:22.8	0.40000	3:25/K
5200 m	2044		4:01.8	0.40000	10:03/K					
5600 m	2044		4:02.0	0.40000	10:05/K					
6 K	2044		4:00.5	0.40000	10:00/K					
<b>30 Olie Baverstock Sam</b>	2062	<b>14</b>	<b>49:27.1</b>	<b>5.60000</b>	<b>8:50/K</b>					
400 m	2062		1:44.9	0.40000	4:20/K					
800 m	2062		1:36.7	0.40000	4:00/K					
1200 m	2062		5:00.0	0.40000	12:30/K					
1600 m	2062		1:38.3	0.40000	4:05/K					
2 K	2062		5:04.0	0.40000	12:40/K					
2400 m	2062		1:38.0	0.40000	4:05/K					
2800 m	2062		5:08.7	0.40000	12:50/K					
3200 m	2062		1:48.5	0.40000	4:30/K					
3600 m	2062		5:30.9	0.40000	13:45/K					
4 K	2062		1:53.1	0.40000	4:43/K					
4400 m	2062		5:37.7	0.40000	14:03/K					
4800 m	2062		3:39.3	0.40000	9:08/K					
5200 m	2062		3:45.0	0.40000	9:23/K					
5600 m	2062		5:21.4	0.40000	13:23/K					
<b>31 Lisa Stanmore Grant</b>	2059	<b>13</b>	<b>50:45.0</b>	<b>5.20000</b>	<b>9:46/K</b>					
400 m	2059		3:49.1	0.40000	9:33/K					
800 m	2059		3:54.7	0.40000	9:45/K					
1200 m	2059		4:08.0	0.40000	10:20/K					
1600 m	2059		4:08.4	0.40000	10:20/K					
2 K	2059		4:18.4	0.40000	10:45/K					
2400 m	2059		4:13.5	0.40000	10:33/K					
2800 m	2059		4:05.8	0.40000	10:13/K					
3200 m	2059		4:03.9	0.40000	10:08/K					
3600 m	2059		4:10.5	0.40000	10:25/K					
4 K	2059		4:07.2	0.40000	10:18/K					
4400 m	2059		3:56.1	0.40000	9:50/K					
4800 m	2059		4:04.7	0.40000	10:10/K					
5200 m	2059		1:44.2	0.40000	4:20/K					
<b>32 Samuel Larter</b>	2067	<b>12</b>	<b>19:54.6</b>	<b>4.80000</b>	<b>4:09/K</b>					
400 m	2067		1:36.3	0.40000	4:00/K					
800 m	2067		1:39.6	0.40000	4:08/K					
1200 m	2067		1:39.4	0.40000	4:08/K					
1600 m	2067		1:39.5	0.40000	4:08/K					
2 K	2067		1:40.0	0.40000	4:10/K					
2400 m	2067		1:40.9	0.40000	4:10/K					
2800 m	2067		1:41.7	0.40000	4:13/K					
3200 m	2067		1:42.3	0.40000	4:15/K					
3600 m	2067		1:42.0	0.40000	4:15/K					
4 K	2067		1:39.5	0.40000	4:08/K					
4400 m	2067		1:37.8	0.40000	4:03/K					
4800 m	2067		1:35.0	0.40000	3:58/K					
<b>33 Owen Greens</b>	2053	<b>11</b>	<b>14:52.9</b>	<b>4.40000</b>	<b>3:23/K</b>					
400 m	2053		1:18.9	0.40000	3:15/K					