



# #RunExe Virtual 4KM

29th July to 4th August 2020

Pos	No	Time	Avg speed	Name	Cat	Cat Rank	Club	% age adjusted
1	1031	0:14:15	00:03:34	Emma Stepto	F50+	1	Cornwall AC	93%
2	1032	0:14:44	00:03:41	Serane Stone	F40+	1	Tiverton Harriers	83%
3	1033	0:15:34	00:03:54	Rob Sweet	M45+	1	0	70%
4	1034	0:15:41	00:03:55	James Woolf	M50+	1	SWRR	74%
5	1035	0:16:01	00:04:00	Claudine Benstead	F60+	1	Oakhamton R C	95%
6	1036	0:16:01	00:04:00	Des White	M65+	1	Exmouth Harriers	82%
7	1037	0:16:53	00:04:13	Des White	M65+	2	Exmouth Harriers	77%
8	1038	0:16:55	00:04:14	Arthur Johns	M70+	1	Poole Runners & SW Vets	81%
9	1039	0:17:01	00:04:15	Richard Flower	M35+	1	0	62%
10	1040	0:17:26	00:04:22	Hayley Ratcliff	F50+	2	Torbay aac	78%
11	1041	0:17:35	00:04:24	Nicholas Pope	M45+	2	0	62%
12	1042	0:19:08	00:04:47	Tracy Connor	F45+	1	South West Road Runners	67%
13	1043	0:20:05	00:05:01	Alison White	F65+	1	Exmouth Harriers	82%
14	1044	0:31:36	00:07:54	Heather Fitzsimmons	F55+	1	Women on the run	45%
15	1045	0:31:52	00:07:58	Mandy Lucas	F55+	1	Women on the run	45%