

Place	Bib	Surname	Name	Club	Cat	Country	Finish	Lap 1	Lap 2	Lap 3	Lap 4	Lap 5	Lap 6	Lap 7	Lap 8	Lap 9	Lap 10
1	678	O'HANLON	GARY	CLONLIFFE	M40	IRE	2:57:06	0:18:06	0:16:52	0:16:51	0:17:03	0:17:00	0:17:16	0:17:37	0:18:12	0:18:53	0:19:17
2	710	HOGAN	TOM	SLIEVE BUI ROVERS	MS	IRE	3:05:52	0:18:48	0:17:27	0:17:24	0:17:43	0:17:45	0:17:50	0:18:05	0:18:48	0:19:49	0:21:12
3	660	MOONEY	PETER		M35	IRE	3:14:36	0:20:22	0:19:11	0:19:03	0:19:12	0:19:25	0:19:22	0:19:28	0:19:36	0:20:23	0:19:35
4	540	CONSANI	MARCO	GARSHUBE HARRIERS	M40	GBR	3:14:46	0:19:52	0:18:38	0:18:49	0:18:52	0:18:58	0:19:19	0:19:45	0:20:20	0:21:12	0:20:01
5	559	DOYLE	MARK		MS	IRE	3:17:38	0:21:07	0:20:21	0:20:16	0:19:20	0:19:26	0:19:16	0:19:06	0:19:24	0:19:53	0:19:30
6	633	LOOBY	MAURICE	MULLINGAR HARRIERS	M40	IRE	3:18:44	0:20:41	0:19:36	0:19:12	0:19:25	0:19:31	0:19:34	0:20:00	0:19:59	0:20:22	0:20:25
7	622	KILMAS	THOMAS		M35	POL	3:24:44	0:21:16	0:20:43	0:20:00	0:19:52	0:19:59	0:20:41	0:20:26	0:20:40	0:20:21	0:20:43
8	598	HILL	JOHNATHAN	SLIGO AC	M40	IRE	3:28:38	0:21:59	0:20:24	0:19:45	0:19:42	0:20:01	0:20:09	0:20:44	0:21:32	0:22:02	0:22:20
9	626	LANIGAN	RAY	TRAMORE AC	M35	IRE	3:30:37	0:21:58	0:20:49	0:20:50	0:21:02	0:20:58	0:21:00	0:21:35	0:20:52	0:20:47	0:20:45
10	719	WALSH	COLM	MULLINGAR HARRIERS	M35	IRE	3:31:28	0:21:36	0:20:36	0:20:41	0:20:37	0:20:52	0:21:00	0:21:16	0:21:38	0:21:53	0:21:20
11	539	CONNON	STEPHEN	BROS PERARSE	M35	IRE	3:32:47	0:22:15	0:21:23	0:21:16	0:21:19	0:21:57	0:20:37	0:20:53	0:20:54	0:21:17	0:20:57
12	727	WOLFE	MARKE		M40	IRE	3:33:27	0:21:04	0:20:25	0:20:16	0:20:24	0:20:41	0:21:31	0:21:35	0:22:12	0:22:29	0:22:51
13	523	CAMPBELL	RORY		M40	IRE	3:33:57	0:20:24	0:19:15	0:19:40	0:20:12	0:20:49	0:21:18	0:21:52	0:22:46	0:23:49	0:25:31
14	578	GREANY	ANDREW	DBRC	M35	IRE	3:34:17	0:21:58	0:20:50	0:20:50	0:21:02	0:20:58	0:20:59	0:21:16	0:21:11	0:21:38	0:23:35
15	595	HIGGINS	ALASTIR	BOARDS	M40	IRE	3:35:33	0:21:13	0:20:21	0:20:28	0:20:18	0:20:30	0:20:57	0:21:26	0:22:40	0:23:18	0:24:22
16	708	SMITH	GARVIN	DONORE HARRIERS	M40	IRE	3:35:59	0:21:58	0:20:49	0:20:50	0:21:02	0:20:58	0:20:59	0:21:15	0:21:12	0:22:24	0:24:32
17	572	FOX	SEAN	DONORE HARRIERS	M35	IRE	3:38:28	0:21:58	0:20:50	0:20:50	0:21:04	0:20:57	0:20:59	0:21:15	0:21:12	0:22:14	0:24:10
18	562	DUFFY	GERRY	MULLINGAR HARRIERS	M35	IRE	3:39:26	0:22:00	0:20:47	0:20:51	0:21:04	0:20:57	0:21:01	0:21:27	0:22:52	0:23:57	0:24:31
19	542	COPE	GER	DBRC	M35	IRE	3:42:26	0:21:08	0:20:33	0:21:18	0:21:38	0:21:01	0:21:49	0:22:59	0:23:17	0:23:19	0:22:44
20	627	LAVERTY	MARY	NORTHEAST RUNNERS	F35	IRE	3:43:03	0:24:00	0:22:19	0:22:33	0:22:18	0:21:53	0:21:47	0:22:49	0:22:01	0:21:36	0:21:48
21	588	HARTNETT	RONAN	GALDA AC	M35	IRE	3:43:09	0:20:22	0:19:23	0:19:57	0:20:57	0:21:57	0:22:48	0:23:57	0:24:55	0:25:37	0:23:16
22	599	HOGAN	DENA	SLIEVE BUI ROVERS	FS	IRE	3:49:41	0:23:08	0:21:40	0:21:35	0:21:41	0:21:45	0:22:07	0:22:55	0:23:23	0:24:33	0:26:56
23	625	KISSANE	JOHN	UCC	M45	IRE	3:51:30	0:23:02	0:21:40	0:21:30	0:21:26	0:21:27	0:22:08	0:22:45	0:25:01	0:26:25	0:26:05
24	502	ANKERS	BRIAN	DBRC	MS	IRE	3:54:33	0:25:33	0:22:42	0:22:33	0:22:28	0:22:05	0:22:55	0:22:44	0:23:17	0:23:49	0:25:36
25	639	MAJEEED	THERESA		F40	USA	3:56:05	0:23:17	0:21:36	0:22:03	0:22:18	0:22:55	0:23:19	0:24:00	0:24:33	0:24:56	0:27:07
26	689	PLEITE	VILNIS	EAST GALWAY	M40	LAT	3:56:19	0:24:18	0:22:44	0:22:36	0:22:20	0:22:48	0:24:54	0:22:45	0:23:38	0:26:12	0:24:04
27	658	MCSHARRY	DAMIEN	SLIGO AC	M45	IRE	3:56:44	0:22:41	0:21:46	0:22:56	0:22:29	0:23:45	0:24:30	0:22:56	0:23:43	0:25:48	0:26:10
28	518	BUBENDORFER	THOMAS	STAR OF THE LUANE	M45	AUT	3:58:27	0:23:31	0:22:07	0:23:10	0:23:13	0:23:33	0:24:06	0:24:03	0:25:39	0:25:30	0:23:34
29	515	KITSON	BRIAN		MS	IRE	3:59:18	0:24:36	0:23:42	0:23:28	0:23:19	0:23:23	0:23:24	0:23:34	0:24:41	0:24:54	0:24:17
30	581	GUINNEE	DEN		MS	IRE	3:59:36	0:24:01	0:22:19	0:22:32	0:22:18	0:21:53	0:21:48	0:24:04	0:25:45	0:25:59	0:28:57
31	641	MCCARTHY	SHANE	ELTBIDGE	M40	IRE	4:02:49	0:23:00	0:22:24	0:22:38	0:22:44	0:23:41	0:23:47	0:24:16	0:25:14	0:27:07	0:27:59
32	538	CONNERY	ELIS	CATHFARNHAM AC	FS	IRE	4:04:54	0:23:54	0:22:49	0:22:45	0:23:20	0:23:42	0:24:18	0:25:12	0:25:28	0:25:44	0:27:51
33	526	CASSERLY	BARRY	dbrc	MS	IRE	4:05:06	0:21:36	0:21:12	0:21:57	0:22:45	0:24:38	0:27:50	0:28:25	0:26:37	0:26:56	0:23:10
34	687	O'SULLIVAN	MICHAEL	CARRICK AN SUIR AC	M40	IRE	4:05:10	0:25:08	0:23:13	0:23:20	0:24:05	0:24:15	0:24:28	0:25:04	0:25:09	0:25:27	0:24:58
35	541	CONSANI	DEBBIE	CENTURIAN ULTRA	F35	GBR	4:05:32	0:25:55	0:24:36	0:24:34	0:24:35	0:24:01	0:24:02	0:24:15	0:24:28	0:24:50	0:24:17
36	579	GREENE	COLMAN	CLARE RIVER HARRIERS	M50	IRE	4:05:34										
37	673	O'DONAGHUE	EDDY	CLONMEL	M35	IRE	4:06:39	0:25:49	0:24:42	0:24:33	0:24:34	0:24:43	0:25:02	0:25:19	0:25:21	0:25:22	0:23:13
38	608	KEARNEY	OLIVER	DONADEA RC	M40	IRE	4:07:33	0:25:51	0:24:46	0:24:16	0:24:33	0:24:15	0:24:25	0:24:28	0:24:29	0:25:00	0:25:31
39	608	KEARNEY	CHARLOTTE	DONADEA RC	F35	IRE	4:07:38	0:25:51	0:24:45	0:23:59	0:24:50	0:24:15	0:24:17	0:24:37	0:24:31	0:24:57	0:25:36
40	586	HARRIS	CARL	DBRC	M40	IRE	4:08:06	0:23:12	0:22:53	0:22:58	0:23:38	0:24:16	0:24:28	0:25:41	0:26:05	0:27:02	0:27:54
41	546	CURRAN	JOANNE	B.A.R.F	F45	IRE	4:08:18	0:25:56	0:24:22	0:24:30	0:24:28	0:24:34	0:24:18	0:24:48	0:25:08	0:25:12	0:24:58
42	698	RONGE	MICHAEL		M35	IRE	4:08:43	0:26:07	0:23:39	0:23:52	0:23:38	0:23:50	0:24:38	0:24:59	0:25:39	0:26:05	0:26:16
43	509	BOLAND	DEREK	JSP	MS	IRE	4:09:19	0:25:49	0:24:10	0:23:38	0:23:45	0:24:25	0:24:26	0:25:18	0:26:42	0:26:03	0:25:03
44	715	VALA	DEEPAK	MC	M35	IRE	4:10:07	0:26:41	0:24:20	0:24:32	0:24:28	0:24:33	0:24:55	0:24:49	0:25:31	0:25:32	0:24:48
45	711	THORTON	BARRY	SLI CUALAINN	M35	IRE	4:11:07	0:24:37	0:23:41	0:23:29	0:23:18	0:23:23	0:23:24	0:23:34	0:25:33	0:28:23	0:31:44
46	577	GORSKI	ALAN	TRAILHEADS	MS	IRE	4:11:39	0:26:42	0:24:19	0:24:22	0:24:26	0:24:32	0:24:42	0:24:56	0:25:46	0:26:13	0:25:42
47	651	MCLEAN	NIALL		M35	IRE	4:12:10	0:28:44	0:25:37	0:25:09	0:24:54	0:24:48	0:24:58	0:24:08	0:24:57	0:24:40	0:24:14
48	583	HANNON	LAURENCE	trailrunner		IRE	4:13:50	0:26:12	0:24:58	0:24:08	0:24:18	0:24:45	0:23:46	0:25:13	0:26:23	0:27:09	0:26:59
49	564	DUNNE	CIARAN		M35	IRE	4:14:37	0:27:30	0:25:15	0:25:18	0:25:41	0:25:07	0:25:19	0:25:34	0:25:25	0:25:10	0:24:19
50	635	MAAG	THOMAS	3D TRI	M40	IRE	4:14:37	0:28:51	0:26:09	0:26:09	0:25:50	0:26:11	0:24:45	0:24:40	0:24:26	0:23:58	0:23:36
51	675	O'DONOHUE	DAVID	JSP	M40	IRE	4:15:02	0:25:27	0:23:39	0:23:32	0:23:29	0:23:58	0:25:17	0:25:49	0:26:52	0:27:41	0:29:21
52	553	DIXON	GREG	DULEEK RC	M40	IRE	4:15:14	0:25:46	0:23:59	0:23:52	0:23:51	0:24:16	0:24:49	0:25:54	0:26:44	0:28:27	0:27:37
53	644	MCGUINNESS	ANDREA	TRI AN MHI	F40	IRE	4:15:33	0:25:46	0:23:59	0:23:52	0:23:52	0:24:15	0:24:49	0:25:53	0:26:45	0:28:27	0:27:54
54	544	CULLEN	RAY		M35	IRE	4:15:37	0:25:49	0:24:42	0:25:04	0:25:36	0:25:29	0:24:59	0:25:32	0:26:20	0:26:22	0:25:44
55	618	KELLY	KATE	WEXFORD TRI	F40	IRE	4:15:46	0:27:23	0:25:16	0:25:18	0:25:08	0:25:04	0:25:03	0:25:12	0:25:38	0:25:50	0:25:53
56	531	CLARKE	KAREN	BROS PEARSE	F40	IRE	4:15:59	0:27:02	0:25:04	0:25:22	0:25:23	0:25:26	0:25:26	0:25:22	0:25:53	0:26:45	0:25:18
57	501	MAHONEY	DAVE	DBRC	M45	IRE	4:16:01	0:26:50	0:24:34	0:24:53	0:24:50	0:24:48	0:26:02	0:25:13	0:25:54	0:26:12	0:26:45
58	534	CLIFFORD	MARK	MC	M35	IRE	4:17:22	0:27:02	0:25:27	0:24:38	0:24:10	0:25:26	0:25:56	0:25:03	0:25:29	0:27:45	0:26:25
59	549	HOLDEN	BILLY	GOWRAN	M35	IRE	4:18:02	0:22:37	0:22:05	0:22:52	0:23:39	0:24:24	0:25:11	0:28:57	0:28:21	0:31:47	0:28:09
60	662	MOORE	JASON	3RD TRI	M40	IRE	4:19:00	0:27:16	0:25:31	0:25:27	0:25:36	0:25:37	0:25:31	0:25:37	0:25:39	0:26:13	0:26:33
61	716	VINES	LIAM	trailrunner	M	IRE	4:19:22	0:27:10	0:24:48	0:24:26	0:25:32	0:25:11	0:24:46	0:27:06	0:25:54	0:26:37	0:25:53
62	658	MELIA	MARK	TRIM AC	MS	IRE	4:19:44	0:25:47	0:24:49	0:24:27	0:24:25	0:25:54	0:25:55	0:25:57	0:25:56	0:27:06	0:29:27
63	724	WELDON	BERNARD	ST MICHAELS AC	M45	IRE	4:20:24	0:25:57	0:24:32	0:24:59	0:25:40	0:25:38	0:26:00	0:27:07	0:25:49	0:27:26	0:27:17
64	704	SHEERIN	OLIVIA	ST MICHAELS	F45	IRE	4:20:24	0:25:58	0:24:32	0:24:58	0:25:41	0:25:39	0:25:58	0:27:07	0:25:49	0:27:26	0:27:16
65	565	EGAN	DONAL		MS	IRE	4:20:47	0:28:43	0:25:37	0:25:24	0:24:40	0:24:47	0:24:39	0:23:05	0:24:12	0:28:14	0:31:24
66	645	MCGURRELL	PAUL	JSP	M35	IRE	4:21:11	0:27:10	0:25:19	0:24:39	0:24:38						

110	516	BROWNE	JAMES	DONADEA RC	M40	IRE	4:48:24	0:27:27	0:26:17	0:26:43	0:26:58	0:27:12	0:28:13	0:31:33	0:32:16	0:31:02	0:30:43
111	517	BROWNE	DERMOT	CLANE AC	M40	IRE	4:49:06	0:29:46	0:27:12	0:27:40	0:27:02	0:27:36	0:28:06	0:28:35	0:30:38	0:31:25	0:31:05
112	582	HANNON	DON	Donadea rc		IRE	4:49:22	0:31:03	0:29:19	0:28:59	0:29:33	0:30:05	0:30:10	0:31:19	0:29:30	0:20:30	0:28:54
113	575	GLAVIN	VALERIE	ATHENRY	F40	IRE	4:50:41	0:29:51	0:26:59	0:26:20	0:26:17	0:27:35	0:28:44	0:30:04	0:32:23	0:32:34	0:29:54
114	680	OLWIL	MAURICE	MCI	M45	IRE	4:50:57	0:29:47	0:28:52	0:27:24	0:27:26	0:27:17	0:27:39	0:28:54	0:28:41	0:36:45	0:28:13
115	529	CHAPMAN	MARIE	MCI	F45	IRE	4:50:58	0:31:10	0:29:11	0:28:58	0:29:34	0:29:34	0:29:19	0:29:31	0:28:45	0:27:58	0:26:57
116	504	BARRY	JOHN	DSD	M45	IRE	4:51:45	0:31:12	0:29:13	0:29:23	0:29:06	0:29:37	0:29:10	0:28:37	0:29:29	0:28:13	0:27:45
117	684	O'NEILL	KEITH	JSP	Ms	IRE	4:51:50	0:30:30	0:28:16	0:27:58	0:28:18	0:28:34	0:28:46	0:28:21	0:28:44	0:29:21	0:33:03
118	605	KANE	SINEAD	leevale		IRE	4:52:25	0:28:45	0:26:24	0:27:44	0:28:08	0:29:05	0:29:10	0:29:22	0:30:47	0:31:46	0:31:14
119	685	O'REGAN	JOHN	LECHEILE	M45	IRE	4:52:29	0:28:45	0:26:24	0:27:44	0:28:08	0:29:05	0:29:10	0:29:22	0:30:47	0:31:45	0:31:19
120	628	LAWLOR	FINTAN	TRAILHEADS	M50	IRE	4:53:07	0:28:23	0:26:01	0:27:20	0:27:20	0:29:00	0:29:50	0:30:57	0:31:58	0:32:44	0:29:33
121	714	UNDERWOOD	ALISON	Lc hill runner	F35	IRE	4:53:35	0:29:48	0:28:10	0:28:23	0:28:22	0:28:40	0:29:53	0:30:10	0:30:20	0:30:29	0:29:20
122	692	QUINN	PADDY	jsp	M35	IRE	4:53:53	0:27:13	0:24:45	0:24:52	0:26:24	0:27:57	0:30:08	0:33:03	0:34:05	0:31:56	0:33:31
123	543	MCGARRITY	EMMET		MS	IRE	4:53:57	0:28:36	0:26:24	0:27:47	0:27:02	0:28:40	0:28:30	0:30:30	0:29:05	0:32:37	0:34:46
124	589	HARVEY	DAVID		ms	IRE	4:53:57	0:28:37	0:26:23	0:27:46	0:27:02	0:28:41	0:28:30	0:32:27	0:31:40	0:31:54	0:30:58
125	722	WARD	NOEL	jsp	M40	IRE	4:54:31	0:28:30	0:25:56	0:26:17	0:27:09	0:28:30	0:29:39	0:31:13	0:31:48	0:33:04	0:32:24
126	690	PUCHON	RAJ	JSP	M40	IRE	4:54:31	0:27:31	0:24:15	0:24:27	0:24:48	0:26:05	0:26:37	0:32:06	0:35:55	0:38:09	0:34:37
127	532	CLEAVER	JOHN		M40	IRE	4:54:33	0:29:22	0:26:57	0:26:46	0:26:56	0:27:23	0:27:49	0:29:45	0:30:55	0:34:28	0:34:11
128	672	ODALY	GARY	DBRC	MS	IRE	4:55:47	0:29:52		0:55:15	0:27:35	0:28:19	0:29:03	0:30:18	0:31:41	0:32:18	0:31:26
129	617	KELLY	FIONA	BALLINAAC	FS	IRE	4:56:21	0:31:12	0:29:17	0:29:21	0:29:13	0:29:31	0:29:17	0:29:27	0:29:23	0:30:00	0:29:41
130	652	MCMAHON	MICHAEL	MCI	M40	IRE	4:56:29	0:28:43	0:26:29	0:27:23	0:27:12	0:28:03	0:29:03	0:30:46	0:32:31	0:34:01	0:32:18
131	557	DOWD	BRENDAN	Donadea rc	M35	IRE	4:57:21	0:27:27	0:25:32	0:25:24	0:26:04	0:27:24	0:28:21	0:29:16	0:35:31	0:38:42	0:33:40
132	720	WALSH	SEAN		M40	IRE	4:58:34	0:29:47	0:27:12	0:27:14	0:27:27	0:27:39	0:27:48	0:28:51	0:30:00	0:33:44	0:38:52
133	525	CASSIN	RAY	DULEEK DISTRICT	M40	IRE	4:58:56	0:31:13	0:29:10	0:28:58	0:29:42	0:29:57	0:29:46	0:30:54	0:30:45	0:30:35	0:27:56
134	614	KELLEHER	JEREMY	WEST MUSKERRY	M35	IRE	4:59:06	0:30:32	0:28:12	0:27:00	0:26:03	0:26:49	0:27:31	0:31:23	0:31:27	0:36:48	0:33:21
135	519	BUTLER	ANGIE	LECHEILE	F40	IRE	4:59:33	0:29:54	0:28:26	0:28:55	0:28:17	0:28:00	0:30:11	0:29:55	0:30:46	0:31:48	0:33:20
136	576	GALVIN	CATHERINE	DUNLAOGHAIRE PIER RUNNERS	F35	IRE	5:00:10	0:29:27	0:27:18	0:28:45	0:28:54	0:29:09	0:32:34	0:30:51	0:31:59	0:31:23	0:29:49