

Place	Number	Surname	Name	Sex	Start	Lap 1	Lap 2	Lap 3	Lap 4	Lap 5	Lap 6	Lap 7	Lap 8	Finish
1	1379	Mc manus	Francis	M		0:25:49	0:21:39	0:21:52	0:22:46	0:22:42	0:23:37	0:24:29	0:24:37	3:07:31
2	1337	Dermody	Stephen	M		0:26:15	0:21:56	0:22:37	0:23:24	0:24:31	0:25:57	0:26:55	0:27:20	3:18:55
3	1395	O'Mahony	Brendan	M		0:27:57	0:23:57	0:23:58	0:24:27	0:26:57	0:24:49	0:24:37	0:24:30	3:21:12
4	1347	Fagan	Seamus	M		0:29:16	0:25:27	0:25:34	0:24:58	0:24:40	0:25:14	0:26:19	0:27:41	3:29:10
5	1323	Brennan	Daniel	M		0:29:28	0:24:42	0:24:46	0:25:33	0:26:20	0:26:35	0:26:09	0:26:02	3:29:35
6	1345	Eannetta	Damian	M		0:29:29	0:24:59	0:25:07	0:25:36	0:26:28	0:26:03	0:26:24	0:26:34	3:30:40
7	1372	Kiernan	Joseph	M		0:29:35	0:25:05	0:25:05	0:25:28	0:26:36	0:27:03	0:27:50	0:26:35	3:33:18
8	1350	Flanagan	Tracy	F		0:29:56	0:24:44	0:25:53	0:26:10	0:26:51	0:27:06	0:27:29	0:27:48	3:35:57
9	1404	Smith	Ben	M		0:31:15	0:26:14	0:26:36	0:26:50	0:26:54	0:27:23	0:28:01	0:27:22	3:40:35
10	1385	McDonagh	John	M		0:31:29	0:25:37	0:25:48	0:26:15	0:26:02	0:27:39	0:29:09	0:29:03	3:41:03
11	1336	Corbett	Robert	M		0:32:29	0:26:56	0:27:09	0:27:02	0:27:24	0:28:36	0:30:28	0:21:07	3:41:11
12	1356	Gorman	Katie	F	Early	0:32:23	0:27:36	0:27:41	0:27:23	0:26:59	0:26:48	0:26:31	0:26:42	3:42:04
13	1359	Greene	Colman	M	Early	0:29:41	0:25:12	0:25:37	0:17:14	0:34:40	0:32:18	0:30:27	0:31:32	3:46:41
14	1357	Gorman	Brian	M	Early	0:32:25	0:27:35	0:27:41	0:27:24	0:27:22	0:27:53	0:28:32	0:29:56	3:48:50
15	1419	Crowley	Tim	M		0:33:35	0:27:46	0:28:15	0:27:24	0:27:30	0:27:38	0:29:05	0:30:05	3:51:16
16	1416	Mc Cormack	Dermot	M		0:30:42	0:25:17	0:26:40	0:26:30	0:28:30	0:29:16	0:34:32	0:31:52	3:53:19
17	1406	tiernan	david	M	Early	0:32:06	0:27:53	0:27:05	0:18:18	0:36:14	0:30:18	0:30:15	0:32:20	3:54:29
18	1342	Donohue	Ger	M		0:36:19	0:31:31	0:25:30	0:24:57	0:25:19	0:29:13	0:33:05	0:29:25	3:55:18
19	1382	Mccann	Jill	F		0:31:04	0:26:41	0:27:49	0:27:47	0:28:51	0:30:00	0:33:20	0:30:07	3:55:37
20	1411	Warnke	Mirko	M		0:33:41	0:28:00	0:30:10	0:28:08	0:28:19	0:28:52	0:29:58	0:29:35	3:56:42
21	1396	Pender	Rock	M		0:33:22	0:27:57	0:27:23	0:27:21	0:29:50	0:28:24	0:32:19	0:31:28	3:58:06
22	1418	Winters	Eugene	M	Early	0:23:00	0:28:07	0:27:31	0:27:57	0:37:30	0:30:03	0:31:05	0:32:57	3:58:10
23	1368	Kavanagh	Colm	M		0:33:06	0:26:48	0:27:14	0:28:29	0:30:01	0:31:37	0:32:11	0:29:33	3:58:58
24	1355	Gordon	Nicholas	M		0:33:23	0:27:57	0:27:23	0:27:22	0:29:51	0:28:28	0:32:13	0:33:03	3:59:40
25	1402	Sheridan	Aiden	M		0:30:42	0:25:15	0:26:40	0:23:48	0:43:26	0:31:29	0:30:29	0:28:00	3:59:49
26	1422	Fitzpatrick	Adrian	M		0:31:56	0:26:24	0:26:40	0:26:33	0:27:13	0:32:22	0:34:06	0:36:29	4:01:43
27	1408	Walsh	Paul	M		0:33:59	0:28:16	0:28:21	0:28:51	0:28:05	0:28:29	0:31:11	0:35:52	4:03:03
28	1324	Brett	Ann	F		0:33:15	0:28:04	0:29:42	0:28:54	0:30:53	0:30:31	0:31:05	0:31:05	4:03:28
29	1343	Doran	Eddie	M		0:34:53	0:28:19	0:28:49	0:30:02	0:29:57	0:29:57	0:31:31	0:30:58	4:04:28
30	1349	Finarelli	John	M		0:34:14	0:28:22	0:28:52	0:28:45	0:29:15	0:29:22	0:32:16	0:34:19	4:05:26
31	1338	Dillon	Laura	F		0:33:16	0:28:03	0:28:22	0:28:56	0:30:23	0:32:25	0:32:01	0:32:35	4:06:02
32	1375	Marrocco	Angelo	M		0:33:15	0:28:03	0:27:13	0:27:35	0:27:43	0:29:50	0:35:08	0:37:19	4:06:05
33	1329	Byrne	Una	F		0:33:14	0:28:04	0:29:43	0:28:54	0:30:30	0:31:39	0:33:23	0:33:02	4:08:28
34	1378	Mc manus	John	M		0:32:07	0:25:06	0:27:12	0:32:04	0:33:24	0:31:33	0:34:12	0:33:32	4:09:10
35	1413	Mooney	Edel	F		0:35:35	0:32:06	0:29:39	0:30:10	0:30:46	0:31:46	0:31:29	0:29:25	4:10:56
36	1409	Walshe	Declan	M		0:32:07	0:27:09	0:27:15	0:26:58	0:28:10	0:32:00	0:37:26	0:40:07	4:11:12
37	1390	Murray	Ronan	M		0:32:46	0:27:13	0:27:06	0:29:29	0:32:32	0:32:51	0:35:11	0:34:17	4:11:26
38	1397	Quilter	Catriona	F		0:31:32	0:26:41	0:29:31	0:29:30	0:32:40	0:32:23	0:36:38	0:33:18	4:12:12
39	1369	Kelly	Philip	M		0:33:16	0:28:03	0:28:21	0:28:56	0:31:34	0:34:06	0:35:08	0:32:57	4:12:22
40	1405	Smith	Liam	M		0:33:30	0:28:00	0:28:17	0:28:50	0:30:03	0:32:26	0:37:09	0:35:03	4:13:19
41	1360	Harney	Alan	M		0:32:54	0:28:21	0:28:42	0:28:40	0:29:53	0:33:26	0:37:16	0:35:12	4:14:24
42	1410	Ward	Michael	M		0:34:10	0:28:23	0:28:46	0:28:54	0:29:18	0:32:35	0:37:19	0:34:59	4:14:26
43	1331	Cheevers	Paul	M		0:33:59	0:28:15	0:28:22	0:28:50	0:31:34	0:32:03	0:36:48	0:34:51	4:14:42
44	1361	Hayes	Philip	M		0:31:57	0:26:23	0:26:40	0:26:33	0:27:14	0:32:53	0:41:17	0:41:46	4:14:43
45	1414	Gilmartin	Fionnuala	F		0:34:37	0:27:37	0:29:37	0:31:22	0:32:33	0:33:36	0:32:46	0:32:35	4:14:44
46	1389	Murphy	Bregeen	F		0:33:14	0:28:03	0:29:50	0:29:58	0:33:24	0:33:49	0:33:43	0:33:36	4:15:38
47	1401	Scott	Deirdre	F		0:33:14	0:28:04	0:29:49	0:29:59	0:33:25	0:33:51	0:33:41	0:33:36	4:15:39
48	1333	Clarke	Chris	M		0:34:10	0:29:52	0:30:53	0:31:53	0:32:59	0:33:38	0:35:14	0:32:58	4:21:36
49	1398	Ross Innes	Angela	F	Early	0:38:13	0:32:15	0:32:41	0:32:23	0:32:05	0:32:35	0:31:44	0:31:27	4:23:23
50	1386	McSorley	Neil	M	Early	0:38:52	0:31:59	0:22:06	0:43:31	0:34:07	0:35:01	0:24:23	0:36:37	4:26:35
51	1366	Heraty	Gerard	M	Early	0:37:46	0:31:52	0:31:57	0:32:08	0:34:11	0:34:34	0:35:37	0:31:32	4:29:37
52	1330	Catney	Roisin	F		0:36:29	0:31:41	0:33:01	0:31:14	0:31:52	0:32:36	0:35:47	0:37:31	4:30:12
53	1383	McCavera	Paul	M		0:32:58	0:28:13	0:28:41	0:30:14	0:36:16	0:39:49	0:38:37	0:36:23	4:31:13
54	1321	Alford	Keith	M		0:34:03	0:29:17	0:29:41	0:29:58	0:33:21	0:36:51	0:42:36	0:36:59	4:32:46
55	1423	O'Connor	Jerry	M		0:33:15	0:28:41	0:28:18	0:29:51	0:33:24	0:37:08	0:40:32	0:42:29	4:33:37
56	1399	Ryan	Maighread	F		0:36:18	0:31:23	0:31:46	0:32:07	0:35:23	0:34:47	0:37:14	0:37:04	4:36:01
57	1403	Skowron	Katarzyna	F		0:32:21	0:28:56	0:29:31	0:32:42	0:33:34	0:36:44	0:39:35	0:43:47	4:37:09
58	1412	Mc Manus	John	M		0:32:23	0:28:51	0:29:34	0:32:42	0:33:37	0:36:43	0:39:33	0:43:47	4:37:10
59	1376	Matthews	Shona	F	Early	0:33:57	0:29:31	0:30:50	0:32:42	0:36:33	0:37:12	0:38:17	0:38:46	4:37:47
60	1352	Foley	Lucy	F	Early	0:37:46	0:33:26	0:33:48	0:34:40	0:34:49	0:35:41	0:35:30	0:34:33	4:40:12
61	1380	Mc murdie	Ronnie	M	Early	0:34:32	0:28:41	0:20:06	0:30:37	0:44:02	0:39:11	0:43:58	0:39:32	4:40:38
62	1364	Hegarty	Sinead	F	Early	0:39:25	0:33:16	0:33:21	0:34:24	0:33:59	0:34:58	0:35:42	0:35:48	4:40:54
63	1322	Bracken	Sinead	F	Early	0:39:25	0:33:17	0:33:22	0:34:23	0:33:59	0:34:58	0:35:42	0:35:50	4:40:56
64	1327	Burke	Rachel	F	Early	0:38:54	0:33:03	0:33:20	0:33:41	0:33:37	0:35:42	0:36:56	0:36:39	4:41:53
65	1328	Byrne	Alison	F	Early	0:37:29	0:31:19	0:31:59	0:32:33	0:34:22	0:37:03	0:38:58	0:39:13	4:42:56
66	1387	Muldoon	Grainne	F		0:34:37	0:31:15	0:31:31	0:33:10	0:35:11	0:38:15	0:42:18	0:37:49	4:44:05
67	1393	O sullivan	Maria	F		0:38:15	0:31:44	0:32:29	0:33:52	0:35:09	0:36:44	0:37:33	0:38:20	4:44:06
68	1362	Healy	Johnny	M	Early	0:37:25	0:31:21	0:31:56	0:32:32	0:36:01	0:37:49	0:40:55	0:41:44	4:49:44
69	1335	Clarke	Linda	F		0:35:23	0:31:29	0:34:47	0:38:24	0:38:24	0:38:05	0:38:16	0:35:33	4:50:21
70	1339	Dixon	Una	F	Early	0:39:57	0:34:48	0:34:05	0:34:11	0:35:01	0:37:38	0:37:58	0:39:12	4:52:49
71	1370	Kelly	Kevin	M	Early	0:52:09	0:24:58	0:12:29	0:24:17	0:47:29	0:40:47	0:46:41	0:45:03	4:53:53
72	1358	Gough	Terri	F	Early	0:43:41	0:38:22	0:39:13	0:42:45	0:29:11	0:13:39	0:43:53	0:45:39	4:56:22
73	1371	Kenny	Mags	F	Early	0:38:22	0:32:04	0:32:38	0:36:33	0:39:27	0:42:10	0:42:15	0:34:02	4:57:31

74	1415	Joyce	Patrick	M	Early	0:38:23	0:33:47	0:33:56	0:34:22	0:34:21	0:37:59	0:42:07	0:44:55	4:59:50
75	1421	Grimes	Theresa	F	Early	0:39:48	0:32:29	0:33:51	0:40:27	0:39:56	0:40:38	0:39:50	0:37:46	5:04:46
76	1346	Egan	Therese	F	Early	0:38:23	0:33:46	0:39:12	0:34:44	0:38:29	0:38:07	0:45:51	0:37:26	5:05:56
77	1341	Dolan	Deirdre	F	Early	0:38:23	0:33:47	0:39:11	0:34:44	0:38:29	0:38:06	0:45:51	0:37:26	5:05:57
78	1420	Kelly	Ann	F	Early	0:38:20	0:32:04	0:32:37	0:36:35	0:37:00	0:39:11	0:50:27	0:40:22	5:06:37
79	1417	Rodgers	Bernie	F		0:37:28	0:32:06	0:35:11	0:36:18	0:38:00	0:41:52	0:46:42	0:47:12	5:14:48
80	1326	Burke	Tommy	M	Early	0:39:25	0:33:17	0:33:24	0:34:22	0:44:04	0:40:30	0:48:29	0:43:07	5:16:38
81	1344	Duffy	Eddie	M	Early	0:44:35	0:37:52	0:35:28	0:37:15	0:39:37	0:39:47	0:41:34	0:40:39	5:16:47
82	1381	Mcavoy	Philip	M	Early	0:39:49	0:35:28	0:37:26	0:38:03	0:39:00	0:42:33	0:44:55	0:44:21	5:21:35
83	1353	Foley	Ciara	F	Early	0:38:51	0:39:20	0:41:41	0:37:45	0:40:44	0:52:08	0:49:47	0:40:34	5:40:51
84	1392	O Connell	Brian	M	Early	0:52:08	0:37:28	0:35:05	0:36:38	0:40:44	0:46:47	0:45:03	0:51:57	5:45:50
85	1348	Fay	Gerard	M	Early	0:42:07	0:38:47	0:39:37	0:43:19	0:44:17	0:45:41	0:50:08	0:48:11	5:52:05
86	1407	Unland	Stefanie	F	Early	0:46:32	0:46:15	0:42:49	0:46:33	0:39:18	0:39:38	0:50:23	0:42:39	5:54:07
87	1384	McCormack	Tara	F	Early	0:50:44	0:41:02	0:41:06	0:42:50	0:43:52	0:46:17	0:48:03	0:46:27	6:00:23
88	1325	Brown	Francis	M	Early	0:43:49	0:44:18	0:44:26	0:46:10	0:48:18	0:48:36	0:47:29	0:49:11	6:12:17
89	1374	Madden	Carol	F	Early	0:52:59	0:45:19	0:45:55	0:45:38	0:46:01	0:47:03	0:46:50	0:46:01	6:15:45
	1334	Clarke	Laurence	M		0:33:12	0:27:42	0:27:37	0:27:39	0:33:34	0:34:01	0:52:58		No Time
	1424	Corbett	Jack	M		0:32:30	0:27:27	0:28:03						No Time
	1332	Clare	Rosaleen	F		0:34:10	0:28:31	0:29:14	0:29:21	0:30:32	0:33:00	0:34:59		No Time
	1328	Byrne	Alison	F		0:30:26	0:33:09	0:37:41	0:28:04	0:50:09				No Time
	1391	Myadam	Srikanth	M		0:42:54	0:41:10	0:50:58	1:04:39	1:04:26				DNF