

Olympic Cross Country, Glenorchy

Race Analysis

Rank	Plate	Name		Lap 1	Lap 2	Lap 3	Lap 4	Lap 5	Lap 6	Lap 7	
Elite Male											
1	2	McConnell, Daniel	2:05:11.4	23.48k/h 18:02.2	7 1.6	17:41.6 2 (5) 3.5	17:42.6 2 (0) 3.8	17:11.7 1 (1) 1(2)	17:47.9 1 (0) 1(0)	18:07.6 2 (-1) 5.4	18:37.8 4 (-2) 9.2
				23.29 +48.1		35:43.8 3(4) 0.7	53:26.4 3(0) 1.0	1:10:38.1 24.43	1:28:26.0 23.60	1:46:33.6 23.17	2:05:11.4 1(0)
2	10	Jackson, Adrian	1:31.5 2:06:42.9 +1:31.5	23.20k/h 18:00.6	6 2.5	18:07.1 6= (0) 0.0	17:53.4 3 (3) 10.8	17:51.6 3 (0) 4(3)	18:19.4 2 (1) 31.5	18:02.2 1 (1) 1(0)	18:28.6 3 (-2) 4.6
				98.80k/h 23.32		36:07.7 8(-2) 6.0	54:01.1 7(1) 1.1	1:11:52.7 23.52	1:30:12.1 22.92	1:48:14.3 23.29	2:06:42.9 2(0) 1:31.5
				+46.5		+55.7	+42.4	+1:14.6	+1:46.1	+1:40.7	+1:31.5
3	20	Mather, Ben	45.3 2:07:28.2 +2:16.8	23.06k/h 18:08.5	9 5.1	17:38.1 1 (8) 5(4)	17:38.8 1 (0) 2(3)	17:41.7 2 (-1) 2(0)	18:38.6 5 (-3) 7.1	18:58.9 6 (-1) 1.3	18:43.6 6 (0) 0.5
				98.21k/h 23.15		35:46.6 5(4) 2.2	53:25.4 2(3) 6.7	1:11:07.1 23.74	1:29:45.7 22.53	1:48:44.6 22.13	2:07:28.2 3(0) 45.3
				+54.4		+34.6	+6.7	+29.0	+1:19.7	+2:11.0	+2:16.8
4	3	Norris, Lachlan	47.4 2:08:15.6 +3:04.2	22.92k/h 17:57.8	4 5.3	17:57.6 4 (0) 11.3	18:04.6 5 (-1) 1.0	18:21.0 5 (0) 6(0)	18:23.2 3 (2) 3.8	18:48.3 4 (-1) 23.1	18:43.1 5 (-1) 5.3
				97.61k/h 23.38		35:55.4 6(-2) 8.8	54:00.0 6(0) 10.0	1:12:21.0 22.89	1:30:44.2 22.84	1:49:32.5 22.33	2:08:15.6 4(0) 47.4
				+43.7		+43.4	+41.3	+1:42.9	+2:18.2	+2:58.9	+3:04.2
5	5	Cooper, Dylan	8.4 2:08:24.0 +3:12.6	22.90k/h 17:52.5	3 16.5	18:09.2 8 (-5) 2.1	18:34.1 8 (0) 27.4	18:42.4 7 (1) 8(0)	18:31.5 4 (3) 8.3	18:25.2 3 (1) 17.6	18:09.1 1 (2) 1(2)
				97.50k/h 23.50		36:01.7 7(-4) 6.3	54:35.8 8(-1) 34.7	1:13:18.2 22.45	1:31:49.7 22.80	1:50:14.9 22.80	2:08:24.0 5(1) 8.4
				+38.4		+49.7	+1:17.1	+2:40.1	+3:23.7	+3:41.3	+3:12.6
6	4	Henderson, Ben	1:02.5 2:09:26.5 +4:15.1	22.71k/h 17:36.0	2 21.9	18:07.1 6= (-4) 9.2	18:03.6 4 (2) 10.2	18:33.5 6 (-2) 5(-1)	18:45.8 6 (0) 7.2	19:08.5 8 (-2) 3.1	19:12.0 8 (0) 18.2
				96.72k/h 23.86		35:43.1 2(0) 31.1	53:46.7 4(-2) 20.3	1:12:20.2 22.63	1:31:06.0 22.38	1:50:14.5 21.94	2:09:26.5 6(-1) 1:02.5
				+21.9		+31.1	+28.0	+1:42.1	+2:40.0	+3:40.9	+4:15.1
7	6	Blair, Andrew	15.5 2:09:42.0 +4:30.6	22.67k/h 17:58.1	5 0.3	17:46.3 3 (2) 4.7	18:05.6 6 (-3) 1.0	18:54.4 5(-1) 3.3	18:58.4 9 (-3) 7(-2)	19:05.4 7 (2) 6.5	18:53.8 7 (0) 10.2
				96.52k/h 23.37		35:44.4 4(1) 0.6	53:50.0 5(-1) 3.3	1:12:44.4 22.21	1:31:42.8 22.14	1:50:48.2 22.23	2:09:42.0 7(0) 15.5
				+44.0		+32.4	+31.3	+2:06.3	+3:16.8	+4:14.6	+4:30.6
8	14	Carlson, Joshua	15.5 2:09:57.5 +4:46.1	22.62k/h 18:03.4	8 1.2	18:13.0 10 (-2) 0.7	18:36.6 9 (1) 2.5	18:48.4 8 (1) 9(0)	18:54.5 8 (0) 0.7	18:57.6 5 (3) 9.3	18:24.0 2 (3) 14.9
				96.33k/h 23.26		36:16.4 9(-1) 8.7	54:53.0 9(0) 17.2	1:13:41.4 22.33	1:32:35.9 22.21	1:51:33.5 22.15	2:09:57.5 9(0) 15.5
				+49.3		+1:04.4	+1:34.3	+3:03.3	+4:09.9	+4:59.9	+4:46.1
9	11	Lefmann, Aiden	3:06.8 2:13:04.3 +7:52.9	22.09k/h 17:14.1	1	17:57.9 5 (-4) 0.3	18:06.7 7 (-2) 1.1	17:55.8 4 (3) 3(-2)	18:53.8 7 (-3) 8.0	21:06.1 13 (-6) 19.9	21:49.9 17 (-4) 3.2
				94.08k/h 24.37		35:12.0 1(0)	53:18.7 1(0)	1:11:14.5 23.42	1:30:08.3 22.23	1:51:14.4 19.90	2:13:04.3 8(-5) 26.2
				+49.3		+1:04.4	+1:34.3	+3:03.3	+4:09.9	+4:59.9	+4:46.1
10	18	Von Hoff, Steele	41.7 2:13:46.0 +8:34.6	21.98k/h 18:18.1	11 1.8	18:12.3 9 (2) 3.1	18:45.6 10 (-1) 9.0	19:09.7 10 (0) 10(0)	20:17.5 13 (-3) 17.9	19:36.6 9 (4) 28.1	19:26.2 9 (0) 14.2
				93.59k/h 22.95		36:30.4 10(1) 14.0	55:16.0 10(0) 23.0	1:14:25.7 21.92	1:34:43.2 20.70	1:54:19.8 21.42	2:13:46.0 10(0) 41.7
				+1:04.0		+1:18.4	+1:57.3	+3:47.6	+6:17.2	+7:46.2	+8:34.6
11	16	Lewis, Shaun	3:40.3 2:17:26.3 +12:14.9	21.39k/h 18:16.3	10 7.8	19:10.3 12 (-2) 27.9	19:24.0 12 (0) 9.9	19:33.0 12 (0) 12(0)	19:45.2 11 (1) 8.6	20:33.5 11 (0) 30.4	20:44.0 11 (0) 9.0
				91.09k/h 22.99		37:26.6 12(-2) 25.1	56:50.6 12(0) 35.0	1:16:23.6 21.48	1:36:08.8 21.26	1:56:42.3 20.43	2:17:26.3 11(0) 3:40.3
				+1:02.2		+2:14.6	+3:31.9	+5:45.5	+7:42.8	+10:08.7	+12:14.9
12	19	Both, Nick	1:09.9 2:18:36.2 +13:24.8	21.21k/h 18:19.1	12 1.0	18:42.4 11 (1) 29.4	19:14.1 11 (0) 28.5	19:12.4 11 (0) 11(0)	19:36.6 10 (1) 38.2	21:44.9 16 (-6) 18.7	21:46.7 16 (0) 14.7
				90.32k/h 22.93		37:01.5 11(1) 31.1	56:15.6 11(0) 59.6	1:15:28.0 21.87	1:35:04.6 21.42	1:56:49.5 19.31	2:18:36.2 12(-1) 7.2
				+1:05.0		+1:49.5	+2:56.9	+4:49.9	+6:38.6	+10:15.9	+13:24.8
13	33	Ross, Jeremy	58.0 2:19:34.2 +14:22.8	21.06k/h 19:47.5	19 0.8	19:31.1 14 (5) 1.2	19:30.8 13 (1) 6.8	19:48.0 13 (0) 13(0)	19:59.6 12 (1) 14.4	20:03.1 10 (2) 26.5	20:54.1 13 (-3) 3.1
				89.70k/h 21.22		39:18.6 15(4) 26.4	58:49.4 13(2) 1:58.8	1:18:37.4 21.21	1:38:37.0 21.01	1:58:40.1 20.95	2:19:34.2 13(0) 58.0
				+2:33.4		+4:06.6	+5:30.7	+7:59.3	+10:11.0	+12:06.5	+14:22.8
14	39	Wynan, Tim	4:01.5 2:23:35.7 +18:24.3	20.47k/h 19:50.7	22= 0.0	19:29.9 13 (9) 19.6	20:13.9 17 (-4) 0.6	20:06.3 14 (3) 15(2)	21:05.7 16 (-2) 3.3	21:17.2 14 (2) 11.1	21:32.0 15 (-1) 19.1
				87.18k/h 21.16		39:20.6 16(6) 2.0	59:34.5 17(-1) 2.9	1:19:40.8 20.89	1:40:46.5 19.91	2:02:03.7 19.73	2:23:35.7 14(0) 4:01.5
				+2:36.6		+4:08.6	+6:15.8	+9:02.7	+12:20.5	+15:30.1	+18:24.3
15	28	Kutschera, Peter	1:27.3 2:25:03.0 +19:51.6	20.27k/h 19:45.7	17 14.8	20:09.9 18 (-1) 8.9	20:28.4 19 (-1) 1.1	21:25.4 19 (0) 19(0)	21:12.4 17 (2) 17(0)	21:26.2 15 (2) 9.0	20:35.0 10 (5) 1:08.8
				86.31k/h 21.25		39:55.6 19(-2) 22.3	1:00:24.0 19(0) 26.2	1:21:49.4 20.51	1:43:01.8 19.81	2:04:28.0 19.59	2:25:03.0 15(3) 1:27.3
				+2:31.6		+4:43.6	+7:05.3	+11:11.3	+14:35.8	+17:54.4	+19:51.6

12/12/2009 6:57:18PM

Gap Av. Speed
Result % Behind
Gap to 1st
Lap time Rank(chg) Gap
Sum time Rank(chg) Gap
Lap speed Gap to 1st

Olympic Cross Country, Glenorchy

Race Analysis

Rank	Plate	Name		Lap 1			Lap 2			Lap 3			Lap 4			Lap 5			Lap 6			Lap 7					
16	24	Groves, John	0.9 2:25:03.9 +19:52.5	20.27k/h 86.30k/h 21.24	19:46.7 18	1.0	20:39.6 40:26.3 20:33	22 (-4) 22(-4) 11.4	14.9	21:17.0 19.73	22 (0) 21(1) 17.7	6.3	20:49.2 1:22:32.5 20:17	18 (4) 18(3) 43.1	18.5	20:54.2 1:43:26.7 20:09	14 (4) 18(0) 24.9	36.7	20:46.2 1:04:12.9 20:22	12 (2) 17(1) 19.8	12.7	20:51.0 2:25:03.9 20:14	12 (0) 16(1) 0.9	7.0			
17	27	Kennedy, James	1.9 2:25:05.8 +19:54.4	20.26k/h 86.28k/h 21.17	19:50.1 20	2.6	19:43.2 39:33.3 21:30	15 (5) 18(2) 2.8	12.1	19:57.8 59:31.1 21:04	15 (0) 15(3) 41.4	0.3	20:13.7 1:19:44.8 20:76	15 (0) 16(-1) 4.0	7.4	21:02.4 1:40:47.2 19:96	15 (0) 15(1) 0.7	8.2	21:53.0 2:02:40.2 19:19	17 (-2) 15(0) 36.5	8.1	22:25.6 2:25:05.8 18.73	18 (-1) 17(-2) 1.9	35.7			
18	41	Van Der Ploeg, Neil	0.2 2:25:06.0 +19:54.6	20.26k/h 86.28k/h 22.23	18:53.7 14	3.5	19:58.5 38:52.2 21:03	16 (-2) 14(0) 1.0	15.3	19:57.5 58:49.7 21:04	14 (2) 14(0) 0.3	26.7	20:30.7 1:19:20.4 20:48	17 (-3) 14(0) 43.0	12.6	21:29.0 1:40:49.4 19:55	18 (-1) 16(-2) 2.2	16.6	23:03.7 2:03:53.1 18.21	19 (-1) 16(0) 1:12.9	9.6	21:12.9 2:25:06.0 19.80	14 (5) 18(-2) 0.2	18.8			
Lapped -1																											
19	31	Morgan, Nicholas	1:48:53.3 +1:49:44.8		19:50.2 21	0.1	20:24.7 40:14.9 20:58	21 (0) 21(0) 12.8	13.3	21:10.7 1:01:25.6 19:83	21 (0) 20(1) 1:01.6	30.3	21:28.4 1:22:54.0 19:56	20 (1) 19(1) 21.5	3.0	21:58.9 1:44:52.9 19:11	20 (0) 19(0) 1:26.2	4.5	22:54.1 2:07:47.0 18:34	18 (2) 19(0) 3:19.0	1:01.1						
20	30	Millburn, Garry	1:49:46.8 +1:51:34.8		19:55.6 24	4.9	21:14.1 41:09.7 19:78	23 (1) 23(1) 43.4	34.5	21:18.0 1:02:27.7 19:72	23 (0) 23(0) 8.5	1.0	22:01.9 1:24:29.6 19:06	21 (2) 20(3) 1:35.6	33.5	21:54.4 1:46:24.0 19:17	19 (2) 20(0) 1:31.1	25.4	23:13.0 2:09:37.0 18:09	20 (-1) 20(0) 1:50.0	9.3						
Lapped -2																											
21	32	Petrick, Clarke	1:07:40.5 +1:13:06.4		19:50.7 22=	0.5	20:11.4 40:02.1 20:80	20 (2) 20(2) 6.5	0.3	22:17.1 1:02:19.2 18:85	24 (-4) 22(-2) 35.9	59.1	23:01.4 1:25:20.6 18:24	22 (2) 21(1) 51.0	59.5	23:29.6 1:48:50.2 17:88	21 (1) 21(0) 2:26.2	1:30.7									
Lapped -3																											
22	22	Burford, Andrew	27:35.5 +36:28.3		19:30.9 16	11.5	29:52.4 49:23.3 14:06	25 (-9) 25(-9) 5:06.1	7:17.2	20:13.3 1:09:36.6 20:77	16 (9) 25(0) 2:16.4	15.5	20:18.1 1:29:54.7 20:69	16 (0) 22(3) 4:34.1	4.4												
23	38	Wicks, Julien	21:38.7 +37:48.9		21:42.0 25	1:46.4	22:35.2 44:17.2 18:60	24 (1) 24(1) 3:07.5	1:21.1	23:03.0 1:07:20.2 18:22	25 (-1) 24(0) 4:52.5	45.9	23:55.1 1:31:15.3 17:56	23 (2) 23(1) 1:20.6	53.7												
Did not finish																											
25		Hurley, Sean	DNF		19:19.4 15	25.7	20:11.1 39:30.5 20:81	19 (-4) 17(-2) 9.9	1.2	20:27.3 59:57.8 20:53	18 (1) 18(-1) 23.3	13.4	46:28.6 1:46:26.4 9:04	24 (-6) 24(-6) 15:11.1	22:33.5												
29		Menager, Nick	DNF		18:50.2 13	31.1	20:01.0 38:51.2 20:98	17 (-4) 13(0) 1:24.6	2.5	20:40.4 59:31.6 20:32	20 (-3) 16(-3) 0.5	12.0															

Olympic Cross Country, Glenorchy

Race Analysis

Rank	Plate	Name		Lap 1		Lap 2		Lap 3		Lap 4		Lap 5		Lap 6		Lap 7		
Under 23 Male																		
1	7	Van Der Ploeg, Paul	2:08:20.1	22.91k/h	17:46.8	1		18:13.7	1 (0)	18:46.2	1 (0)	18:49.3	2 (-1)	23.6	18:26.5	1 (1)	18:04.4	1 (0)
				23.62				36:00.5	1(0)	54:46.7	1(0)	1:13:36.0	1(0)	1:32:02.5	1(0)	1:50:06.9	1(0)	2:08:20.1
								23.04		22.38		22.31		22.77		23.24		23.05
2	15	Fetch, Luke	3:45.1	22.26k/h	17:52.2	2	5.4	18:46.6	3 (-1)	18:56.4	2 (1)	18:25.7	1 (1)	19:23.1	2 (-1)	19:17.0	2 (0)	1:12.6
			2:12:05.2															
			+3:45.1	97.16k/h				36:38.8	2(0)	55:35.2	2(0)	1:14:00.9	2(0)	1:33:24.0	2(0)	1:52:41.0	2(0)	2:12:05.2
				23.50	+5.4			22.37	+38.3	22.18	+48.5	22.79	+24.9	21.67	+1:21.5	21.78	+2:34.1	21.65
																		3:45.1
3	23	Benson, Aaron	3:06.5	21.75k/h	18:19.5	3	27.3	18:24.6	2 (1)	19:08.8	3 (-1)	19:45.3	4 (-1)	10.8	19:33.3	3 (1)	19:54.9	3 (0)
			2:15:11.7															
			+6:51.6	94.93k/h				36:44.1	3(0)	55:52.9	3(0)	1:15:38.2	3(0)	1:35:11.5	3(0)	1:55:06.4	3(0)	2:15:11.7
				22.92	+32.7			22.81	+43.6	21.94	+1:06.2	21.26	+2:02.2	21.48	+3:09.0	21.09	+4:59.5	20.91
																		3:06.5
4	17	Frisby, Travis	6:01.1	20.82k/h	21:01.6	8	50.7	19:45.9	4 (4)	19:10.5	4 (0)	19:34.5	3 (1)	45.2	19:57.0	4 (-1)	20:45.8	4 (0)
			2:21:12.8															
			+12:52.7	90.88k/h				40:47.5	7(1)	59:58.0	6(1)	1:19:32.5	4(2)	3:54.3	1:39:29.5	4(0)	2:00:15.3	4(0)
				19.97	+3:14.8			21.25	+4:47.0	21.90	+5:11.3	21.46	+5:56.5	21.05	+7:27.0	20.23	+10:08.4	20.04
																		6:01.1
5	36	Spranz, Merlin	5:01.6	20.10k/h	19:21.8	5	31.2	19:50.0	5 (0)	20:20.5	5 (0)	21:06.9	5 (0)	1:21.6	21:42.5	5 (0)	22:00.3	5 (0)
			2:26:14.4															
			+17:54.3	87.76k/h				39:11.8	5(0)	59:32.3	4=(1)	1:20:39.2	5(-1)	1:06.7	1:42:21.7	5(0)	2:04:22.0	5(0)
				21.69	+1:35.0			21.18	+3:11.3	20.65	+4:45.6	19.89	+7:03.2	19.35	+10:19.2	19.09	+14:15.1	19.20
																		5:01.6
6	12	Jones, Brenton	1:43.3	19.87k/h	18:50.6	4	31.1	20:01.3	7 (-3)	20:40.4	6 (1)	21:19.5	6 (0)	12.6	21:59.4	6 (0)	22:05.3	6 (0)
			2:27:57.7															
			+19:37.6	86.74k/h				38:51.9	4(0)	59:32.3	4=(0)	1:20:51.8	6(-2)	12.6	1:42:51.2	6(0)	2:04:56.5	6(0)
				22.29	+1:03.8			20.98	+2:51.4	20.32	+4:45.6	19.70	+7:15.8	19.10	+10:48.7	19.01	+14:49.6	18.25
																		1:08.8
																		1:43.3
																		+19:37.6
Lapped -2																		
7	43	Stewart, Glenn	1:08:22.9		20:10.9	7	21.4	21:18.4	8 (-1)	21:13.1	7 (1)	21:22.8	7 (0)	3.3	23:09.6	7 (0)	1:10.2	
			+1:11:14.3		20.81	+2:24.1		41:29.3	8(-1)	1:02:42.4	7(1)	1:24:05.2	7(0)	3:13.4	1:47:14.8	7(0)	4:23.6	
								19.71	+5:28.8	19.79	+7:55.7	19.64	+10:29.2	18.13	+15:12.3			
Lapped -4																		
8	34	Scott, Tom	-2 lap down		23:46.7	9	2:45.1	26:07.9	9 (0)	27:10.2	9 (0)	2:46.5						
			+3:28.8		17.66	+5:59.9		49:54.6	9(0)	1:17:04.8	9(0)	12:51.9						
								16.07	+13:54.1	15.46	+22:18.1							
Did not finish																		
42		Weymouth, Paul	DNF		19:49.5	6	27.7	19:59.7	6 (0)	24:23.7	8 (-2)	3:10.6						
								39:49.2	6(0)	1:04:12.9	8(-2)	1:30.5						
					21.19	+2:02.7		21.01	+3:48.7	17.22	+9:26.2							

Olympic Cross Country, Glenorchy

Race Analysis

Rank	Plate	Name		Lap 1		Lap 2		Lap 3		Lap 4		Lap 5		Lap 6		Lap 7			
Elite Female																			
1	2	Fry, Rowena	1:49:15.3	19.22k/h 19.20	21:52.2	1		21:55.6 43:47.8 19.15	1 (0) 1(0)	21:11.6 1:04:59.4 19.82	1 (0) 1(0)	21:56.7 1:26:56.1 19.14	1 (0) 1(0)	22:19.2 1:49:15.3 18.82	2 (-1) 1(0)	2.0			
2	14	Logie, Heather	1:26.8 1:50:42.1 +1:26.8	18.97k/h 98.69k/h 19.10	21:59.4	2	7.2	22:07.9 44:07.3 18.98	2 (0) 2(0)	12.3 19.5	22:00.9 1:06:08.2 19.08	2 (0) 2(0)	49.3 1:08.8	22:16.7 1:28:24.9 18.85	2 (0) 2(0)	20.0 1:28.8	22:17.2 1:50:42.1 18.85	1 (1) 2(0)	1:26.8
3	5	King, Jenni	2:24.2 1:53:06.3 +3:51.0	18.57k/h 96.60k/h 19.06	22:01.9	3	2.5	22:20.0 44:21.9 18.81	4 (-1) 3(0)	2.0 14.6	22:44.2 1:07:06.1 18.47	3 (1) 3(0)	43.3 57.9	23:01.8 1:30:07.9 18.24	3 (0) 3(0)	45.1 1:43.0	22:58.4 1:53:06.3 18.28	3 (0) 3(0)	39.2 2:24.2
4	8	Fisher, Niki	2:23.7 1:55:30.0 +6:14.7	18.18k/h 94.59k/h 18.98	22:07.9	4	6.0	22:18.0 44:25.9 18.83	3 (1) 4(0)	10.1 4.0	23:12.8 1:07:38.7 18.09	4 (-1) 4(0)	28.6 32.6	23:49.5 1:31:28.2 17.63	5 (-1) 4(0)	29.1 1:20.3	24:01.8 1:55:30.0 17.48	4 (1) 4(0)	1:03.4 2:23.7
5	1	O'Shea, Katherine	3:15.5 1:58:45.5 +9:30.2	17.68k/h 92.00k/h 18.73	22:25.5	5	17.6	24:24.1 46:49.6 17.21	9 (-4) 7(-2)	1.0 13.9	23:22.3 1:10:11.9 17.97	5 (4) 6(1)	9.5 10.4	23:20.4 1:33:32.3 17.99	4 (1) 5(1)	18.6 2:04.1	25:13.2 1:58:45.5 16.65	7 (-3) 5(0)	8.7 3:15.5
6	10	Bartlett, Kelly	20.5 1:59:06.0 +9:50.7	17.63k/h 91.73k/h 18.24	23:01.4	8	1.2	23:34.3 46:35.7 17.82	6 (2) 6(2)	4.7 19.8	24:01.3 1:10:37.0 17.48	7 (-1) 7(-1)	15.7 25.1	24:14.7 1:34:51.7 17.32	6 (1) 7(0)	25.2 16.3	24:14.3 1:59:06.0 17.33	5 (1) 6(1)	12.5 20.5
7	12	Barnes, Rosemary	1:15.6 2:00:21.6 +11:06.3	17.45k/h 90.77k/h 18.44	22:46.3	6	20.8	23:29.6 46:15.9 17.88	5 (1) 5(1)	1:09.6 1:50.0	23:45.6 1:10:01.5 17.68	6 (-1) 5(0)	23.3 2:22.8	24:33.9 1:34:35.4 17.10	7 (-1) 6(-1)	19.2 1:03.1	25:46.2 2:00:21.6 16.30	9 (-2) 7(-1)	9.9 1:15.6
8	19	Bush, Jody	2:15.9 2:02:37.5 +13:22.2	17.13k/h 89.10k/h 18.26	23:00.2	7	13.9	24:42.7 47:42.9 17.00	10 (-3) 8(-1)	18.6 53.3	24:50.9 1:12:33.8 16.90	9 (1) 8(0)	3.5 1:56.8	24:59.2 1:37:33.0 16.81	8 (1) 8(0)	25.3 2:41.3	25:04.5 2:02:37.5 16.75	6 (2) 8(0)	50.2 2:15.9
9	11	Beck, Anna	50.2 2:03:27.7 +14:12.4	17.01k/h 88.49k/h 17.86	23:31.0	9	29.6	24:23.1 47:54.1 17.22	8 (1) 9(0)	2.2 11.2	24:47.4 1:12:41.5 16.94	8 (0) 9(0)	46.1 7.7	25:09.9 1:37:51.4 16.69	9 (-1) 9(0)	10.7 18.4	25:36.3 2:03:27.7 16.40	8 (1) 9(0)	23.1 50.2
10	16	Wray, Helen	5:16.4 2:08:44.1 +19:28.8	16.31k/h 84.87k/h 17.83	23:33.7	10	2.7	24:20.9 47:54.6 17.25	7 (3) 10(0)	46.6 0.5	25:46.5 1:13:41.1 16.29	10 (-3) 10(0)	55.6 59.6	26:27.1 1:40:08.2 15.88	11 (-1) 10(0)	5.1 2:16.8	28:35.9 2:08:44.1 14.69	11 (0) 10(0)	2:24.1 5:16.4
11	17	Williams, Jo	50.4 2:09:34.5 +20:19.2	16.21k/h 84.32k/h 16.90	24:51.0	11	1:17.3	26:00.8 50:51.8 16.15	11 (0) 11(0)	1:18.1 2:57.2	26:08.9 1:17:00.7 16.06	11 (0) 11(0)	22.4 3:19.6	26:22.0 1:43:22.7 15.93	10 (1) 11(0)	1:12.1 3:14.5	26:11.8 2:09:34.5 16.03	10 (0) 11(0)	25.6 50.4
Lapped -1																			
12	18	Jackson, Melinda	1:24:49.4 +1:27:48.2		25:04.2	12	13.2	27:18.7 52:22.9 15.38	12 (0) 12(0)	1:17.9 1:31.1	28:24.7 1:20:47.6 14.78	12 (0) 12(0)	2:15.8 3:46.9	28:52.8 1:49:40.4 14.54	12 (0) 12(0)	2:25.7 6:17.7			

Olympic Cross Country, Glenorchy Race Analysis

Rank	Plate	Name		<u>Lap 1</u>		<u>Lap 2</u>		<u>Lap 3</u>		<u>Lap 4</u>		<u>Lap 5</u>		<u>Lap 6</u>		<u>Lap 7</u>			
Under 23 Female																			
1	7	Henderson, Rebecca	18.35k/h	21:59.5	1	22:43.6	1 (0)	22:46.7	1 (0)	23:11.8	1 (0)	23:45.0	3 (-2)	8.0					
			1:54:26.6			44:43.1	1(0)	1:07:29.8	1(0)	1:30:41.6	1(0)	1:54:26.6	1(0)						
				19.10		18.48		18.44		18.11		17.68							
2	4	Rhodes, Therese	2:20.5	17.98k/h	22:30.3	2	30.8	23:07.6	2 (0)	24.0	23:28.3	2 (0)	41.6	24:03.9	3 (-1)	0.1	23:37.0	2 (1)	27.4
			1:56:47.1	97.99k/h				45:37.9	2(0)	54.8	1:09:06.2	2(0)	1:36.4	1:33:10.1	2(0)	2:28.5	1:56:47.1	2(0)	2:20.5
			+2:20.5	18.66	+30.8			18.16	+54.8		17.89	+1:36.4		17.45	+2:28.5		17.78	+2:20.5	
3	6	Holmes, Sarah	0.1	17.98k/h	22:31.4	3	1.1	23:09.5	3 (0)	1.9	23:52.9	3 (0)	24.6	24:03.8	2 (1)	52.0	23:09.6	1 (1)	
			1:56:47.2	97.99k/h				45:40.9	3(0)	3.0	1:09:33.8	3(0)	27.6	1:33:37.6	3(0)	27.5	1:56:47.2	3(0)	0.1
			+2:20.6	18.65	+31.9			18.14	+57.8		17.59	+2:04.0		17.45	+2:56.0		18.13	+2:20.6	
Veteran Female																			
1	402	Heron, Andrea	14.99k/h	27:13.5	1	28:40.8	1 (0)	28:09.3	1 (0)										
			1:24:03.6			55:54.3	1(0)	1:24:03.6	1(0)										
				15.43		14.64		14.92											

Olympic Cross Country, Glenorchy

Race Analysis

Rank	Plate	Name		Lap 1		Lap 2		Lap 3		Lap 4		Lap 5		Lap 6		Lap 7		
Under 19 Male																		
1	205	Ivory, Cameron	1:33:42.4	22.41k/h 17:49.7	1	19:00.7	1 (0) 1(0)	19:05.5	1 (0) 1(0)	19:11.8	1 (0) 1(0)	18:34.7	1 (0) 1(0)					
				23.56		36:50.4 22.09		55:55.9 22.00		1:15:07.7 21.88		1:33:42.4 22.61						
2	202	Codner, Mitchell	2:55.8 1:36:38.2 +2:55.8	21.73k/h 17:52.6	2	2.9	19:48.9	4 (-2) 2(0)	2.1	19:50.4	4 (0) 2(0)	3.9	19:25.4	2 (2) 2(0)	13.6	19:40.9	3 (-1) 2(0)	7.3 2:55.8
				96.97k/h 23.49	+2.9	37:41.5 21.20	51.1 +51.1	57:31.9 21.17	1:36.0 +1:36.0	1:16:57.3 21.62	1:49.6 +1:49.6	1:36:38.2 21.34	2:55.8 +2:55.8					
3	218	McDonald, Daniel	2:03.1 1:38:41.3 +4:58.9	21.28k/h 18:52.9	3	1:00.3	19:46.8	3 (0) 4(-1)	2.1	19:46.5	3 (0) 3(1)	6.9	20:16.7	3 (0) 3(0)	51.3	19:58.4	4 (-1) 3(0)	17.5 2:03.1
				94.95k/h 22.24	+1:03.2	38:39.7 21.23	1.5 +1:49.3	58:26.2 21.24	54.3 +2:30.3	1:18:42.9 20.71	1:45.6 +3:35.2	1:38:41.3 21.03	2:03.1 +4:58.9					
4	220	Standish, Ryan	27.9 1:39:09.2 +5:26.8	21.18k/h 18:53.5	4	0.6	19:44.7	2 (2) 3(1)	44.0	20:04.2	5 (-3) 5(-2)	13.8	20:53.2	7 (-2) 5(0)	3.2	19:33.6	2 (5) 4(1)	58.9 27.9
				94.51k/h 22.23	+1:03.8	38:38.2 21.27	56.7 +1:47.8	58:42.4 20.93	0.6 +2:46.5	1:19:35.6 20.11	28.2 +4:27.9	1:39:09.2 21.47	27.9 +5:26.8					
5	204	Ward, Kyle	1:04.9 1:40:14.1 +6:31.7	20.95k/h 19:08.8	5	15.3	19:53.4	5 (0) 5(0)	4.5	19:39.6	2 (3) 4(1)	34.1	20:25.6	4 (-2) 4(0)	8.9	21:06.7	8 (-4) 5(-1)	2.8 1:04.9
				93.49k/h 21.94	+1:19.1	39:02.2 21.12	22.5 +2:11.8	58:41.8 21.36	15.6 +2:45.9	1:19:07.4 20.56	24.5 +3:59.7	1:40:14.1 19.89	1:04.9 +6:31.7					
6	206	Oxlee, Casper	3:04.6 1:43:18.7 +9:36.3	20.33k/h 19:40.2	7	21.2	21:03.2	9 (-2) 8(-1)	5.3	21:11.2	9 (0) 8(0)	0.7	20:50.0	6 (3) 7(1)	4.2	20:34.1	5 (1) 6(1)	35.7 3:04.6
				90.70k/h 21.35	+1:50.5	40:43.4 19.95	7.3 +3:53.0	1:01:54.6 19.82	27.2 +5:58.7	1:22:44.6 20.16	23.0 +7:36.9	1:43:18.7 20.42	3:04.6 +9:36.3					
7	208	Moloney, Sean	6.8 1:43:25.5 +9:43.1	20.30k/h 19:19.0	6	10.2	20:57.9	8 (-2) 6(0)	13.1	21:10.5	8 (0) 7(-1)	1.5	20:54.2	8 (0) 6(1)	1.0	21:03.9	7 (1) 7(-1)	16.0 6.8
				90.60k/h 21.74	+1:29.3	40:16.9 20.03	1:14.7 +3:26.5	1:01:27.4 19.83	2.1 +5:31.5	1:22:21.6 20.09	2:46.0 +7:13.9	1:43:25.5 19.94	6.8 +9:43.1					
8	211	Crosbie, Michael	13.9 1:43:39.4 +9:57.0	20.26k/h 19:49.0	8	8.8	21:07.7	10 (-2) 9(-1)	4.5	21:09.0	7 (3) 9(0)	19.8	20:45.8	5 (2) 8(1)	20.2	20:47.9	6 (-1) 8(0)	13.8 13.9
				90.40k/h 21.19	+1:59.3	40:56.7 19.88	13.3 +4:06.3	1:02:05.7 19.86	11.1 +6:09.8	1:22:51.5 20.23	6.9 +7:43.8	1:43:39.4 20.19	13.9 +9:57.0					
9	203	Macanally, Ryan	3:06.1 1:46:45.5 +13:03.1	19.67k/h 20:24.8	12	3.2	20:44.8	7 (5) 10(2)	7.0	21:42.9	10= (-3) 10(0)	31.7	22:00.3	9 (1) 10(0)	1:06.1	21:52.7	9 (0) 9(1)	46.0 3:06.1
				87.77k/h 20.57	+2:35.1	41:09.6 20.24	12.9 +4:19.2	1:02:52.5 19.34	46.8 +6:56.6	1:24:52.8 19.09	1:20.4 +9:45.1	1:46:45.5 19.20	3:06.1 +13:03.1					
10	212	Crosby, Tane	1:26.9 1:48:12.4 +14:30.0	19.41k/h 20:21.6	11	16.9	21:15.0	11 (0) 11(0)	7.3	21:42.9	10= (1) 11(0)	0.0	22:32.5	11 (-1) 11(0)	25.4	22:20.4	11 (0) 10(1)	16.8 1:26.9
				86.60k/h 20.63	+2:31.9	41:36.6 19.76	27.0 +4:46.2	1:03:19.5 19.34	27.0 +7:23.6	1:25:52.0 18.63	59.2 +10:44.3	1:48:12.4 18.80	1:26.9 +14:30.0					
11	207	Costello, Andrew	1:01.8 1:49:14.2 +15:31.8	19.22k/h 19:58.3	9	9.3	20:37.8	6 (3) 7(2)	44.4	20:49.2	6 (0) 6(1)	45.0	22:07.1	10 (-4) 9(-3)	6.8	25:41.8	16 (-6) 11(-2)	1:05.3 1:01.8
				85.78k/h 21.03	+2:08.6	40:36.1 20.36	19.2 +3:45.7	1:01:25.3 20.17	2:42.9 +5:29.4	1:23:32.4 18.99	40.9 +8:24.7	1:49:14.2 16.34	1:01.8 +15:31.8					
12	219	Meyland, Alexander	36.3 1:49:50.5 +16:08.1	19.12k/h 20:34.0	13	9.2	21:57.5	13 (0) 14(-1)	33.8	22:11.5	13 (0) 13(1)	11.9	23:03.9	12 (1) 13(0)	31.4	22:03.6	10 (2) 12(1)	10.9 36.3
				85.31k/h 20.42	+2:44.3	42:31.5 19.13	8.5 +5:41.1	1:04:43.0 18.93	36.8 +8:47.1	1:27:46.9 18.21	24.8 +12:39.2	1:49:50.5 19.04	36.3 +16:08.1					
13	223	Wilson, Declan	25.9 1:50:16.4 +16:34.0	19.04k/h 20:42.9	14	8.9	21:23.7	12 (2) 12(2)	8.7	21:59.6	12 (0) 12(0)	16.7	23:15.9	13 (-1) 12(0)	12.0	22:54.3	12 (1) 13(-1)	33.9 25.9
				84.98k/h 20.28	+2:53.2	42:06.6 19.63	30.0 +5:16.2	1:04:06.2 19.10	46.7 +8:10.3	1:27:22.1 18.05	1:30.1 +12:14.4	1:50:16.4 18.34	25.9 +16:34.0					
14	222	Wagner, Alex	5:39.8 1:55:56.2 +22:13.8	18.11k/h 21:11.6	16	6.8	23:37.5	18 (-2) 15(1)	21.0	24:32.9	17 (1) 15(0)	32.7	23:34.1	14 (3) 14(1)	18.2	23:00.1	13 (1) 14(0)	5.8 5:39.8
				80.83k/h 19.82	+3:21.9	44:49.1 17.78	2:17.6 +7:58.7	1:09:22.0 17.11	1:37.8 +13:26.1	1:32:56.1 17.82	5:09.2 +17:48.4	1:55:56.2 18.26	5:39.8 +22:13.8					
15	214	Goddard, Tom	1:33.8 1:57:30.0 +23:47.6	17.87k/h 22:33.8	21	0.9	23:09.2	15 (6) 17(4)	50.9	23:59.7	15 (0) 17(0)	24.7	23:49.5	15 (0) 16(1)	15.4	23:57.8	14 (1) 15(1)	57.7 1:33.8
				79.75k/h 18.61	+4:44.1	45:43.0 18.14	0.1 +8:52.6	1:09:42.7 17.50	18.3 +13:46.8	1:33:32.2 17.63	11.3 +18:24.5	1:57:30.0 17.53	1:33.8 +23:47.6					

Olympic Cross Country, Glenorchy Race Analysis

Rank	Plate	Name	Lap 1		Lap 2		Lap 3		Lap 4		Lap 5		Lap 6		Lap 7	
16	221	Vanetie, Mitchell	27.4 1:57:57.4 +24:15.0	17.80k/h 79.44k/h 18.63	22:32.9 20 0.6 +4:43.2	23:16.5 17 (3) 3.7 18(2) 45:49.4 18.05 +8:59.0	17 (3) 3.7 6.4 1:09:24.4 17.81 +13:28.5	23:35.0 14 (3) 1:23.5 16(2) 2.4 1:33:20.9 17.54 +18:13.2	23:56.5 16 (-2) 7.0 15(1) 24.8 1:57:57.4 17.07 +24:15.0	24:36.5 15 (1) 38.7 16(-1) 27.4						
Lapped -1																
17	213	Gluskie, Marc	1:12:41.0 +1:17:24.2	18.67	22:30.1 18 0.2 +4:40.4	23:12.8 16 (2) 3.6 16(2) 45:42.9 18.09 +8:52.5	24:00.2 16 (0) 0.5 18(-2) 1:09:43.1 17.50 +13:47.2	25:30.8 18 (-2) 1:26.9 17(1) 1:35:13.9 16.46 +20:06.2	25:30.8 18 (-2) 1:26.9 17(1) 1:35:13.9 16.46 +20:06.2	25:30.8 18 (-2) 1:26.9 17(1) 1:35:13.9 16.46 +20:06.2						
18	224	Hagger, Andrew	1:13:19.2 +1:17:59.6	18.63	22:32.3 19 2.2 +4:42.6	24:30.0 20 (-1) 25.6 21(-2) 47:02.3 17.14 +10:11.9	24:43.1 18 (2) 10.2 20(1) 1:11:45.4 16.99 +15:49.5	24:03.9 17 (1) 7.4 18(2) 1:35:49.3 17.45 +20:41.6	24:03.9 17 (1) 7.4 18(2) 1:35:49.3 17.45 +20:41.6	24:03.9 17 (1) 7.4 18(2) 1:35:49.3 17.45 +20:41.6						
19	210	Crameri, Alistair	1:14:32.0 +1:19:14.6	18.67	22:29.9 17 1:18.3 +4:40.2	24:04.4 19 (-2) 26.9 19(-2) 46:34.3 17.45 +9:43.9	24:47.0 19 (0) 3.9 19(0) 1:11:21.3 16.95 +15:25.4	25:43.0 19 (0) 12.2 19(0) 1:37:04.3 16.33 +21:56.6	25:43.0 19 (0) 12.2 19(0) 1:37:04.3 16.33 +21:56.6	25:43.0 19 (0) 12.2 19(0) 1:37:04.3 16.33 +21:56.6						
Lapped -2																
20	217	Jones, Jarryd	34:51.3 +44:35.2	17.04	24:39.0 22 2:05.2 +6:49.3	26:29.6 23 (-1) 15.7 22(0) 51:08.6 15.85 +14:18.2	30:17.0 21 (2) 4:55.8 21(1) 1:21:25.6 13.87 +25:29.7	30:17.0 21 (2) 4:55.8 21(1) 1:21:25.6 13.87 +25:29.7	30:17.0 21 (2) 4:55.8 21(1) 1:21:25.6 13.87 +25:29.7	30:17.0 21 (2) 4:55.8 21(1) 1:21:25.6 13.87 +25:29.7						
21	215	Groom, Laurent	30:54.6 +45:12.8	16.52	25:25.6 23 46.6 +7:35.9	26:13.9 22 (1) 25.1 23(0) 51:39.5 16.01 +14:49.1	30:23.7 22 (0) 6.7 22(1) 1:22:03.2 13.82 +26:07.3	30:23.7 22 (0) 6.7 22(1) 1:22:03.2 13.82 +26:07.3	30:23.7 22 (0) 6.7 22(1) 1:22:03.2 13.82 +26:07.3	30:23.7 22 (0) 6.7 22(1) 1:22:03.2 13.82 +26:07.3						
Did not finish																
216		Hanus, James	DNF	20.92	20:04.7 10 6.4 +2:15.0	22:18.3 14 (-4) 20.8 13(-3) 42:23.0 18.83 +5:32.6	25:21.2 20 (-6) 34.2 14(-1) 1:07:44.2 16.57 +11:48.3	25:21.2 20 (-6) 34.2 14(-1) 1:07:44.2 16.57 +11:48.3	25:21.2 20 (-6) 34.2 14(-1) 1:07:44.2 16.57 +11:48.3	25:21.2 20 (-6) 34.2 14(-1) 1:07:44.2 16.57 +11:48.3						
209		Charlton, Taylor	DNF	19.92	21:04.8 15 21.9 +3:15.1	25:48.8 21 (-6) 1:18.8 20(-5) 46:53.6 16.27 +10:03.2	25:48.8 21 (-6) 1:18.8 20(-5) 46:53.6 16.27 +10:03.2	25:48.8 21 (-6) 1:18.8 20(-5) 46:53.6 16.27 +10:03.2	25:48.8 21 (-6) 1:18.8 20(-5) 46:53.6 16.27 +10:03.2	25:48.8 21 (-6) 1:18.8 20(-5) 46:53.6 16.27 +10:03.2						

Olympic Cross Country, Glenorchy

Race Analysis

Rank	Plate	Name	Lap 1			Lap 2			Lap 3			Lap 4		Lap 5		Lap 6		Lap 7	
Under 17 Male																			
1	504	Aitken, Christopher	21.49k/h	19:33.8	1	19:28.6	1 (0)	19:34.8	1 (0)	19:34.8	1 (0)	19:34.8	1 (0)	19:34.8	1 (0)	19:34.8	1 (0)	19:34.8	1 (0)
		58:37.2				39:02.4	1(0)	58:37.2	1(0)	58:37.2	1(0)	58:37.2	1(0)	58:37.2	1(0)	58:37.2	1(0)	58:37.2	1(0)
			21.47			21.56		21.45		21.45		21.45		21.45		21.45		21.45	
2	512	Sewell, Billy	2:46.1	20:53k/h	19:34.4	2	0.6	21:06.9	3 (-1)	31.9	20:42.0	2 (1)	1:07.2	20:42.0	2 (1)	1:07.2	20:42.0	2 (1)	1:07.2
		1:01:23.3	95.49k/h			40:41.3	2(0)	1:38.9	2(0)	1:38.9	1:01:23.3	2(0)	2:46.1	1:01:23.3	2(0)	2:46.1	1:01:23.3	2(0)	2:46.1
		+2:46.1	21.46		+0.6	19.89		+1:38.9		+1:38.9	20.29		+2:46.1	20.29		+2:46.1	20.29		+2:46.1
3	509	Forbes, Benjamin	24.0	20:39k/h	20:26.9	4	0.5	20:35.0	2 (2)	1:06.4	20:45.4	3 (-1)	3.4	20:45.4	3 (-1)	3.4	20:45.4	3 (-1)	3.4
		1:01:47.3	94.87k/h			41:01.9	3(1)	20.6	3(1)	20.6	1:01:47.3	3(0)	24.0	1:01:47.3	3(0)	24.0	1:01:47.3	3(0)	24.0
		+3:10.1	20.54		+53.1	20.40		+1:59.5		+1:59.5	20.23		+3:10.1	20.23		+3:10.1	20.23		+3:10.1
4	508	Bradley, Ben	50.7	20:12k/h	20:26.4	3	52.0	21:08.4	4 (-1)	1.5	21:03.2	4 (0)	17.8	21:03.2	4 (0)	17.8	21:03.2	4 (0)	17.8
		1:02:38.0	93.59k/h			41:34.8	4(-1)	32.9	4(-1)	32.9	1:02:38.0	4(0)	50.7	1:02:38.0	4(0)	50.7	1:02:38.0	4(0)	50.7
		+4:00.8	20.55		+52.6	19.87		+2:32.4		+2:32.4	19.95		+4:00.8	19.95		+4:00.8	19.95		+4:00.8
5	511	Donohoe, Alistair	2:23.5	19:38k/h	20:59.4	6	29.7	21:36.3	5 (1)	27.9	22:25.8	5 (0)	1:22.6	22:25.8	5 (0)	1:22.6	22:25.8	5 (0)	1:22.6
		1:05:01.5	90.15k/h			42:35.7	5(1)	1:00.9	5(1)	1:00.9	1:05:01.5	5(0)	2:23.5	1:05:01.5	5(0)	2:23.5	1:05:01.5	5(0)	2:23.5
		+6:24.3	20.01		+1:25.6	19.44		+3:33.3		+3:33.3	18.72		+6:24.3	18.72		+6:24.3	18.72		+6:24.3
6	502	Langham, Jacob	1:25.3	18:96k/h	20:29.7	5	2.8	22:40.0	6 (-1)	1:03.7	23:17.1	7 (-1)	27.7	23:17.1	7 (-1)	27.7	23:17.1	7 (-1)	27.7
		1:06:26.8	88.22k/h			43:09.7	6(-1)	34.0	6(-1)	34.0	1:06:26.8	6(0)	1:25.3	1:06:26.8	6(0)	1:25.3	1:06:26.8	6(0)	1:25.3
		+7:49.6	20.49		+55.9	18.53		+4:07.3		+4:07.3	18.04		+7:49.6	18.04		+7:49.6	18.04		+7:49.6
7	503	Lavis, Jack	38.8	18:78k/h	21:27.0	8	14.3	22:49.2	7 (1)	9.2	22:49.4	6 (1)	23.6	22:49.4	6 (1)	23.6	22:49.4	6 (1)	23.6
		1:07:05.6	87.37k/h			44:16.2	7(1)	1:06.5	7(1)	1:06.5	1:07:05.6	7(0)	38.8	1:07:05.6	7(0)	38.8	1:07:05.6	7(0)	38.8
		+8:28.4	19.58		+1:53.2	18.40		+5:13.8		+5:13.8	18.40		+8:28.4	18.40		+8:28.4	18.40		+8:28.4
8	506	Ellison, Luke	1:16.6	18:43k/h	21:12.7	7	13.3	23:09.8	8 (-1)	20.6	23:59.7	9 (-1)	10.8	23:59.7	9 (-1)	10.8	23:59.7	9 (-1)	10.8
		1:08:22.2	85.74k/h			44:22.5	8(-1)	6.3	8(-1)	6.3	1:08:22.2	8(0)	1:16.6	1:08:22.2	8(0)	1:16.6	1:08:22.2	8(0)	1:16.6
		+9:45.0	19.80		+1:38.9	18.13		+5:20.1		+5:20.1	17.50		+9:45.0	17.50		+9:45.0	17.50		+9:45.0
9	513	Partridge-Madsen, Tor	38.5	18:26k/h	21:29.2	9	2.2	23:42.6	9 (0)	32.8	23:48.9	8 (1)	31.8	23:48.9	8 (1)	31.8	23:48.9	8 (1)	31.8
		1:09:00.7	84.94k/h			45:11.8	9(0)	49.3	9(0)	49.3	1:09:00.7	9(0)	38.5	1:09:00.7	9(0)	38.5	1:09:00.7	9(0)	38.5
		+10:23.5	19.55		+1:55.4	17.71		+6:09.4		+6:09.4	17.64		+10:23.5	17.64		+10:23.5	17.64		+10:23.5
10	507	Skoss, Connor	6:17.7	16:73k/h	22:50.1	10	1:20.9	25:28.0	10 (0)	1:45.4	27:00.3	10 (0)	3:00.6	27:00.3	10 (0)	3:00.6	27:00.3	10 (0)	3:00.6
		1:15:18.4	77.84k/h			48:18.1	10(0)	3:06.3	10(0)	3:06.3	1:15:18.4	10(0)	6:17.7	1:15:18.4	10(0)	6:17.7	1:15:18.4	10(0)	6:17.7
		+16:41.2	18.39		+3:16.3	16.49		+9:15.7		+9:15.7	15.55		+16:41.2	15.55		+16:41.2	15.55		+16:41.2
11	510	Ellison, Trent	8:30.3	15:03k/h	26:31.8	11	3:41.7	28:01.1	11 (0)	2:33.1	29:15.8	12 (-1)	15.2	29:15.8	12 (-1)	15.2	29:15.8	12 (-1)	15.2
		1:23:48.7	69.94k/h			54:32.9	11(0)	6:14.8	11(0)	6:14.8	1:23:48.7	11(0)	8:30.3	1:23:48.7	11(0)	8:30.3	1:23:48.7	11(0)	8:30.3
		+25:11.5	15.83		+6:58.0	14.99		+15:30.5		+15:30.5	14.35		+25:11.5	14.35		+25:11.5	14.35		+25:11.5
12	505	Rayner, Ben	1:21.7	14:79k/h	26:39.1	12	7.3	29:30.7	12 (0)	1:29.6	29:00.6	11 (1)	2:00.3	29:00.6	11 (1)	2:00.3	29:00.6	11 (1)	2:00.3
		1:25:10.4	68.82k/h			56:09.8	12(0)	1:36.9	12(0)	1:36.9	1:25:10.4	12(0)	1:21.7	1:25:10.4	12(0)	1:21.7	1:25:10.4	12(0)	1:21.7
		+26:33.2	15.76		+7:05.3	14.23		+17:07.4		+17:07.4	14.48		+26:33.2	14.48		+26:33.2	14.48		+26:33.2

Olympic Cross Country, Glenorchy

Race Analysis

Rank	Plate	Name		Lap 1			Lap 2			Lap 3			Lap 4			Lap 5			Lap 6			Lap 7		
Veteran Male																								
1	401	Downing, James	1:20:21.7	20.91k/h	19:21.0	2	5.3	19:56.5	1 (1)	20:09.4	1 (0)	20:54.8	2 (-1)	43.1										
				21.71		+5.3		39:17.5	1(1)	59:26.9	1(0)	1:20:21.7	1(0)											
								21.06		20.84		20.08												
2	406	Keep, Stuart	8.2 1:20:29.9 +8.2	20.87k/h	19:15.7	1		20:09.3	2 (-1)	20:53.2	3 (-1)	20:11.7	1 (2)											
				99.83k/h				39:25.0	2(-1)	1:00:18.2	2(0)	1:20:29.9	2(0)	8.2										
				21.80				20.84	+7.5	20.11	+51.3	20.80	+8.2											
3	404	Darcey, John	1:29.3 1:21:59.2 +1:37.5	20.49k/h	19:50.7	3	29.7	20:30.9	4 (-1)	20:42.0	2 (2)	20:55.6	3 (-1)	0.8										
				98.02k/h				40:21.6	3(0)	1:01:03.6	3(0)	1:21:59.2	3(0)	1:29.3										
				21.16		+35.0		20.47	+1:04.1	20.29	+1:36.7	20.07	+1:37.5											
4	403	Farrell, Ross	1:53.2 1:23:52.4 +3:30.7	20.03k/h	20:35.7	5	21.4	20:29.7	3 (2)	21:19.2	4 (-1)	21:27.8	4 (0)	32.2										
				95.81k/h				41:05.4	4(1)	1:02:24.6	4(0)	1:23:52.4	4(0)	1:53.2										
				20.39		+1:20.0		20.49	+1:47.9	19.70	+2:57.7	19.57	+3:30.7											
5	402	Mason, David	1:16.2 1:25:08.6 +4:46.9	19.73k/h	20:14.3	4	23.6	21:01.2	5 (-1)	21:34.6	5 (0)	22:18.5	5 (0)	50.7										
				94.38k/h				41:15.5	5(-1)	1:02:50.1	5(0)	1:25:08.6	5(0)	1:16.2										
				20.75		+58.6		19.98	+1:58.0	19.47	+3:23.2	18.83	+4:46.9											
Did not finish																								
	405	Stanton, Todd	DNF		23:09.1	7	23.6	24:00.7	6 (1)	2:59.5	24:18.0	6 (0)	2:43.4											
								47:09.8	7(0)	10.2	1:11:27.8	6(1)	8:37.7											
				18.14		+3:53.4		17.49	+7:52.3	17.28	+12:00.9													
	407	McDonald, Paul	DNF		22:45.5	6	2:09.8	24:14.1	7 (-1)	13.4														
								46:59.6	6(0)	5:44.1														
				18.45		+3:29.8		17.33	+7:42.1															
Master Male																								
1	602	James, Evan	1:03:05.7	19.97k/h	20:07.4	1		21:04.9	1 (0)	21:53.4	2 (-1)	0.4												
								41:12.3	1(0)	1:03:05.7	1(0)													
				20.87				19.92		19.19														
2	604	Kreilis, Peter	39.6 1:03:45.3 +39.6	19.76k/h	20:20.1	2	12.7	21:32.2	2 (0)	27.3	21:53.0	1 (1)	39.6											
				98.96k/h				41:52.3	2(0)	40.0	1:03:45.3	2(0)												
				20.65		+12.7		19.50	+40.0	19.19	+39.6													
3	606	Murphy, William	5:27.7 1:09:13.0 +6:07.3	18.20k/h	22:11.1	3	1:51.0	23:21.0	3 (0)	1:48.8	23:40.9	3 (0)	1:47.5											
				91.16k/h				45:32.1	3(0)	3:39.8	1:09:13.0	3(0)	5:27.7											
				18.93		+2:03.7		17.99	+4:19.8	17.74	+6:07.3													
4	603	Langham, Marcus	3:22.6 1:12:35.6 +9:29.9	17.36k/h	23:29.5	4	1:18.4	24:50.6	4 (0)	1:29.6	24:15.5	4 (0)	34.6											
				86.92k/h				48:20.1	4(0)	2:48.0	1:12:35.6	4(0)	3:22.6											
				17.88		+3:22.1		16.91	+7:07.8	17.31	+9:29.9													
5	607	Shivers, Craig	1:59.7 1:14:35.3 +11:29.6	16.89k/h	24:01.9	5	32.4	25:32.1	5 (0)	41.5	25:01.3	5 (0)	45.8											
				84.59k/h				49:34.0	5(0)	1:13.9	1:14:35.3	5(0)	1:59.7											
				17.48		+3:54.5		16.45	+8:21.7	16.79	+11:29.6													

Olympic Cross Country, Glenorchy Race Analysis

Rank	Plate	Name	Lap 1			Lap 2			Lap 3			Lap 4			Lap 5			Lap 6			Lap 7		
Super-Master Male																							
1	662	Peacock, Craig	19.75k/h	20:34.1	1	21:35.1	1 (0)	21:39.0	1 (0)	1:03:48.2	19.40	19.46	19.40	19.40	19.40	19.40	19.40	19.40	19.40	19.40	19.40		
			20.42			42:09.2	1(0)																
2	663	Henderson, John	51.7	20:39.6	2	21:57.8	2 (0)	22.7	22:02.5	2 (0)	23.5	28.2	28.2	19.05	19.05	19.05	19.05	19.05	19.05	19.05	19.05		
			98.67k/h			42:37.4	2(0)																
			+51.7	+5.5		19.12		+28.2		+51.7													
Lapped -1																							
3	664	Codner, Mark	43:21.4	26:09.6	3	37:51.4	3 (0)	15:53.6															
						1:04:01.0	3(0)	21:23.6															
			+43:26.9	+5:35.5		11.09		+21:51.8															