

5k/10k Harbour to Harbour (06/05/2019)

Top 3 Results

Total Pos.	Cat Pos.	Bib #	Name	Time	Speed	Pace
5km						
Female Adult						
6.	1.	264	<i>O'Halloran, Michelle</i>	00:20:22,88	14.72 kph	04:04 /km
8.	2.	277	<i>Hickson, Joan</i>	00:21:09,31	14.18 kph	04:13 /km
21.	3.	268	<i>Taaffe, Claire</i>	00:23:34,13	12.73 kph	04:42 /km
Female Under 16						
18.	1.	178	<i>Kelly, Robyn</i>	00:23:21,01	12.85 kph	04:40 /km
24.	2.	221	<i>Newman, Áine</i>	00:23:46,27	12.62 kph	04:45 /km
56.	3.	270	<i>Donoghue, Erin</i>	00:27:59,66	10.72 kph	05:35 /km
Male Adult						
1.	1.	240	<i>Keena, John</i>	00:18:12,80	16.47 kph	03:38 /km
3.	2.	214	<i>Smith, Derek</i>	00:18:50,96	15.92 kph	03:46 /km
5.	3.	275	<i>Whyte, Pascal</i>	00:20:16,80	14.79 kph	04:03 /km
Male Under 16						
4.	1.	229	<i>Miney, James</i>	00:19:40,56	15.25 kph	03:56 /km
10.	2.	210	<i>Darby, Mark</i>	00:22:02,77	13.61 kph	04:24 /km
13.	3.	215	<i>Ruisinger, Killian</i>	00:22:46,65	13.17 kph	04:33 /km
National School Female						
25.	1.	167	<i>Rodgers, Martha</i>	00:23:50,33	12.58 kph	04:46 /km
37.	2.	205	<i>Molloy, Orla</i>	00:25:40,61	11.68 kph	05:08 /km
43.	3.	246	<i>Rowan, Maebh</i>	00:26:21,05	11.38 kph	05:16 /km
National School Male						
2.	1.	155	<i>Molloy, Matthew (jnr.)</i>	00:18:29,36	16.23 kph	03:41 /km
20.	2.	177	<i>Scally, Peter</i>	00:23:33,23	12.74 kph	04:42 /km
23.	3.	174	<i>Mooney, Killian</i>	00:23:42,65	12.65 kph	04:44 /km

5k/10k Harbour to Harbour (06/05/2019)**Top 3 Results**

Total Pos.	Cat Pos.	Bib #	Name	Time	Speed	Pace
10km						
Female Adult						
14.	1.	308	Reid, Criona	00:47:35,70	12.61 kph	04:45 /km
21.	2.	232	Martyn, Bernadette	00:50:49,85	11.8 kph	05:04 /km
24.	3.	323	Murray, Catherine	00:52:25,09	11.45 kph	05:14 /km
Male Adult						
1.	1.	198	Comer, Daire	00:37:30,22	16 kph	03:45 /km
2.	2.	213	Carthy, Mel	00:39:24,56	15.22 kph	03:56 /km
3.	3.	244	Stanley, Darren	00:42:20,13	14.17 kph	04:14 /km

Number of Records: 24