

Pos	Name	Race No.	Gender	Cat Pos	Team name	Time	Lap 1	Lap 2	Lap 3	Lap 4	Lap 5	Lap 6	Lap 7	Lap 8	Lap 9	Lap 10	Lap 11	Lap 12	Lap 13	Lap 14	Lap 15	Lap 16
1	David Gardiner	4	Male	1	Kirkintilloch Olympians	07:36:14	10:17	10:22	10:33	10:36	10:36	10:29	10:33	10:37	10:34	10:26	10:40	10:32	10:39	10:35	10:32	10:35
2	Paul Hart	9	Male	2	Dumfries Running Club	07:44:58	10:17	10:22	10:33	10:36	10:36	10:29	10:33	10:37	10:34	10:26	10:41	10:32	10:39	10:35	10:32	10:36
3	Alan Reid	12	Male	3	Peterhead AC	08:26:07	08:39	08:53	09:20	09:16	09:23	09:40	09:59	10:39	11:37	10:02	09:44	09:43	09:57	09:50	10:05	10:57
4	Andre Reibig	1	Male	4		08:55:34	10:25	10:40	11:06	11:11	11:12	11:32	11:09	11:16	11:19	11:40	12:11	11:36	11:32	13:02	12:23	12:29
5	Gail Murdoch	5	Female	1	Carnegie Harriers	09:03:59	11:21	11:12	11:08	11:10	11:13	11:23	11:19	11:23	11:19	11:25	11:23	11:37	11:35	11:30	11:44	11:55
6	Elaine Calder	13	Female	2	Streven Striders	09:07:40	11:54	12:20	12:24	12:12	11:59	12:46	12:07	11:53	12:16	11:53	11:54	11:56	11:54	11:47	12:48	11:56
7	Isobel Knox	14	Female	3	HBT	09:33:09	11:53	12:21	12:24	12:13	12:21	12:23	12:07	11:52	12:01	12:03	12:10	12:17	12:25	12:40	12:45	12:49
8	Sandra Bowers	15	Female	4	Winchester	09:47:42	11:53	12:20	12:24	12:13	12:22	12:22	11:51	11:58	12:02	12:04	12:12	12:24	13:03	13:21	12:36	13:03
9	Brent Haywood	3	Male	5		10:43:40	11:00	11:30	11:43	11:48	11:56	12:42	11:58	11:53	11:58	11:58	12:19	12:26	12:22	12:41	13:55	14:13
10	Michael Thomson	7	Male	6		10:47:33	12:24	13:03	13:22	13:16	13:41	13:57	13:39	13:07	13:26	13:13	13:17	13:12	14:08	14:08	13:51	14:29
11	Andrew Lochhead	2	Male	7		11:05:25	11:47	11:38	11:44	11:32	11:45	11:47	11:46	11:59	12:10	12:08	12:28	12:25	12:51	13:03	15:47	14:24
12	Neil Macritchie	8	Male	8	Unattached	11:19:29	11:55	12:29	12:41	12:36	12:13	12:24	12:31	12:26	12:16	13:01	12:46	12:55	13:49	14:48	14:24	15:11
13	Martin Sleep	6	Male	9	Pitreavie AAC	12:43:42	13:02	13:30	13:48	13:44	13:45	13:48	13:30	13:34	13:15	13:32	13:25	14:08	13:57	16:37	15:45	18:00
14	William Walker	11	Male	10		17:00:27	13:43	15:39	15:57	16:04	16:51	17:01	16:23	22:22	17:14	20:11	19:49	17:13	23:46	18:42	24:10	20:33

Pos	Name	Race	Gender	Cat	Team name	Time	Lap 17	Lap 18	Lap 19	Lap 20	Lap 21	Lap 22	Lap 23	Lap 24	Lap 25	Lap 26	Lap 27	Lap 28	Lap 29	Lap 30	Lap 31	Lap 32
1	David Gardiner	4	Male	1	Kirkintilloch Olympians	07:36:14	10:34	10:38	10:44	10:48	10:52	11:24	10:43	10:44	10:41	10:38	10:54	10:27	10:55	11:02	10:58	10:52
2	Paul Hart	9	Male	2	Dumfries Running Club	07:44:58	10:34	10:38	10:44	10:48	10:51	11:25	10:43	10:43	10:41	10:38	10:40	10:44	10:53	10:59	11:18	11:27
3	Alan Reid	12	Male	3	Peterhead AC	08:26:07	10:49	10:40	10:55	11:44	12:25	12:17	12:23	13:22	13:07	13:00	15:33	14:22	13:38	15:33	14:04	14:42
4	Andre Reibig	1	Male	4		08:55:34	12:11	12:27	12:37	12:32	13:10	12:38	13:19	13:05	13:08	14:58	13:12	13:11	14:24	13:17	13:46	15:47
5	Gail Murdoch	5	Female	1	Carnegie Harriers	09:03:59	12:30	12:21	12:25	12:13	12:34	12:23	12:55	12:54	13:35	13:50	13:31	13:30	14:19	14:16	15:24	14:13
6	Elaine Calder	13	Female	2	Streven Striders	09:07:40	12:00	14:07	12:04	12:38	12:02	13:26	12:13	12:23	14:51	12:32	13:29	13:36	13:03	13:17	15:55	12:58
7	Isobel Knox	14	Female	3	HBT	09:33:09	13:05	14:07	13:30	13:06	13:22	13:18	13:33	14:46	13:37	13:58	13:44	13:37	14:22	13:54	15:28	16:12
8	Sandra Bowers	15	Female	4	Winchester	09:47:42	12:51	14:25	13:15	14:19	14:14	13:35	14:01	16:13	16:06	14:50	18:11	15:08	17:10	15:29	14:49	15:53
9	Brent Haywood	3	Male	5		10:43:40	15:32	15:31	17:07	17:16	18:09	20:53	19:26	19:52	16:31	15:33	15:32	15:47	15:53	14:59	15:30	16:15
10	Michael Thomson	7	Male	6		10:47:33	14:22	14:18	14:50	14:28	15:32	15:18	18:18	16:16	15:20	16:03	17:43	15:55	19:37	16:08	16:15	15:51
11	Andrew Lochhead	2	Male	7		11:05:25	15:41	14:52	16:10	15:21	14:48	18:48	15:23	17:32	15:26	26:38	15:00	15:38	18:15	16:29	21:19	18:47
12	Neil Macritchie	8	Male	8	Unattached	11:19:29	14:53	15:46	16:34	15:21	16:07	18:05	38:07	16:01	14:53	15:59	16:33	16:32	16:32	16:41	18:29	19:02
13	Martin Sleep	6	Male	9	Pitreavie AAC	12:43:42	24:42	19:45	23:15	18:33	19:40	21:23	22:57	15:25	12:07	19:23	30:25	20:31	23:03	23:19	19:50	22:13
14	William Walker	11	Male	10		17:00:27	23:43	21:01	23:48	22:53	21:22	55:18	24:34	21:26	23:03	22:39	23:04	23:21	26:10	25:13	27:30	28:09

Pos	Name	Race	Gender	Cat	Team name	Lap 33	Lap 34	Lap 35	Lap 36	Lap 37	Lap 38	Lap 39	Lap 40	Lap 41	Lap 42
1	David Gardiner	4	Male	1	Kirkintilloch Olympians	11:00	11:04	11:10	12:13	10:40	11:27	11:03	10:53	11:45	13:09
2	Paul Hart	9	Male	2	Dumfries Running Club	11:47	12:13	12:04	13:09	11:59	11:49	11:59	13:20	12:34	11:17
3	Alan Reid	12	Male	3	Peterhead AC	16:27	13:49	16:10	15:03	15:14	11:40	12:04	13:32	14:37	10:55
4	Andre Reibig	1	Male	4		13:51	13:39	13:40	13:27	13:46	14:08	13:54	13:35	13:30	13:17
5	Gail Murdoch	5	Female	1	Carnegie Harriers	14:50	14:35	15:46	14:57	15:21	15:25	14:42	15:02	14:11	13:20
6	Elaine Calder	13	Female	2	Streven Striders	13:57	13:30	14:28	13:44	13:22	14:25	14:44	13:57	14:54	15:52
7	Isobel Knox	14	Female	3	HBT	14:37	15:43	15:21	17:01	16:30	15:57	16:04	14:45	14:09	12:19
8	Sandra Bowers	15	Female	4	Winchester	16:04	17:29	20:30	20:54	14:28	12:11	11:58	11:55	12:27	10:52
9	Brent Haywood	3	Male	5		16:15	17:05	17:57	17:31	17:41	19:10	18:34	19:05	17:47	16:07
10	Michael Thomson	7	Male	6		16:34	17:27	16:35	17:22	19:35	18:16	17:29	18:38	16:56	15:54
11	Andrew Lochhead	2	Male	7		17:57	16:54	18:18	19:23	18:54	19:32	20:26	21:57	20:59	15:22
12	Neil Macritchie	8	Male	8	Unattached	20:59	19:56	19:27	18:26	20:30	18:18	18:35	17:57	16:32	14:30
13	Martin Sleep	6	Male	9	Pitreavie AAC	21:02	17:15	20:11	22:55	22:21	22:09	21:55	20:54	16:32	14:18
14	William Walker	11	Male	10		34:08	28:02	27:14	31:48	34:52	27:10	33:11	30:38	35:52	28:19