



**GENDER RESULTS FOR RACE #4 - 16 KM.
LOCATION: RANCO FARM
DATE: FRIDAY, OCTOBER 20TH
TIME: 08H00**

Pos.	Chip No.	Name	AG	Gender	Lap1 Up Hill	Lap1 Down Hill	Lap2 Up Hill	Lap2 Down Hill	Time	Gap	Laps
1	AAEW-147	Marie-Pierre Arminjon	Veteran	Female	22:09	17:37	23:26	17:43	1:20:57	+11:15	2
2	AAEW-579	Claire Morris	Open	Female	24:06	18:32	25:15	18:03	1:25:56	+16:14	2
3	AAEW-334	Candace Adachi	Master	Female	24:15	19:07	25:44	19:29	1:28:36	+18:54	2
4	AAEW-583	Elisabeth Button	Open	Female	24:49	20:13	27:10	20:41	1:32:54	+23:12	2
5	AAEK-283	Nelly Attar	Open	Female	25:44	19:23	28:30	21:34	1:35:13	+25:31	2
6	AAEW-91	Amalhaya Macapodi	Open	Female	25:30	19:25	32:47	23:47	1:41:29	+31:47	2
7	AAEW-479	Reka Martin	Veteran	Female	25:36	20:12	30:52	24:48	1:41:30	+31:48	2
8	AAEW-577	Ronel Wienand	Open	Female	27:12	20:29	31:25	24:03	1:43:10	+33:28	2
9	AAEW-311	Carmel Burke	Veteran	Female	28:01	21:21	30:25	24:12	1:44:00	+34:18	2
10	AAEK-43	Aabeda Pandor	Open	Female	28:37	22:07	32:13	24:55	1:47:54	+38:12	2
11	AAEW-123	You Ai Foo	Open	Female	28:58	23:49	31:39	23:36	1:48:03	+38:21	2
12	AAEK-172	Skye Tavares	Veteran	Female	27:00	22:34	33:46	24:49	1:48:10	+38:28	2
13	AAEK-723	Esther Grace Papeleras	Open	Female	30:48	21:47	32:25	24:38	1:49:39	+39:57	2
14	AAEW-366	Mirabel Remo	Veteran	Female	28:38	23:24	33:40	26:00	1:51:43	+42:01	2
15	AAEW-204	Anastassiya Siner	Open	Female	29:00	24:24	33:45	26:11	1:53:21	+43:39	2





16	AAEW-571	Rasha Alkhamis	Open	Female	31:26	26:31	35:59	25:49	1:59:46	+50:04	2
17	AAEW-427	Fida Alkaud	Open	Female	32:43	26:57	40:37	28:37	2:08:55	+59:13	2
18	AAEK-215	Ayesha Ismail	Senior	Female	35:29	28:34	39:32	28:10	2:11:46	+62:04	2
19	AAEK-12	Sarah Abdulfattah	Open	Female	33:13	27:10	42:35	29:03	2:12:02	+62:20	2
20	AAEW-94	Charlotte Ramos	Open	Female	33:00	29:43	42:14	29:23	2:14:21	+64:39	2
21	AAEW-163	Suzete de Silva	Open	Female	34:49	29:18	41:22	31:04	2:16:33	+66:51	2
22	AAEW-549	Alhazmi Ghadah	Open	Female	35:21	26:45	47:00	29:46	2:18:53	+69:11	2
23	AAEK-737	Kim Edwards	Master	Female	38:03	31:05	44:01	31:07	2:24:17	+74:35	2
24	AAEW-555	Haifa Alhawas	Open	Female	37:42	30:29	45:35	35:21	2:29:08	+79:26	2
25	AAEW-595	Noraini Solkaply	Open	Female	37:17	32:10	44:17	36:01	2:29:46	+80:04	2
26	AAEW-499	Zaina Bader	Open	Female	38:51	35:39	49:00	36:20	2:39:52	+90:10	2
27	AAEK-615	Katerina Staskova	Veteran	Female	32:54	27:54			1:00:49	DNF	1
28	AAEW-567	Estella Theresa	Open	Female	31:51	29:07			1:00:58	DNF	1
29	AAEW-520	Latifa Alsudairy	Open	Female	31:33	29:41			1:01:14	DNF	1
30	AAEW-541	Wen Ching Choi	Open	Female	33:10	30:04			1:03:14	DNF	1
31	AAEW-554	Narmina Jabbarova	Open	Female	34:08	31:01			1:05:10	DNF	1
32	AAEW-594	Zaina Bakir	Open	Female	35:58	30:50			1:06:48	DNF	1
33	AAEW-472	Nidha Syed	Open	Female	38:18	33:23			1:11:41	DNF	1
34	AAEW-530	Muzna Qamar	Open	Female	39:40	32:01			1:11:42	DNF	1
35	AAEW-402	Kgomotso Seageng	Open	Female	44:16	34:22			1:18:38	DNF	1





36	AAEK-339	Diana Dorra	Open	Female	43:33	36:35			1:20:08	DNF	1
37	AAEW-550	Cláudia Muniz	Veteran	Female	46:17	42:08			1:28:25	DNF	1
38	AAEW-168	Kasha Grymula	Open	Female	25:44	19:44			45:28	DNF	1
39	AAEK-239	Amelia McCormack	Juniors	Female	25:34	19:56			45:30	DNF	1
40	AAEW-398	Noor Shabib	Open	Female	27:41	20:43			48:24	DNF	1
41	AAEW-274	Czapla Barbara	Open	Female	26:56	21:41			48:38	DNF	1
42	AAEK-22	Shoukria Alhashim	Open	Female	29:38	22:07			51:46	DNF	1
43	AAEW-219	Patricia Villegas	Open	Female	30:13	24:33			54:46	DNF	1
44	AAEK-347	Mufaydah Alhashim	Open	Female	31:33	27:18			58:51	DNF	1
45	AAEW-287	Sawsan Jumaa	Open	Female	32:25	26:31			58:57	DNF	1
46	AAEK-325	Yassine Maeva	Open	Female	33:51	25:39			59:31	DNF	1
1	AAEK-21	Abdulmohsin Alhashim	Open	Male	20:03	15:26	19:42	14:29	1:09:42	-	2
2	AAEW-65	Sunil Kandola	Open	Male	19:41	15:26	19:48	15:27	1:10:23	0:41	2
3	AAEW-564	Patrick Casey	Master	Male	20:16	15:30	20:49	15:29	1:12:05	+2:23	2
4	AAEK-606	Thomas Brackmann	Veteran	Male	20:12	15:59	21:41	15:57	1:13:51	+4:09	2
5	AAEW-8	Taleb Alessa	Open	Male	20:30	16:15	21:18	15:49	1:13:53	+4:11	2
6	AAEW-293	Stephane Huriez	Veteran	Male	21:25	16:22	21:34	16:13	1:15:36	+5:54	2
7	AAEW-24	Berthiaux Jean Pierre	Master	Male	21:01	16:24	21:55	16:48	1:16:09	+6:27	2
8	AAEW-486	Rizaldy Oligario Juan	Open	Male	20:15	15:30	23:32	19:48	1:19:06	+9:24	2
9	AAEW-224	Mo Foustok	Open	Male	22:59	17:06	22:22	17:01	1:19:30	+9:48	2
10	AAEW-589	Samuel Harrison	Open	Male	20:46	16:32	23:53	18:50	1:20:03	+10:21	2





11	AAEW-596	Carlos Javier Alonso	Veteran	Male	22:43	17:26	23:09	17:10	1:20:29	+10:47	2
12	AAEW-326	Madhur Bhandari	Open	Male	21:17	17:07	23:36	18:29	1:20:30	+10:48	2
13	AAEW-501	Siegfried Pohl	Veteran	Male	22:51	17:25	23:23	17:09	1:20:50	+11:08	2
14	AAEW-134	Alejandro Larrinaga	Open	Male	22:18	17:49	23:08	17:49	1:21:05	+11:23	2
15	AAEK-100	Francisco Javier Casas Cobo	Veteran	Male	23:21	17:41	23:31	17:00	1:21:34	+11:52	2
16	AAEK-55	Antonio Suarez Fernandez	Veteran	Male	23:05	17:59	24:12	18:18	1:23:35	+13:53	2
17	AAEK-444	Stuart Gribben	Open	Male	22:25	18:38	24:20	19:04	1:24:28	+14:46	2
18	AAEK-109	Johan Swart	Master	Male	22:24	17:59	25:03	19:24	1:24:52	+15:10	2
19	AAEK-174	Abdulaziz Almuayqil	Open	Male	23:51	16:58	24:51	19:31	1:25:11	+15:29	2
20	AAEK-617	Andrew Keddis	Open	Male	23:53	19:11	25:45	17:49	1:26:39	+16:57	2
21	AAEW-281	Mohamed Hassan	Veteran	Male	22:14	17:44	24:28	22:12	1:26:40	+16:58	2
22	AAEW-573	Frank Shelton	Veteran	Male	23:00	18:11	25:52	19:53	1:26:57	+17:15	2
23	AAEW-180	Colin Muir	Master	Male	22:26	17:18	28:25	18:53	1:27:04	+17:22	2
24	AAEW-590	Scott Pichette	Open	Male	22:58	18:39	26:39	19:24	1:27:41	+17:59	2
25	AAEW-562	Richard Freeman	Master	Male	24:59	19:27	24:58	18:27	1:27:51	+18:09	2
26	AAEW-79	Paul Siner	Veteran	Male	24:12	19:13	25:36	19:26	1:28:28	+18:46	2
27	AAEW-14	Kenthly Avelino	Master	Male	24:07	19:07	25:44	19:31	1:28:30	+18:48	2
28	AAEK-251	Mohamed Soliman	Open	Male	22:18	17:02	30:00	19:37	1:28:59	+19:17	2
29	AAEW-500	Rui Moura	Senior	Male	27:32	18:53	25:16	18:27	1:30:10	+20:28	2
30	AAEW-192	Mohammed Shbair	Open	Male	25:45	19:23	26:38	19:46	1:31:33	+21:51	2





31	AAEW-588	Ramy Ramlawy	Open	Male	23:22	19:23	25:15	23:36	1:31:37	+21:55	2
32	AAEW-296	Sven Gaebel	Open	Male	23:06	18:38	30:24	21:51	1:34:01	+24:19	2
33	AAEW-101	John Kerchhoff	Veteran	Male	25:54	20:09	27:15	21:28	1:34:47	+25:05	2
34	AAEW-556	Jon Bazley	Master	Male	25:29	20:22	27:37	21:23	1:34:53	+25:11	2
35	AAEK-181	John Heinemann	Master	Male	25:10	20:10	28:28	21:06	1:34:54	+25:12	2
36	AAEK-72	Walid Elmahdy	Veteran	Male	25:07	20:03	28:46	21:10	1:35:08	+25:26	2
37	AAEK-446	Essam Khaled	Open	Male	26:27	21:18	28:34	20:48	1:37:09	+27:27	2
38	AAEK-270	Mark McCormack	Veteran	Male	25:36	21:14	30:18	20:10	1:37:19	+27:37	2
39	AAEK-703	Lhassan Soukri	Master	Male	22:56	17:03	39:36	18:59	1:38:36	+28:54	2
40	AAEK-295	Ibrahim Soliman	Open	Male	24:38	19:16	32:20	22:51	1:39:06	+29:24	2
41	AAEW-220	Tebogo Chipu	Open	Male	26:27	20:22	30:00	23:33	1:40:24	+30:42	2
42	AAEK-720	Mahmoud Soliman	Open	Male	24:13	20:11	32:42	23:43	1:40:50	+31:08	2
43	AAEW-591	Mahmoud Gomaa	Open	Male	28:48	18:24	29:38	24:23	1:41:14	+31:32	2
44	AAEW-227	Faisal Alasmar	Open	Male	26:22	22:28	30:25	22:14	1:41:30	+31:48	2
45	AAEW-200	Iqbal Adjali	Master	Male	26:08	20:34	31:49	23:00	1:41:32	+31:50	2
46	AAEW-458	Marc Alonzo	Open	Male	27:04	20:41	32:01	22:44	1:42:31	+32:49	2
47	AAEW-587	Abdulrahman Mahmoud	Open	Male	26:24	20:58	30:37	24:59	1:43:00	+33:18	2
48	AAEK-509	Christian Gabel	Veteran	Male	29:30	23:12	29:47	22:12	1:44:42	+35:00	2
49	AAEW-259	Oltei Andrei	Open	Male	26:55	21:35	33:23	23:29	1:45:23	+35:41	2
50	AAEW-64	Angel Algerico Juarez	Veteran	Male	28:23	23:24	30:49	23:58	1:46:36	+36:54	2





51	AAEW-480	Mansour Saleem	Open	Male	28:51	23:09	31:42	23:03	1:46:46	+37:04	2
52	AAEK-163	Guido Tavares	Veteran	Male	27:00	22:33	33:46	24:49	1:48:10	+38:28	2
53	AAEW-487	Saif Ullah	Veteran	Male	26:19	23:29	37:41	22:46	1:50:16	+40:34	2
54	AAEW-47	Samuel Gadiano Jr	Master	Male	28:12	23:49	33:40	26:01	1:51:43	+42:01	2
55	AAEW-318	Mohammed Aleid	Open	Male	32:23	23:31	33:15	23:26	1:52:36	+42:54	2
56	AAEK-102	Mohammed Negm	Veteran	Male	28:48	23:42	35:35	26:03	1:54:09	+44:27	2
57	AAEW-599	Mario Sarkis	Open	Male	29:26	26:00	34:24	28:19	1:58:11	+48:29	2
58	AAEW-206	Myron Anderson	Senior	Male	29:58	25:39	35:06	28:09	1:58:54	+49:12	2
59	AAEW-292	Gustavo Crepaldi	Veteran	Male	32:32	25:20	33:57	27:15	1:59:05	+49:23	2
60	AAEW-157	Ashley Fontanilla	Veteran	Male	29:22	22:59	40:54	29:57	2:03:14	+53:32	2
61	AAEW-539	Mohamed Abdelghafar	Open	Male	31:00	25:57	37:57	29:33	2:04:29	+54:47	2
62	AAEW-601	Giammario Mazzei	Open	Male	31:44	28:03	37:48	28:01	2:05:36	+55:54	2
63	AAEK-50	Philippe Roghi	Master	Male	32:34	28:13	37:29	27:25	2:05:42	+56:00	2
64	AAEK-1	Amr Moemen	Master	Male	32:59	26:42	36:14	30:25	2:06:22	+56:40	2
65	AAEK-740	Jamal Alhowail	Veteran	Male	31:52	26:42	40:46	30:06	2:09:26	+59:44	2
66	AAEW-343	Rayhum Ray Carrillo	Open	Male	33:12	27:12	38:44	31:58	2:11:07	+61:25	2
67	AAEW-598	Rafat Alowisi	Veteran	Male	28:12	32:09	42:41	28:48	2:11:51	+62:09	2
68	AAEW-519	Moustafa Khaled Darwish	Open	Male	34:31	29:07	39:30	31:16	2:14:26	+64:44	2
69	AAEW-154	Bonhoeffler Mimban	Veteran	Male	32:59	29:43	42:44	29:19	2:14:48	+65:06	2
70	AAEW-619	Alshammari Abdullah	Open	Male	33:37	29:08	42:53	35:54	2:21:33	+71:51	2





71	AAEW-176	Mohamed Jebreen	Open	Male	36:06	28:38	42:21	34:32	2:21:39	+71:57	2
72	AAEW-291	Waleed Mostafa	Open	Male	41:54	31:05	39:39	31:51	2:24:30	+74:48	2
73	AAEW-597	Eddy Sarkis	Open	Male	29:26	24:30	52:55	40:11	2:27:02	+77:20	2
74	AAEW-524	Jerwynn Fernandez	Veteran	Male	41:23	31:29	42:30	33:46	2:29:09	+79:27	2
75	AAEW-563	Muhammad Amran Bin Azizan	Open	Male	37:27	31:51	45:02	35:11	2:29:32	+79:50	2
76	AAEW-613	Ali Khan Owais	Open	Male	40:37	33:47	46:22	39:00	2:39:48	+90:06	2
77	AAEK-51	Luc Roghi	Juniors	Male	31:48	28:48			1:00:37	DNF	1
78	AAEW-414	Emad Salah	Open	Male	33:32	30:18			1:03:51	DNF	1
79	AAEW-363	Manish Rawat	Open	Male	34:14	30:00			1:04:15	DNF	1
80	AAEW-532	Noel Corre	Veteran	Male	36:55	29:46			1:06:41	DNF	1
81	AAEW-162	Yusef Alguwaifli	Open	Male	40:33	28:29			1:09:03	DNF	1
82	AAEW-148	Charles-Henri Arminjon	Master	Male	33:53	35:31			1:09:25	DNF	1
83	AAEW-607	Hammam Adam	Open	Male	41:06	30:33			1:11:39	DNF	1
84	AAEW-525	Esberto, Jr. Sabado	Master	Male	41:21	31:11			1:12:33	DNF	1
85	AAEW-470	Shaun Kelleher	Veteran	Male	38:25	34:38			1:13:03	DNF	1
86	AAEK-20	Rayan Alhashim	Juniors	Male	45:16	32:22			1:17:38	DNF	1
87	AAEK-73	Claes Spang	Senior	Male	48:46	31:04			1:19:51	DNF	1
88	AAEK-338	Daniel Maamoun	Open	Male	43:35	36:45			1:20:21	DNF	1
89	AAEW-241	Baden Cuanang	Veteran	Male	47:26	38:33			1:26:00	DNF	1
90	AAEW-543	Bruno Crepaldi	Juniors	Male	46:20	42:07			1:28:27	DNF	1





91	AAEK-369	Mohamed Said	Veteran	Male	28:46	1:08:48			1:37:35	DNF	1
92	AAEW-297	Chee Chue Anthony	Open	Male	19:57	15:49			35:46	DNF	1
93	AAEK-226	Wayne Hayes	Master	Male	20:17	15:32			35:50	DNF	1
94	AAEW-572	Mukhtar Osman	Open	Male	20:46	16:29			37:15	DNF	1
95	AAEW-574	Naif Alobaid	Open	Male	26:02	22:49			48:52	DNF	1
96	AAEK-724	Michael Lahoud	Open	Male	27:14	21:42			48:57	DNF	1
97	AAEK-743	Ahmed Alabd	Open	Male	27:01	22:31			49:32	DNF	1
98	AAEW-581	Abdullah Mahfouz	Open	Male	26:37	23:49			50:27	DNF	1
99	AAEK-298	Wessam Ibrahim	Open	Male	29:48	22:32			52:21	DNF	1
100	AAEW-527	Mohammad Almudhi	Open	Male	27:06	25:49			52:55	DNF	1
101	AAEW-127	Mahran Alhmyari	Open	Male	28:58	24:00			52:59	DNF	1
102	AAEW-218	Kevin Lastra	Open	Male	30:13	24:33			54:46	DNF	1
103	AAEW-537	Ahmad Obaidi	Open	Male	30:58	27:24			58:22	DNF	1
104	AAEW-193	Rakan Sheikhelard	Veteran	Male	32:56	25:29			58:26	DNF	1
105	AAEK-336	Ziad Abou Nader	Open	Male	33:50	24:46			58:37	DNF	1
106	AAEW-125	Jim Rosacena	Open	Male	35:12	23:30			58:42	DNF	1
107	AAEW-547	Mario Balboa	Veteran	Male	30:38	28:03			58:42	DNF	1
108	AAEW-347	N.n. 50004			23:54	18:22	25:57	18:03	1:26:17	+16:35	2
109	AAEW-355	N.n. 50005			24:41	19:45	28:01	23:36	1:36:04	+26:22	2
110	AAEW-546	N.n. 50010			24:29	13:41	26:36		1:04:46	DNF	1

