

Place	Bib	Name	Surname	Sex	Lap 1	Lap 2	Race Time	Chip Time
1	1557	Roman	Soltys	M	0:17:37	0:18:22	0:36:00	0:35:59
2	1012	Karl	Fitzgerald	M	0:17:43	0:18:40	0:36:23	0:36:23
3	1844	Ger	Redmond	M		0:37:24	0:37:27	0:37:24
4	1354	Frank	Mc Donald	M	0:18:40	0:18:50	0:37:33	0:37:30
5	1377	Cathal	McHale	M	0:19:15	0:18:44	0:37:59	0:37:59
6	1371	Ken	McEvoy	M	0:19:15	0:19:04	0:38:19	0:38:19
7	870	Unknown	Male	M	0:19:24	0:19:08	0:38:32	0:38:32
8	1511	Ian	O'Donnell	M	0:19:14	0:19:19	0:38:33	0:38:33
9	1394	Thomas	Monks	M	0:19:31	0:19:10	0:38:42	0:38:41
10	880	Rowland	Corr	M	0:19:26	0:19:21	0:38:48	0:38:46
11	1892	Martin	Dowling	M	0:19:23	0:19:29	0:38:54	0:38:52
12	1027	John	Ginnane	M	0:19:01	0:20:01	0:39:03	0:39:02
13	1321	Tara	Kennedy monks	F	0:19:31	0:19:35	0:39:06	0:39:06
14	930	Anthony	Doran	M	0:19:38	0:19:39	0:39:21	0:39:17
15	1055	Sean	Gough	M	0:19:32	0:20:01	0:39:34	0:39:33
16	1306	Oshea	Keith	M	0:19:44	0:20:10	0:39:55	0:39:53
17	821	Remy	Bendayan	M	0:19:59	0:20:03	0:40:01	0:40:01
18	1386	Michael	Melody	M	0:19:35	0:20:37	0:40:13	0:40:11
19	1309	dAVID	KELLY	M	0:19:19	0:21:09	0:40:29	0:40:28
20	1355	Conor	Mc Donald	M	0:20:19	0:20:10	0:40:30	0:40:28
21	872	Darren	Coleman	M	0:19:51	0:20:46	0:40:38	0:40:37
22	805	Mantas	Ambraziejis	M	0:20:10	0:20:32	0:40:44	0:40:42
23	1956	Breda	O'Callaghan	F	0:20:20	0:20:51	0:41:13	0:41:10
24	1523	Guillermo	Paez	M	0:21:01	0:20:30	0:41:37	0:41:31
25	813	Maitiu	Baxter	M	0:20:46	0:20:52	0:41:41	0:41:38
26	1593	Peter	Williams	M	0:20:45	0:20:54	0:41:42	0:41:39
27	1573	Stephen	Tracey	M	0:20:31	0:21:14	0:41:47	0:41:45
28	1308	Rob	Kelly	M	0:20:40	0:21:13	0:41:55	0:41:54
29	1112	John	Guzdek	M	0:21:30	0:20:28	0:42:01	0:41:58
30	1569	David	Timothy	M	0:21:17	0:20:42	0:42:11	0:41:59
31	1342	Brendan	Maher	M	0:21:12	0:21:02	0:42:24	0:42:14
32	1179	Martin	Hogg	M		0:42:27	0:42:32	0:42:27
33	802	Freek	Aertsen	M	0:20:56	0:21:37	0:42:36	0:42:34
34	1004	Jonathan	Fenn	M	0:21:30	0:21:08	0:42:42	0:42:39
35	1329	Georg	Landsmann	M	0:21:32	0:21:08	0:42:48	0:42:40
36	1553	Andreas	Siegl	M	0:21:32	0:21:12	0:42:53	0:42:44
37	987	Keith	Ennis	M	0:21:08	0:21:54	0:43:07	0:43:02
38	1832	Ken	McEvoy	M	0:21:05	0:22:13	0:43:22	0:43:18
39	1588	Gary	Watton	M	0:21:28	0:21:55	0:43:23	0:43:23
40	1020	Edel	Gaffney	F	0:21:04	0:22:22	0:43:27	0:43:27
41	899	Conor	Devereux	M	0:21:14	0:22:13	0:43:30	0:43:27
42	1581	Kevin	Victory	M	0:22:51	0:20:37	0:43:42	0:43:29
43	1532	Mark	Quigley	M		0:43:42	0:43:42	0:43:38
44	1572	Brendan	Towey	M	0:21:29	0:22:10	0:43:46	0:43:38
45	1519	Patrick	O'Shea	M	0:21:59	0:21:47	0:43:50	0:43:46
46	1031	Pawel	Gorsiak	M	0:21:56	0:21:58	0:43:59	0:43:54
47	883	JJ	Coughlan	M	0:22:44	0:21:07	0:43:59	0:43:51
48	1432	Aaron	Murphy	M	0:22:26	0:20:55	0:44:00	0:43:20
49	1555	Sean	Smith	M	0:22:49	0:21:06	0:44:00	0:43:55
50	1584	Noel	Walsh	M		0:43:59	0:44:10	0:43:59
51	1567	Jerzy	Szoldra	M	0:22:02	0:22:03	0:44:16	0:44:05
52	820	Jimmy	Bell	M	0:21:51	0:22:26	0:44:24	0:44:17
53	1361	Cathal	McCabe	M		0:44:21	0:44:24	0:44:21
54	1014	David	Fitzgibbons	M	0:21:54	0:22:31	0:44:32	0:44:25
55	1375	Cody	McGrath	M	0:22:44	0:21:54	0:44:45	0:44:37

56	929	Richard	Doran	M	0:22:45	0:22:01	0:44:53	0:44:46
57	1388	Rory	Merriman	M	0:22:37	0:22:15	0:44:58	0:44:53
58	995	Evan	Farren	M	0:22:20	0:22:35	0:45:01	0:44:55
59	847	Adam	Byrne	M	0:22:47	0:22:03	0:45:05	0:44:50
60	1331	Paul	Larkin	M	0:21:57	0:23:12	0:45:17	0:45:09
61	932	Gerry	Dore	M	0:23:00	0:22:07	0:45:21	0:45:07
62	1334	Karen	Levene	F	0:23:03	0:22:10	0:45:21	0:45:12
63	1199	Michael	Hurley	M	0:23:04	0:22:08	0:45:22	0:45:11
64	1319	david	kennedy	M	0:22:11	0:23:09	0:45:30	0:45:20
65	1094	Eamonn	griffin	M	0:22:26	0:23:06	0:45:45	0:45:32
66	1311	Paul	Kelly	M	0:22:39	0:23:06	0:45:48	0:45:45
67	1580	Elaine	Verdon	F	0:22:45	0:23:03	0:45:50	0:45:48
68	1345	Paolo	Manzo	M	0:23:20	0:22:24	0:45:53	0:45:44
69	826	Maros	Borak	M	0:22:42	0:23:15	0:46:04	0:45:57
70	974	Damien	Dunne	M	0:22:50	0:23:14	0:46:09	0:46:04
71	944	Paul	Doyle	M		0:46:19	0:46:19	0:46:13
72	807	Ronan	Anderson	M	0:23:29	0:22:53	0:46:30	0:46:22
73	816	Karen	Behan	F	0:22:51	0:23:37	0:46:30	0:46:28
74	1820	Sean	Perry	M		0:46:25	0:46:30	0:46:25
75	1506	Daithi	O Murchu	M	0:23:16	0:23:06	0:46:37	0:46:22
76	849	Robert	Byrne	M	0:23:30	0:22:52	0:46:37	0:46:21
77	1317	Elaine	Kennedy	F	0:22:51	0:23:40	0:46:40	0:46:31
78	1336	Roisin	Loftus	F	0:23:39	0:22:53	0:46:42	0:46:32
79	1895	Frank	Kelly	M	0:23:07	0:23:29	0:46:44	0:46:35
80	1548	Shane	Scanlan	M	0:23:37	0:22:57	0:46:45	0:46:35
81	1251	Claire	Joyce	F		0:46:45	0:46:47	0:46:45
82	884	Deirdre	Counihan	F	0:23:19	0:23:27	0:46:49	0:46:46
83	1508	Ronan	O'Ceallachain	M	0:22:48	0:24:00	0:46:57	0:46:48
84	1313	Eamonn	Kelly	M	0:22:39	0:24:16	0:47:03	0:46:54
85	1332	Neal	Leddy	M	0:23:55	0:23:00	0:47:06	0:46:55
86	1391	Kiri	Monaghan	F	0:23:06	0:23:58	0:47:09	0:47:04
87	1376	Terry	McGrath	M	0:23:19	0:23:43	0:47:10	0:47:02
88	893	Ciaran	Delaney	M	0:24:21	0:22:22	0:47:13	0:46:43
89	1277	Nicola	Kavanagh	F	0:23:19	0:23:42	0:47:15	0:47:01
90	1724	Tony	Donohoe	M	0:23:18	0:23:53	0:47:17	0:47:11
91	1348	Robert	Maunsell	M	0:23:36	0:23:33	0:47:20	0:47:09
92	1455	Michael	Murray	M	0:23:30	0:23:36	0:47:23	0:47:07
93	1457	Susan	Naughton	F	0:23:33	0:23:44	0:47:23	0:47:17
94	1826	Dervla	Owens	F	0:23:29	0:23:44	0:47:24	0:47:14
95	1596	Owen	Young	M	0:23:05	0:24:05	0:47:25	0:47:10
96	1393	Mike	Monaghan	M	0:23:28	0:23:49	0:47:33	0:47:17
97	1303	Calvin	Kearney	M	0:23:50	0:23:37	0:47:34	0:47:27
98	851	Ray	Caffrey	M	0:23:30	0:23:59	0:47:40	0:47:29
99	1062	Jessica	Gray	F	0:23:36	0:23:57	0:47:42	0:47:32
100	1915	Muirna	Walsh	F	0:23:34	0:24:13	0:47:53	0:47:48
101	1920	Jennifer	Carpenter	F	0:23:28	0:24:17	0:47:56	0:47:46
102	1563	Miriam	Staunton	F	0:23:28	0:24:23	0:47:58	0:47:51
103	1390	Claire	Millar	F	0:23:52	0:24:02	0:48:00	0:47:54
104	814	Emma	Beglin	F	0:23:18	0:24:45	0:48:08	0:48:03
105	937	Patrick	Downey	M	0:23:48	0:24:14	0:48:09	0:48:01
106	885	Nick	Crawford	M	0:23:25	0:24:44	0:48:19	0:48:09
107	1505	Seán	Á Gallacháir	M	0:23:18	0:24:58	0:48:22	0:48:16
108	1359	Derek	Mc Namara	M	0:24:09	0:24:01	0:48:28	0:48:11
109	862	Javier	Castro	M	0:24:18	0:23:43	0:48:43	0:48:01
110	1163	Antonio	Hernandez	M	0:24:21	0:23:48	0:48:48	0:48:08
111	801	Iveta	Adamova	F	0:24:07	0:24:39	0:48:53	0:48:47

112	1590	Paul	Whelan	M	0:24:46	0:23:58	0:48:58	0:48:43
113	1370	Roz	McElwee	F	0:24:17	0:24:35	0:48:59	0:48:52
114	836	Jason	Browne	M	0:23:53	0:25:05	0:49:03	0:48:58
115	1521	Dervla	Owens	F	0:24:03	0:24:46	0:49:03	0:48:49
116	1592	John	Whitty	M	0:24:05	0:24:55	0:49:16	0:49:00
117	1536	Enya	Reilly	F	0:24:00	0:25:15	0:49:21	0:49:15
118	1304	Liam	Keating	M	0:24:26	0:24:56	0:49:32	0:49:22
119	1911	Brian	O'Brien	M	0:24:18	0:25:14	0:49:37	0:49:32
120	1565	Clynch	Steven	M	0:24:42	0:24:42	0:49:43	0:49:25
121	1791	Terry	O'Brien	M	0:24:51	0:24:46	0:49:48	0:49:37
122	1757	Sheila	Kelly	F	0:24:37	0:24:59	0:49:49	0:49:36
123	1524	ADAM	Parker	M	0:24:53	0:24:17	0:49:51	0:49:09
124	823	Conor	Boland	M	0:24:24	0:25:02	0:49:52	0:49:26
125	815	Suzanne	Behan	F	0:24:28	0:25:24	0:49:54	0:49:52
126	1559	Marcelo	Soto	M	0:24:27	0:25:09	0:49:55	0:49:36
127	1022	Ciaran	Gannon	M	0:24:33	0:25:03	0:49:57	0:49:36
128	810	Náirín	Barrett	F	0:24:15	0:25:35	0:49:57	0:49:51
129	834	Sean	Brett	M	0:25:09	0:24:41	0:49:59	0:49:50
130	1589	David	Weakliam	M	0:24:49	0:25:07	0:49:59	0:49:56
131	888	Derek	Cullen	M	0:24:57	0:24:47	0:50:05	0:49:44
132	1350	David	Maxwell	M	0:24:54	0:24:33	0:50:07	0:49:27
133	845	Karl	Byrne	M	0:24:54	0:25:14	0:50:12	0:50:08
134	886	Richard	Cribbin	M	0:25:13	0:24:36	0:50:14	0:49:48
135	1414	Linda	Murphy	F	0:25:10	0:24:55	0:50:19	0:50:05
136	1558	James	Somers	M	0:24:04	0:26:08	0:50:21	0:50:12
137	1193	Lisa	Hughes	F	0:24:30	0:25:45	0:50:23	0:50:15
138	806	Beatriz	Ancatripay	F	0:24:22	0:25:59	0:50:27	0:50:21
139	1025	Jackie	Gerow	F	0:25:22	0:24:56	0:50:28	0:50:18
140	1337	Rosemary	Long	F	0:24:24	0:26:03	0:50:31	0:50:27
141	1144	Lorraine	Heffernan	F	0:24:43	0:25:48	0:50:32	0:50:30
142	1365	Pat	McDonald	M	0:24:24	0:26:00	0:50:33	0:50:24
143	1007	Neil	Finnegan	M	0:24:45	0:25:40	0:50:38	0:50:25
144	912	Alan	Dixon	M	0:25:19	0:25:14	0:50:46	0:50:33
145	1288	Stephen	Kavanagh	M	0:25:41	0:24:57	0:50:52	0:50:39
146	804	Thiago	Almeida	M	0:25:23	0:24:59	0:50:56	0:50:22
147	1541	C�sar Michael	Rodr�guez Torres	M	0:24:31	0:26:13	0:50:57	0:50:43
148	1360	Steven	McAuliffe	M	0:24:51	0:26:00	0:51:02	0:50:51
149	1272	David	Joyce	M	0:25:29	0:25:24	0:51:10	0:50:53
150	1531	Fergal	Purcell	M	0:25:48	0:24:53	0:51:11	0:50:41
151	1502	Peter	O'Donnell	M	0:25:47	0:24:54	0:51:11	0:50:41
152	1577	MATTHEW	UPTON	M	0:26:17	0:25:01	0:51:20	0:51:18
153	1587	David	Watson	M		0:51:24	0:51:24	0:51:06
154	961	Aaron	Duggan	M	0:25:16	0:25:47	0:51:25	0:51:04
155	837	Tobin	Bryan	M	0:25:01	0:26:31	0:51:48	0:51:32
156	953	Aidan	Duffy	M	0:25:08	0:26:31	0:51:50	0:51:39
157	1586	Ken	Walsh	M	0:24:28	0:27:18	0:51:51	0:51:45
158	812	Joe	Barrett	M	0:25:38	0:26:07	0:51:52	0:51:45
159	1174	Ciaran	Hoban	M	0:26:01	0:25:33	0:51:59	0:51:33
160	876	Maurice	Conway	M	0:25:07	0:26:30	0:52:00	0:51:37
161	976	Anthony	Egan	M	0:23:37	0:28:13	0:52:02	0:51:50
162	1362	Kevin	McCarthy	M	0:26:07	0:25:53	0:52:13	0:52:00
163	1916	Stephen	Kavanagh	M	0:25:41	0:26:13	0:52:17	0:51:54
164	868	DOUGLAS	CHRISTENSEN	M	0:25:55	0:25:58	0:52:20	0:51:53
165	993	Colleen	Farrell	F	0:26:17	0:25:48	0:52:32	0:52:06
166	1560	DAVID	SPAIN	M	0:25:59	0:26:15	0:52:34	0:52:14
167	923	Martina	Donohue	F	0:25:28	0:26:59	0:52:38	0:52:27

168	1416	Michael	Murphy	M	0:25:54	0:26:09	0:52:39	0:52:02
169	1395	Lorraine	Montgomery	F	0:25:43	0:26:48	0:52:45	0:52:31
170	1326	Alicja	Kozimor	F	0:25:20	0:27:20	0:52:51	0:52:41
171	1552	Robert	Sheridan	M	0:26:23	0:25:59	0:52:55	0:52:22
172	1526	Kyle	Petrie	M	0:25:57	0:26:44	0:52:58	0:52:41
173	1614	Des	Lynch	Male	0:26:04	0:26:42	0:52:59	0:52:46
174	970	Suzanne	Dunne	F	0:26:08	0:27:30	0:53:51	0:53:37
175	1327	Grzegorz	Kozimor	M	0:25:55	0:27:43	0:53:55	0:53:38
176	1186	EDWARD	HUDSON	M	0:26:36	0:27:08	0:53:56	0:53:44
177	1019	JAne	Gaffney	F	0:25:47	0:28:15	0:54:09	0:54:02
178	1232	Denise	Jordan	F	0:26:44	0:27:02	0:54:12	0:53:47
179	864	Padraig	Chambers	M	0:26:06	0:27:47	0:54:17	0:53:53
180	1347	Nicola	Mathews	F	0:26:36	0:27:26	0:54:19	0:54:02
181	1539	Eithne	Richardson	F	0:27:08	0:26:45	0:54:20	0:53:53
182	1015	Stephen	Fitzpatrick	M	0:28:11	0:25:44	0:54:29	0:53:55
183	838	Jonathan	Bunce	M	0:27:13	0:26:43	0:54:32	0:53:56
184	861	Ciara	Casey	F	0:26:59	0:27:42	0:54:48	0:54:41
185	869	Andrew	Clarke	M	0:26:22	0:28:07	0:54:50	0:54:28
186	975	David	Dwyer	M	0:26:58	0:27:25	0:54:57	0:54:23
187	865	Karen	Champ	F	0:27:20	0:27:16	0:55:01	0:54:36
188	1415	Patrick	Murphy	M	0:27:38	0:27:12	0:55:07	0:54:50
189	1057	Krzysztof	Grabowski	M	0:26:23	0:28:34	0:55:10	0:54:57
190	831	Amanda	Breen	F	0:27:12	0:27:48	0:55:13	0:55:00
191	1738	Nick	Doherty	M	0:27:49	0:27:20	0:55:22	0:55:09
192	1509	Aisling	O'Connor	F	0:28:11	0:26:48	0:55:23	0:54:59
193	1466	Thalia	Neilson	F	0:26:19	0:28:56	0:55:32	0:55:14
194	1566	Jennifer	Swan	F	0:26:48	0:28:34	0:55:35	0:55:22
195	1324	Timothy	Kinsella	M	0:26:55	0:28:53	0:56:03	0:55:48
196	1397	Belinda	Mowlds	F	0:26:56	0:28:53	0:56:03	0:55:49
197	867	Heather	Chris	M	0:27:53	0:28:00	0:56:13	0:55:53
198	829	Orla	Bowe	F	0:27:03	0:28:45	0:56:14	0:55:49
199	991	Sarah	Etchingham	F	0:27:10	0:28:52	0:56:15	0:56:02
200	1352	Peter	Mc Cabe	M	0:27:24	0:28:40	0:56:19	0:56:04
201	1374	Darren	McGrath	M	0:28:30	0:27:21	0:56:19	0:55:51
202	827	Lee	Borland	M	0:27:48	0:28:16	0:56:20	0:56:04
203	882	Helen	Coughlan	F	0:27:51	0:28:30	0:56:29	0:56:21
204	1024	John	Geary	M	0:27:05	0:29:12	0:56:34	0:56:17
205	1399	Emma	murphy	F	0:28:06	0:28:21	0:56:43	0:56:27
206	819	Petra	Behilova	F	0:28:23	0:28:01	0:56:46	0:56:24
207	1547	NICK	SCALLAN	M	0:28:05	0:28:32	0:56:48	0:56:37
208	1236	Avril	Jordan	F	0:28:25	0:28:10	0:56:53	0:56:35
209	1341	Cathal	Magner	M	0:28:32	0:27:57	0:56:54	0:56:29
210	913	Helen	Dodd	F	0:27:15	0:29:29	0:56:57	0:56:44
211	914	Fiona	Dodd	F	0:27:15	0:29:29	0:56:57	0:56:44
212	1535	Andrew	Reid	M	0:28:22	0:28:04	0:57:00	0:56:26
213	1301	Darren	Kavanagh	M	0:26:41	0:30:12	0:57:06	0:56:53
214	1851	Natalia	Campbell	F	0:28:39	0:28:14	0:57:23	0:56:53
215	855	Meaghan	Carmody	F	0:28:03	0:29:03	0:57:29	0:57:06
216	1583	Sandra	Walsh	F	0:28:09	0:29:08	0:57:31	0:57:17
217	1518	Elizabeth	O'Reilly	F	0:28:31	0:28:57	0:57:38	0:57:29
218	1356	Kieran	Mc Donnell	M	0:28:05	0:29:27	0:57:41	0:57:33
219	1400	Lauren	Murphy	F	0:28:26	0:29:14	0:57:48	0:57:40
220	1353	Maeve	Mc Cutcheon	F	0:28:10	0:29:09	0:57:50	0:57:19
221	897	Mairead	Dennehy	F	0:28:42	0:29:10	0:58:10	0:57:52
222	828	Sarah	Bourne	F	0:29:07	0:29:07	0:58:20	0:58:14
223	1183	David	Horgan	M	0:29:25	0:28:40	0:58:26	0:58:06

224	1544	Mike	Ryan	M		0:58:09	0:58:30	0:58:15
225	1320	Richard	Kennedy	M	0:28:29	0:29:47	0:58:31	0:58:16
226	1467	Caoimhe	Newell	F	0:28:41	0:29:43	0:58:40	0:58:24
227	1387	Emma	Menton	F	0:28:23	0:29:59	0:58:41	0:58:22
228	1510	Tim	O'Donnell	M	0:28:42	0:29:46	0:58:45	0:58:28
229	1504	Siobhan	O Driscoll	F	0:28:32	0:30:00	0:58:47	0:58:32
230	833	Kiva	Brennan	F	0:28:14	0:30:09	0:58:49	0:58:22
231	1369	Patrick	McElroy	M	0:27:51	0:30:52	0:58:53	0:58:42
232	873	Margaret	Collins	F	0:29:36	0:28:42	0:58:57	0:58:19
233	818	Joe	behan	F	0:29:18	0:29:33	0:59:08	0:58:51
234	817	Joe	behan	F	0:29:24	0:29:28	0:59:08	0:58:52
235	1570	Ian	Tolan	M	0:29:47	0:28:46	0:59:09	0:58:33
236	1962	Gerry	Day	M	0:28:48	0:29:43	0:59:10	0:58:31
237	898	DOMHNALL	DERVAN	M	0:29:41	0:29:19	0:59:20	0:59:00
238	866	Angela	Charlton	F	0:29:39	0:29:04	0:59:21	0:58:43
239	1515	John Joe	O'Neill	M	0:30:13	0:28:58	0:59:38	0:59:11
240	859	Caoimhe	Carton	F	0:29:03	0:30:10	0:59:39	0:59:13
241	839	Aoife	Burke	F	0:29:16	0:30:01	0:59:43	0:59:17
242	1029	Colm	Goodson	M	0:30:16	0:29:03	0:59:46	0:59:19
243	889	Shane	Cummins	M	0:28:33	0:30:28	0:59:49	0:59:00
244	1339	Ray	Lowry	M	0:29:10	0:30:25	0:59:50	0:59:35
245	1307	Sheila	Kelly	F		0:59:34	0:59:55	0:59:34
246	1364	Gemma	McDermott	F	0:28:50	0:30:56	0:59:57	0:59:46
247	722	DÃ¡jire	Nolan	M	0:29:47	0:29:43	1:00:15	0:59:30
248	1141	Deirdre	Hayes	F	0:29:39	0:30:26	1:00:28	1:00:04
249	890	Deirdre	Cunningham	F	0:29:22	0:30:41	1:00:31	1:00:03
250	1218	Mick	Jones	M	0:30:04	0:30:56	1:01:18	1:01:00
251	1318	Hannah	kennedy	F	0:28:58	0:32:21	1:01:26	1:01:18
252	1330	Eadaoin	Langan	F	0:31:26	0:29:36	1:01:27	1:01:03
253	1325	Brid	Kirwan	F		1:00:55	1:01:28	1:00:55
254	1316	Cassie	Kennedy	F	0:30:23	0:30:59	1:01:29	1:01:22
255	1021	Gillian	Gannon	F	0:29:36	0:31:19	1:01:33	1:00:55
256	1595	Anna	Winton	F	0:29:24	0:31:41	1:01:38	1:01:04
257	1315	Heather	Kennedy	F	0:31:22	0:29:59	1:01:45	1:01:20
258	1030	Valerie	Gorman	F	0:30:42	0:30:46	1:01:52	1:01:28
259	1488	Paddy	Nichol	M	0:31:00	0:30:27	1:01:52	1:01:27
260	1344	Marcin	Maj	M	0:30:24	0:31:15	1:01:59	1:01:39
261	853	Alba	Campus	F	0:31:01	0:30:33	1:02:00	1:01:34
262	1351	Daniela	Mazzoleni	F	0:31:06	0:30:32	1:02:02	1:01:38
263	1550	Rachel	Shaughnessy	F	0:30:09	0:31:47	1:02:04	1:01:56
264	1551	niamh	Sheridan	F	0:30:38	0:31:07	1:02:06	1:01:45
265	940	Etaoin	Doyle	F	0:30:33	0:31:13	1:02:06	1:01:46
266	1340	Roisin	Magee	F	0:30:20	0:31:32	1:02:15	1:01:51
267	835	Stacy	Browne	F	0:29:52	0:32:08	1:02:18	1:01:59
268	1069	Sydney	Green	F	0:30:28	0:31:34	1:02:23	1:02:02
269	1564	Kerrie Anne	Steele	F	0:30:26	0:31:26	1:02:24	1:01:52
270	1346	CloÃ©	Martin	F	0:31:29	0:30:42	1:02:27	1:02:11
271	863	Eimear	Chambers	F	0:30:34	0:31:15	1:02:28	1:01:49
272	1543	Mark	Ryan	M	0:29:59	0:32:21	1:02:42	1:02:20
273	1863	Martin	Corrigan	M	0:31:10	0:31:12	1:02:53	1:02:22
274	967	Joan	Dunne	F	0:30:57	0:31:41	1:02:53	1:02:38
275	824	Anthony	Bolton	M	0:29:11	0:33:25	1:03:04	1:02:36
276	1018	Anthony	Foronato	M	0:30:17	0:32:19	1:03:04	1:02:37
277	874	Sarah	Connaughton	F	0:29:50	0:32:46	1:03:05	1:02:37
278	1465	Shay	Neary	M	0:30:56	0:31:55	1:03:18	1:02:52
279	844	Martin	Byrne	M	0:30:54	0:32:01	1:03:24	1:02:55

280	1554	Carmel	Smith	F	0:31:40	0:31:52	1:03:43	1:03:32
281	1792	Mary	Doyle	F	0:30:51	0:32:40	1:03:54	1:03:31
282	1517	Sarah	O'Reilly	F	0:31:19	0:33:13	1:04:53	1:04:32
283	850	Shane	Byrne	M	0:30:56	0:34:33	1:05:49	1:05:29
284	1512	Kevin	O'Donnell	M	0:30:54	0:34:34	1:05:49	1:05:28
285	1358	Wendy	Mc Loughlin	F	0:33:49	0:32:06	1:06:26	1:05:55
286	1561	Laura	Stafford	F	0:33:49	0:32:08	1:06:28	1:05:57
287	1335	Jin Ji	Lim	M	0:35:18	0:31:07	1:06:43	1:06:25
288	1276	Leona	Judge	F	0:33:23	0:32:49	1:06:51	1:06:12
289	1537	Michelle	Reilly	F	0:33:36	0:32:57	1:07:07	1:06:33
290	990	Becky	Ensor	F	0:32:18	0:35:19	1:07:44	1:07:37
291	1520	Clare	O'Toole	F	0:33:40	0:33:42	1:07:49	1:07:22
292	878	Emer	Corcoran	F	0:33:18	0:33:56	1:07:49	1:07:14
293	1372	David	McGarry	M	0:33:45	0:33:42	1:07:53	1:07:27
294	1389	Barbara	Michalik	F	0:33:18	0:34:07	1:07:57	1:07:25
295	1568	Eva	Thiel	F	0:33:23	0:34:08	1:08:02	1:07:30
296	1546	Catriona	Scahill	F	0:33:16	0:34:22	1:08:14	1:07:38
297	832	Laura	Brennan	F	0:35:06	0:33:57	1:09:35	1:09:03
298	1322	Aisling	Kenny	F	0:35:09	0:33:56	1:09:37	1:09:05
299	904	Joe	Diggins	M	0:32:18	0:36:58	1:09:47	1:09:17
300	1707	Ann	Geraghty	F	0:32:20	0:37:32	1:10:24	1:09:53
301	1383	Cathy	McMahon	F	0:34:44	0:36:11	1:11:23	1:10:55
302	1188	Lorna	Hughes	F	0:34:46	0:36:14	1:11:29	1:11:00
303	1132	Sarah	Harnett	F	0:34:51	0:36:11	1:11:30	1:11:02
304	1516	Conor	O'Raghallaigh	M	0:35:00	0:36:09	1:11:41	1:11:09
305	1549	Ana	Sedano	F	0:35:01	0:36:33	1:11:54	1:11:34
306	1338	ANA ISABEL	LOPEZ ORTIZ	F	0:34:49	0:36:42	1:12:02	1:11:31
307	895	Tina	Dempsey	F	0:39:29	0:38:23	1:18:20	1:17:52
308	1503	Catherine	O Driscoll	F	0:39:26	0:38:48	1:18:47	1:18:15
309	1023	Ingrid	Gargan	F	0:39:24	0:38:53	1:18:48	1:18:17
310	1143	Roisin	Healy	F	0:39:29	0:41:10	1:21:00	1:20:39
311	1507	Marcella	O Shaughnessy	F	0:39:29	0:41:10	1:21:00	1:20:39
	723	Ashling	O' Donnell	F	0:23:07		No Time	