


☆ WAMC King of the Mountain Virtual Run

Current Year

MY CURRENT PLACE		MY BEST TIME		This Year ▾		All ▾	
- / 33		-					
Rank	Name	Date	Pace	HR	Time		
	Dennis Bergkamp 🥳	12 Jun 2020	3:28/km	-	55:05		
2	Liam Fuery	27 Jun 2020	3:48/km	128bpm	1:00:28		
3	Tim Carpenter	26 Jun 2020	3:56/km	167bpm	1:02:31		
4	phil "5k a day" gore	25 Jun 2020	4:21/km	150bpm	1:09:16		
5	L J	21 Jun 2020	4:34/km	164bpm	1:12:36		
6	Claude Morris	2 May 2020	4:41/km	161bpm	1:14:40		
7	Frenchie s	21 Jun 2020	4:42/km	155bpm	1:14:51		
8	Clodagh Glynn	21 Jun 2020	5:14/km	158bpm	1:23:24		
9	Jacques Meyer	27 Jun 2020	5:20/km	153bpm	1:25:01		
10	Fly Hold	27 Jun 2020	5:21/km	158bpm	1:25:14		
11	Paul Murphy	28 Jun 2020	5:43/km	158bpm	1:30:56		
12	Connor Liddelow	20 Jun 2020	6:05/km	132bpm	1:36:58		
13	Emily Honey	20 Jun 2020	6:09/km	170bpm	1:37:52		
14	Michael Liddelow	20 Jun 2020	6:10/km	137bpm	1:38:07		
15	Geoff McFadden	27 Jun 2020	6:28/km	154bpm	1:42:55		
16	olive Clive Alessandrino	13 Jun 2020	6:31/km	-	1:43:47		
17	Melanie Alessandrino	13 Jun 2020	6:32/km	-	1:44:09		

18	Colin Smith	27 Jun 2020	6:39/km	152bpm	1:46:00
19	Matt Dowson	27 Jun 2020	6:40/km	147bpm	1:46:03
20	Nicky Rowland	21 Jun 2020	6:40/km	155bpm	1:46:05
21	Nathalie Laurendeau	21 Jun 2020	6:45/km	-	1:47:25
22	Corrie Johnstone CA - Endurance Coach	20 Jun 2020	6:48/km	149bpm	1:48:18
23	Paul Turkington	21 Jun 2020	7:06/km	136bpm	1:53:10
24	K Maoca 🏊	28 Jun 2020	7:16/km	146bpm	1:55:45
25	Ben Castlehow	28 Jun 2020	7:16/km	156bpm	1:55:49
26	Chemie Banger	14 Jun 2020	7:58/km	-	2:06:46
27	Janne Wells	21 Jun 2020	8:10/km	-	2:10:02
28	Silke Peglow	21 Jun 2020	8:10/km	-	2:10:03