

☆ WAMC Joondalup Half Virtual Run

Current Year

MY CURRENT PLACE	MY BEST TIME	This Year ▾			All ▾
- / 34	-				
Rank	Name	Date	Pace	HR	Time
	Chris Gould	28 Jun 2020	3:35/km	153bpm	1:15:56
2	Ross Langford	28 Jun 2020	3:36/km	147bpm	1:16:15
3	Alex Righton	28 Jun 2020	3:40/km	171bpm	1:17:53
4	Gareth Owen	28 Jun 2020	3:56/km	136bpm	1:23:27
5	Nathan Fawkes	28 Jun 2020	3:56/km	-	1:23:29
6	Tony Smith RunCoaching.com	28 Jun 2020	3:57/km	148bpm	1:23:44
7	Brad Gartrell	27 Jun 2020	3:57/km	176bpm	1:23:45

8	Gareth Jones	28 Jun 2020	4:03/km	167bpm	1:25:46
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9	Pamela McCaskie		4:23/km	152 bpm	1:32:43
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10	Rutger ter Harmse	27 Jun 2020	4:24/km	163bpm	1:33:22
11	Paul Rowland	21 Jun 2020	4:50/km	188bpm	1:42:37
12	Andy Lane	21 Jun 2020	4:51/km	159bpm	1:42:44
13	Sally Chetwin	28 Jun 2020	4:52/km	167bpm	1:43:18
14	Mark Griffiths	28 Jun 2020	4:53/km	156bpm	1:43:26
15	Simon Bonnick 🐝	21 Jun 2020	5:11/km	-	1:49:55
16	Gary Cooper	19 Jan 2020	5:20/km	147bpm	1:52:59
17	Kade O'Brien	19 Jan 2020	5:22/km	163bpm	1:53:49
18	Nicholas Watkins	19 Jan 2020	5:22/km	154bpm	1:53:57

19	Andy Whiteside	21 Jun 2020	5:28/km	137bpm	1:56:04
20	Heather Ilton	21 Jun 2020	5:29/km	-	1:56:15
21	K Macca 🇮🇪	21 Jun 2020	5:37/km	163bpm	1:59:12
22	Mike Parrotte	21 Jun 2020	5:42/km	136bpm	2:01:00
23	Kara Chook	21 Jun 2020	5:48/km	167bpm	2:02:58
24	Ian Nichol	19 Jan 2020	5:50/km	143bpm	2:03:35
25	Colin Nelson	13 Jun 2020	5:51/km	148bpm	2:04:10
26	Maria Hargreaves	21 Jun 2020	6:15/km	162bpm	2:12:43
27	Ariane Lefèvre	6 Jun 2020	6:16/km	164bpm	2:12:49
28	Marcio Drumond	19 Jan 2020	6:27/km	155bpm	2:16:41
29	MICK DWYER	19 Jan 2020	6:27/km	138bpm	2:16:45
30	Abigail Kay	19 Jan 2020	6:27/km	150bpm	2:16:50
31	Mike Morris	8 Mar 2020	6:33/km	141bpm	2:19:03
32	Leila Coogan	14 Jun 2020	6:43/km	-	2:22:22
33	Nicole Moneil	19 Jan 2020	6:45/km	170bpm	2:23:11
34	Lucy Smales	14 Jun 2020	6:48/km	155bpm	2:24:20