



## ADVENTURE HQ ROCKRUNNER 2019 RESULTS

BIB	Category	PLACE	PENALTY	FINISH TIME	First Name	Last Name
<b>FEMALE 5k</b>						
53	5k	1		0:41:20	Vanessa	Choo
51	5k	2		0:46:06	Jamila	Alansari
52	5k	3		0:59:57	Gwenn	Cassanet
54	5k	4		1:00:24	Nasra	Masoud
55	5k	5		1:06:38	Natalie	Robson
<b>MALE 5k</b>						
56	5k	1		0:32:49	Ahmed	Al Beloshi
62	5k	2		0:33:49	Caleb	Lnenicka
61	5k	3		0:35:06	Mohammed	Jumah
68	5k	4		0:39:42	Nicolas	Girof
59	5k	5		0:47:07	Abdelrahman	Aljarrah
60	5k	6	0:01:00	0:48:22	Laith	Aziz
58	5k	7		0:51:20	Mustafa	Alhammadi
63	5k	8	0:01:00	1:14:10	Ryan	Magnawa
57	5k			DNS	Abdulsalam	Al Qasmei
<b>JUNIOR 5k</b>						
67	Junior 5K F	1		0:33:47	Gabrielle	Lnenicka
66	Junior 5K M	1		0:54:30	Arthur	Cassanet
65	Junior 5K F	2		0:55:14	Louane	Cassanet
64	Junior 5K F	3		0:55:19	Erell	Cassanet
<b>FEMALE 10k</b>						
116	10k	1		1:20:59	Laura	Rosa
118	10k	2		1:24:23	Rachel	Smith
119	10k	3		1:24:45	Jennifer	Von Zitzewitz
111	10k	4		1:28:27	Nuria	Franch
106	10k	5		1:29:47	Chelsie	Brines
107	10k	6		1:33:22	Christine	De Graaf
109	10k	7		1:33:45	Rania	El Gamal
112	10k	8	0:01:00	1:37:51	Victoria	Iovva
103	10k	9	0:01:00	1:40:38	Bahia	Benjelloun
104	10k	10		1:43:53	Rachel	Black
115	10k	11		1:50:33	Corine	Reiss
117	10k	12		1:52:23	Daniele	Seraphim
113	10k	13		1:52:34	Rhea	Magat
105	10k	14		1:53:52	Christine	Briffa
101	10k	15		1:53:57	Hajar	Abdelaziz



## ADVENTURE HQ ROCKRUNNER 2019 RESULTS

102	10k	16		1:58:26	Fernanda	Baisch
108	10k	17		2:04:41	Karrene	Domingo
110	10k			DNF	Susana	Ferreira
114	10k			DNS	Kate	Maxted
<b>MALE 10k</b>						
127	10k	1		0:43:28	Saleh	Al Suwaidi
125	10k	2	0:04:00	0:55:21	Mahmoud	Al Naqbi
132	10k	3		0:57:50	Rodolphe	Cazavant
139	10k	4		0:58:07	Gareth	Scott
122	10k	5	0:04:00	0:58:37	Mohammed	Al Hosani
128	10k	6	0:04:00	1:01:44	Ahmed	Al Yammahi
131	10k	7		1:07:35	Josselin	Cassanet
142	10k	8		1:10:12	Christopher	Thomas
138	10k	9		1:14:20	Jeremy	Robinson
135	10k	10		1:18:29	Pierangelo	Marfella
126	10k	11		1:20:37	Abdulla	Al Neyadi
136	10k	12		1:23:02	Rimaz	Rauf
140	10k	13		1:25:52	Saif	Shahdad
124	10k	14		1:26:27	Khalifa	Al Mulla
123	10k	15		1:27:13	Humaid	Al Kaabi
141	10k	16		1:29:51	Mark Lawrence	Sunico
134	10k	17		1:38:46	Ahmed	El Maghraby
137	10k	18		1:52:20	Thierry	Reiss
130	10k	19		1:53:54	Pierre	Briffa
129	10k	20	0:01:00	1:56:14	Said	Benjelloun
133	10k	21		2:04:47	James	Domingo
121	10k	22		2:06:24	Jean Marc	Abou Antoun
120	10k	23		2:10:11	Jad	Abboud
<b>FEMALE 15k</b>						
310	15k	1		1:18:04	Liz	Marshall
511	15k	2		1:23:48	Simone	Walter
542	15k	3		1:27:43	Noura	Tatarka
506	15k	4		1:27:55	Dina	Gallagher
505	15k	5		1:41:02	Elizabeth	Driver
503	15k	6		1:42:57	Kathrine	Clayton
507	15k	7		1:48:16	Claire	Gilbody
504	15k	8		1:52:22	Maria Joao	Delgado
508	15k	9		2:04:15	Hazel	Hardie



## ADVENTURE HQ ROCKRUNNER 2019 RESULTS

510	15k	10		2:06:06	Anni	Timonen
501	15k	11		2:06:33	Claire	Armstrong
502	15k	12		2:09:34	Anna	Bowker
509	15k	13		2:14:08	Holly	Joint
<b>MALE 15k</b>						
311	15k	1		1:13:08	Simon	Marshall
531	15k	2		1:32:52	Peter	Ndegwa
528	15k	3		1:33:54	Shane	McLaughlin
535	15k	4		1:38:39	John	Robson
521	15k	5		1:39:42	Rickson	D'Souza
514	15k	6		1:39:49	Siddeeq	Al Marzouqi
513	15k	7		1:40:32	Ali	Al Jneibi
539	15k	8		1:42:58	Danny	Sutton
540	15k	9		1:45:39	Ludovic	Tiberghien
527	15k	10		1:45:41	Rick	Hofmijster
525	15k	11		1:45:51	Neill	Goonting
530	15k	12		1:46:22	manuel	munari
532	15k	13		1:47:11	Joao	Nunes
526	15k	14		1:47:12	Jacob	Gulmann
518	15k	15		1:47:46	Mehdi	Benabdallah
524	15k	16		1:48:00	Jerome	Garcia
520	15k	17		1:48:28	Nathan	Brines
523	15k	18		1:49:26	Sagara	Gamage
522	15k	19		1:52:06	Amin	El Maghraby
517	15k	20		1:52:08	Arnel	Bacani
538	15k	21		1:54:32	Walid	Shaban
515	15k	22		1:59:51	Abdullah	Al Sheber
519	15k	23		2:08:14	Sean	Brady
536	15k	24		2:15:55	Joseph	Schumacher
537	15k	25		2:15:59	Michael	Schumacher
516	15k	26		2:21:26	Nour	Aziz
533	15k	27		2:24:11	Liton	Pavel
512	15k			DNS	Humaid	Al Ghandi
529	15k			DNS	Jason	Metters
534	15k			DNS	Thomas	Peden
541	15k			DNS	Zac	Warnes
<b>MALE 30k</b>						
302	30k	1		2:31:03	Nils	De Jong



## ADVENTURE HQ ROCKRUNNER 2019 RESULTS

306	30k	2		2:59:29	<b>Nuno</b>	<b>Marques</b>
305	30k	3		3:07:03	<b>Kris</b>	<b>Karcher</b>
301	30k	4		3:16:19	<b>Mark</b>	<b>Craig</b>
304	30k	5		3:27:59	<b>André</b>	<b>Hedberg</b>
303	30k	6		3:38:41	<b>Lumardt</b>	<b>Groeneveld</b>
308	30k	7		3:44:38	<b>Jean</b>	<b>Meyer</b>
307	30k	8		DNF	<b>Aaron</b>	<b>McDaid</b>
309	30k	9		DNS	<b>Alex</b>	<b>Rankin</b>