

# M1 Run 2019

## Results by Category

### Individual 18-39 - Female

| Rank | Bib | Name                | Nat. | Run      | Stairs   | FinishTime |
|------|-----|---------------------|------|----------|----------|------------|
| 1    | 7   | Diana Gogitidze     | GEO  |          |          | 00:10:05   |
| 2    | 1   | Gretta Beckett      | IRL  | 00:04:38 | 00:05:49 | 00:10:27   |
| 3    | 98  | Lena Thoft Pedersen | DEN  |          |          | 00:10:39   |
| 4    | 39  | Lucy Murton         | AUS  | 00:04:55 | 00:05:50 | 00:10:45   |
| 5    | 50  | Maria Gloria Isaac  | CHI  | 00:05:03 | 00:05:47 | 00:10:50   |
| 6    | 22  | Sandra Malveiro     | POR  | 00:05:28 | 00:05:38 | 00:11:06   |
| 7    | 95  | Sophie Norris       | GBR  | 00:05:17 | 00:06:06 | 00:11:23   |
| 8    | 15  | Emma Evans          | GBR  |          |          | 00:11:36   |
| 9    | 104 | Simona Stanciu      | ROU  | 00:05:29 | 00:06:41 | 00:12:10   |
| 10   | 107 | Paris Norriss       | GBR  | 00:05:14 | 00:07:54 | 00:13:08   |
| 11   | 43  | Susan Hulland       | AUS  | 00:06:25 | 00:07:02 | 00:13:27   |
| 12   | 55  | Rosalie Lalic       | PHI  | 00:07:03 | 00:06:57 | 00:13:59   |
| 13   | 106 | Irene Gaiho         | KEN  | 00:06:47 | 00:07:22 | 00:14:08   |
| 14   | 31  | Soyoon Min          | KOR  | 00:06:28 | 00:08:14 | 00:14:42   |
| 15   | 6   | Yasmin Baker        | UAE  | 00:06:51 | 00:08:42 | 00:15:33   |
| 16   | 56  | Elizabeth Abao      | PHI  | 00:07:23 | 00:08:54 | 00:16:17   |
| 17   | 32  | Leeyeon Kim         | KOR  | 00:08:08 | 00:08:47 | 00:16:55   |
| 18   | 3   | Helga Icaro         | PHI  | 00:07:29 | 00:09:34 | 00:17:02   |
| 19   | 45  | Salah Nasr          | EGY  | 00:06:30 | 00:10:40 | 00:17:10   |
| 20   | 60  | Jess Brown          | GBR  | 00:07:46 | 00:11:06 | 00:18:51   |
| 21   | 41  | Teena Tauro         | IND  | 00:08:30 | 00:12:23 | 00:20:53   |
| 22   | 58  | Vanitha Gopinath    | IND  | 00:09:04 | 00:22:54 | 00:31:58   |
| 23   | 59  | Sahitya Sriram      | IND  | 00:09:05 | 00:22:54 | 00:31:59   |

# M1 Run 2019

## Results by Category

### Individual 18-39 - Male

| Rank | Bib | Name                  | Nat. | Run      | Stairs   | FinishTime |
|------|-----|-----------------------|------|----------|----------|------------|
| 1    | 84  | Paul Drury            | GBR  | 00:03:56 | 00:04:42 | 00:08:37   |
| 2    | 57  | Daniel Rimmer         | GBR  |          |          | 00:09:04   |
| 3    | 48  | Ahmed Al Masabi       | KSA  | 00:04:19 | 00:05:17 | 00:09:35   |
| 4    | 11  | Claudius Schumacher   | GER  |          |          | 00:09:48   |
| 5    | 33  | Habib Ur Rahman       | PAK  | 00:04:27 | 00:05:24 | 00:09:51   |
| 6    | 26  | Zeljko Jelec          | CRO  | 00:04:52 | 00:05:00 | 00:09:51   |
| 7    | 25  | Domagoj Pavina        | CRO  | 00:04:51 | 00:05:21 | 00:10:12   |
| 8    | 63  | Amine El Aroui        | MAR  | 00:04:34 | 00:05:39 | 00:10:12   |
| 9    | 27  | Brodie Keating        | AUS  | 00:05:02 | 00:05:33 | 00:10:35   |
| 10   | 37  | Mohamed Al Kamali     | UAE  | 00:05:37 | 00:05:23 | 00:10:59   |
| 11   | 8   | Emanuele Cibrario     | ITA  | 00:05:21 | 00:05:40 | 00:11:00   |
| 12   | 2   | Stefan Fehse          | GER  | 00:05:14 | 00:05:58 | 00:11:11   |
| 13   | 99  | Mohammed Al Balooshi  | UAE  |          |          | 00:11:20   |
| 14   | 109 | Muhammed Abugosh      | USA  | 00:04:56 | 00:06:47 | 00:11:42   |
| 15   | 94  | Kieran Doherty        | GBR  | 00:05:05 | 00:06:50 | 00:11:55   |
| 16   | 91  | Michael Berrigan      | GBR  | 00:05:11 | 00:06:47 | 00:11:57   |
| 17   | 103 | Hamad Al Malke        | BRN  | 00:04:42 | 00:07:24 | 00:12:06   |
| 18   | 4   | Muhammad Raza Shakeel | PAK  | 00:06:02 | 00:06:11 | 00:12:12   |
| 19   | 30  | Wojtek Orlewicz       | POL  | 00:06:22 | 00:05:51 | 00:12:13   |
| 20   | 20  | Brett Palframan       | RSA  | 00:05:47 | 00:06:31 | 00:12:17   |
| 21   | 38  | Omar Sulaiman         | UAE  | 00:06:07 | 00:06:39 | 00:12:45   |
| 22   | 52  | Shanu Pathan          | IND  | 00:05:34 | 00:07:16 | 00:12:50   |
| 23   | 51  | Mufaddal Kanchwala    | IND  | 00:06:03 | 00:06:55 | 00:12:57   |
| 24   | 53  | Gayan Ferdinand       | SRI  | 00:05:19 | 00:07:53 | 00:13:12   |
| 25   | 19  | Jamal Al Marzouqi     | UAE  | 00:06:20 | 00:07:17 | 00:13:37   |
| 26   | 40  | Nasir Ali             | UAE  | 00:06:41 | 00:07:04 | 00:13:45   |
| 27   | 14  | Sherif Zaazaa         | EGY  | 00:06:17 | 00:07:32 | 00:13:48   |
| 28   | 29  | Jassim Al Mazruy      | UAE  | 00:06:20 | 00:07:38 | 00:13:58   |
| 29   | 16  | Joachim Jacimowitsch  | GER  | 00:06:25 | 00:07:33 | 00:13:58   |
| 30   | 93  | Saeed Alghafri        | UAE  | 00:06:19 | 00:07:41 | 00:14:00   |
| 31   | 28  | Kieran O'Neill        | GBR  | 00:06:27 | 00:07:48 | 00:14:14   |
| 32   | 35  | Badr Al Zarooni       | UAE  | 00:06:44 | 00:07:33 | 00:14:16   |
| 33   | 64  | Nadir Contractor      | IND  | 00:06:11 | 00:08:17 | 00:14:27   |
| 34   | 46  | Ibrahim Al Nuaimi     | UAE  | 00:06:19 | 00:08:57 | 00:15:15   |
| 35   | 23  | Yomi Egbeleye         | USA  | 00:06:25 | 00:09:08 | 00:15:32   |
| 36   | 5   | Nandan Tavkar         | IND  | 00:07:30 | 00:08:33 | 00:16:02   |
| 37   | 101 | Saeed Al Shamsi       | UAE  | 00:05:57 | 00:10:11 | 00:16:07   |
| 38   | 34  | Chris Haubold         | GER  | 00:08:52 | 00:08:14 | 00:17:05   |
| 39   | 36  | Lukas Mugrauer        | AUT  | 00:08:53 | 00:08:16 | 00:17:08   |
| 40   | 105 | Shakir Swaleh         | KEN  | 00:07:26 | 00:10:10 | 00:17:35   |
| 41   | 24  | Joel Vann             | GBR  | 00:06:34 | 00:11:23 | 00:17:56   |
| 42   | 61  | Andrew Wilks          | GBR  | 00:07:45 | 00:11:02 | 00:18:47   |
| 43   | 13  | Dhanesh Devarajan     | IND  | 00:06:55 | 00:12:29 | 00:19:23   |

# M1 Run 2019

## Results by Category

### Individual 40 Plus - Female

| Rank | Bib | Name               | Nat. | Run      | Stairs   | FinishTime |
|------|-----|--------------------|------|----------|----------|------------|
| 1    | 89  | Isla Watt          | GBR  | 00:05:10 | 00:06:27 | 00:11:36   |
| 2    | 65  | Claire Ames        | GBR  | 00:05:42 | 00:06:13 | 00:11:55   |
| 3    | 85  | Carmencita Pe      | PHI  | 00:06:21 | 00:06:39 | 00:12:59   |
| 4    | 68  | Karen Kean         | GBR  | 00:05:48 | 00:07:30 | 00:13:17   |
| 5    | 71  | Karen Tooher       | IRL  | 00:06:16 | 00:07:02 | 00:13:18   |
| 6    | 72  | Helen Thompson     | GBR  | 00:06:18 | 00:07:09 | 00:13:26   |
| 7    | 102 | Caroline Heffernan | IRL  | 00:07:01 | 00:09:08 | 00:16:09   |
| 8    | 83  | Anna Arnold        | GBR  | 00:07:35 | 00:08:52 | 00:16:27   |
| 9    | 73  | Yosr Kanso         | TUN  | 00:09:04 | 00:11:58 | 00:21:02   |
| 10   | 76  | Miseong Kim        | KOR  | 00:10:38 | 00:14:13 | 00:24:50   |

### Individual 40 Plus - Male

| Rank | Bib | Name                 | Nat. | Run      | Stairs   | FinishTime |
|------|-----|----------------------|------|----------|----------|------------|
| 1    | 108 | Jorn Thorsen         | NOR  | 00:04:51 | 00:05:02 | 00:09:53   |
| 2    | 100 | Vinod Rana           | IND  | 00:04:35 | 00:06:01 | 00:10:36   |
| 3    | 81  | Jason Wagner         | RSA  | 00:05:05 | 00:05:32 | 00:10:37   |
| 4    | 66  | Remesan Tharal       | IND  | 00:05:48 | 00:06:48 | 00:12:35   |
| 5    | 69  | Clive Gibson         | GBR  | 00:06:14 | 00:07:21 | 00:13:34   |
| 6    | 75  | Jonathan Tuguigui    | PHI  | 00:06:11 | 00:07:40 | 00:13:51   |
| 7    | 67  | Stephen Beesley      | GBR  | 00:06:15 | 00:07:40 | 00:13:54   |
| 8    | 70  | Joseph Agnew         | IRL  | 00:06:23 | 00:08:14 | 00:14:36   |
| 9    | 86  | Don Derrick Hatamosa | PHI  | 00:06:35 | 00:08:48 | 00:15:23   |
| 10   | 74  | Jose Dumayas Jr.     | PHI  | 00:06:26 | 00:09:43 | 00:16:09   |
| 11   | 77  | Peter Joba           | GER  | 00:08:55 | 00:08:26 | 00:17:21   |
| 12   | 87  | Santhosh Pais        | IND  | 00:07:08 | 00:10:59 | 00:18:06   |
| 13   | 92  | Ammar Al Adily       | IRQ  | 00:07:41 | 00:10:41 | 00:18:22   |