

Men 3000 metre H Race Open

SOPAC, Sydney

10/11/2012



Splits and lap times report

| Name | 200m | 600m | 1000m | 1400m | 1800m | 2200m | 2600m | 3000m |
|--|---------------------|---------------------|---------------------|---------------------|---------------------|---------------------|----------------------|----------------------|
| Gibson, David 4665 Ssr (Sydney Strid) | S 35.54 (3) | 1:51.46 (2) | 3:12.36 (2) | 4:34.51 (1) | 5:57.50 (1) | 7:20.67 (1) | 8:43.36 (1) | 10:01.11 (1) |
| | L | 1:15.92 | 1:20.90 | 1:22.15 | 1:22.99 | 1:23.17 | 1:22.72 | 1:17.72 |
| Gibson, Matthew 4666 Ssr (Sydney Strid) | S 36.51 (5) | 1:53.66 (3) | 3:14.82 (3) | 4:37.57 (3) | 6:00.87 (2) | 7:25.61 (2) | 8:51.64 (2) | 10:13.04 (2) |
| | L | 1:17.18 | 1:21.13 | 1:22.75 | 1:23.30 | 1:24.74 | 1:26.03 | 1:21.40 |
| Polson, James 519 Syu (Sydney Univ) | S 34.26 (1) | 1:49.27 (1) | 3:10.65 (1) | 4:34.91 (2) | 6:01.23 (3) | 7:29.43 (3) | 8:58.87 (3) | 10:26.58 (3) |
| | L | 1:15.01 | 1:21.38 | 1:24.26 | 1:26.32 | 1:28.20 | 1:29.44 | 1:27.71 |
| Jagger, Benjamin 3758 Ssr (Sydney Strid) | S 35.37 (2) | 1:54.40 (4) | 3:18.70 (4) | 4:44.63 (4) | 6:11.56 (4) | 7:41.15 (4) | 9:10.56 (4) | 10:32.64 (4) |
| | L | 1:19.03 | 1:24.30 | 1:25.93 | 1:26.95 | 1:29.57 | 1:29.41 | 1:22.08 |
| Sharpe, Brad 1215 Utn (Uts Norths) | S 36.90 (7) | 1:56.92 (5) | 3:20.90 (5) | 4:46.82 (5) | 6:14.31 (5) | 7:43.05 (5) | 9:12.27 (5) | 10:37.84 (5) |
| | L | 1:20.02 | 1:23.98 | 1:25.92 | 1:27.49 | 1:28.74 | 1:29.22 | 1:25.57 |
| Rider, Paul 1963 Rbh (Randwick B) | S 40.52 (12) | 2:07.05 (7) | 3:34.10 (6) | 5:00.86 (6) | 6:28.54 (6) | 7:57.14 (6) | 9:26.66 (6) | 10:53.26 (6) |
| | L | 1:26.53 | 1:27.05 | 1:26.76 | 1:27.68 | 1:28.60 | 1:29.54 | 1:26.60 |
| Youssef, Obssa 235 Wes (Westfields) | S 39.23 (9) | 2:07.50 (8) | 3:38.43 (8) | 5:09.46 (8) | 6:42.24 (8) | 8:13.86 (8) | 9:46.51 (8) | 11:05.90 (7) |
| | L | 1:28.27 | 1:30.93 | 1:31.03 | 1:32.78 | 1:31.64 | 1:32.63 | 1:19.39 |
| Sheringham, Paul 3725 Sut (Sutherland) | S 39.30 (10) | 2:04.83 (6) | 3:34.96 (7) | 5:04.88 (7) | 6:36.00 (7) | 8:07.91 (7) | 9:40.91 (7) | 11:08.54 (8) |
| | L | 1:25.53 | 1:30.15 | 1:29.91 | 1:31.11 | 1:31.91 | 1:33.00 | 1:27.63 |
| Free, Darren 2882 Aea (Athletics Ea) | S 39.99 (11) | 2:11.77 (13) | 3:45.64 (12) | 5:18.55 (11) | 6:54.66 (11) | 8:25.40 (9) | 9:57.06 (9) | 11:24.16 (9) |
| | L | 1:31.78 | 1:33.87 | 1:32.91 | 1:36.11 | 1:30.74 | 1:31.68 | 1:27.11 |
| Womsley, Garry 433 Hil (Hills Aim) | S 37.64 (8) | 2:09.87 (10) | 3:44.14 (10) | 5:17.95 (9) | 6:54.23 (9) | 8:29.86 (10) | 10:05.64 (10) | 11:29.16 (10) |
| | L | 1:32.23 | 1:34.27 | 1:33.81 | 1:36.28 | 1:35.65 | 1:35.76 | 1:23.52 |
| Cozijnsen, Ronal 2131 Sut (Sutherland) | S 36.67 (6) | 2:10.20 (11) | 3:44.60 (11) | 5:18.28 (10) | 6:54.36 (10) | 8:30.23 (11) | 10:05.96 (11) | 11:32.11 (11) |
| | L | 1:33.53 | 1:34.40 | 1:33.69 | 1:36.09 | 1:35.85 | 1:35.73 | 1:26.15 |
| Davie, EJ 8028 Ssr (Sydney Strid) | S 35.77 (4) | 2:08.55 (9) | 3:46.36 (13) | 5:26.90 (13) | 7:08.91 (13) | 8:48.80 (13) | 10:24.72 (13) | 11:49.35 (12) |
| | L | 1:32.78 | 1:37.81 | 1:40.54 | 1:42.01 | 1:39.89 | 1:35.92 | 1:24.63 |
| King-Smith, Decl 8032 Ssr (Sydney Strid) | S 40.82 (13) | 2:10.95 (12) | 3:43.96 (9) | 5:20.00 (12) | 6:59.69 (12) | 8:40.62 (12) | 10:21.54 (12) | 11:58.84 (13) |
| | L | 1:30.13 | 1:33.03 | 1:36.02 | 1:39.69 | 1:40.93 | 1:40.92 | 1:37.30 |
| Gill, Ronan 3744 Aea (Athletics Ea) | S 41.53 (14) | 2:13.36 (14) | 3:50.14 (14) | 5:30.47 (14) | 7:12.12 (14) | 8:54.92 (14) | 10:33.91 (14) | 12:01.77 (14) |
| | L | 1:31.85 | 1:36.76 | 1:40.33 | 1:41.65 | 1:42.80 | 1:38.99 | 1:27.86 |
| boyd, jackson 3749 Asw (Asics West) | S 42.06 (15) | 2:17.00 (15) | 3:57.66 (15) | 5:41.47 (15) | 7:26.59 (15) | 9:09.90 (15) | 10:53.29 (15) | 12:31.67 (15) |
| | L | 1:34.94 | 1:40.66 | 1:43.81 | 1:45.12 | 1:43.31 | 1:43.39 | 1:38.38 |
| Boyd, Stephen 3750 Asw (Asics West) | S 42.08 (16) | 2:17.40 (16) | 3:58.76 (16) | 5:42.36 (16) | 7:27.87 (16) | 9:16.16 (16) | 11:05.53 (16) | 12:53.46 (16) |
| | L | 1:35.32 | 1:41.38 | 1:43.58 | 1:45.51 | 1:48.32 | 1:49.34 | 1:47.95 |
| Raymond, Andre 222 Wes (Westfields) | S 46.52 (17) | 2:23.36 (17) | 4:05.90 (17) | 5:49.47 (17) | 7:35.36 (17) | 9:23.10 (17) | 11:12.96 (17) | 12:58.74 (17) |
| | L | 1:36.86 | 1:42.52 | 1:43.57 | 1:45.91 | 1:47.72 | 1:49.89 | 1:45.75 |
| Murray, David 1928 Rbh (Randwick B) | S | | | | | | | DNS |
| | L | | | | | | | |
| Terranova, Nicola 411 Hil (Hills Aim) | S | | | | | | | DNS |
| | L | | | | | | | |

