

Women 5000 Metre Run A Open

SOPAC, Sydney

14 January 2012



Athletics
New South Wales

Splits and lap times report

Name	200m	1000m	1800m	2600m	3400m	4200m	Finish
	600m	1400m	2200m	3000m	3800m	4600m	
Brichacek, Emily	35.00 (1)	3:03.64 (1)	5:34.27 (1)	8:04.85 (1)	10:37.01 (1)	13:08.61 (1)	15:38.10 (1)
8010 ACT	1:13.41	1:15.23	1:15.23	1:14.79	1:16.39	1:15.86	1:13.47
	1:48.41 (1)	4:19.04 (1)	6:50.06 (1)	9:20.62 (1)	11:52.75 (1)	14:24.63 (1)	
	1:13.41	1:15.40	1:15.79	1:15.77	1:15.74	1:16.02	
Clark, Milly	36.63 (2)	3:14.46 (2)	5:57.42 (3)	8:40.41 (3)	11:24.42 (2)	14:06.20 (2)	16:40.21 (2)
23 BAN	1:18.01	1:19.82	1:21.83	1:21.82	1:22.19	1:21.07	1:14.57
	1:54.64 (2)	4:35.59 (2)	7:18.59 (3)	10:02.23 (3)	12:45.13 (2)	15:25.64 (2)	
	1:18.01	1:21.13	1:21.17	1:21.82	1:20.71	1:19.44	
Ilakovac, Andrea	37.37 (3)	3:16.00 (3)	5:56.94 (2)	8:40.04 (2)	11:25.88 (3)	14:15.14 (3)	16:58.42 (3)
8011 ACT	1:18.86	1:19.77	1:21.06	1:22.04	1:23.77	1:24.09	1:19.47
	1:56.23 (3)	4:35.88 (3)	7:18.00 (2)	10:02.11 (2)	12:51.05 (3)	15:38.95 (3)	
	1:18.86	1:19.88	1:21.06	1:22.07	1:25.17	1:23.81	
Keem, Anita	38.70 (10)	3:16.60 (4)	6:00.20 (4)	8:46.50 (4)	11:35.65 (4)	14:27.19 (4)	17:18.30 (4)
3133 IBS	1:18.61	1:19.29	1:22.92	1:23.70	1:24.95	1:25.68	1:23.61
	1:57.31 (5)	4:37.28 (4)	7:22.80 (4)	10:10.70 (4)	13:01.51 (4)	15:54.69 (4)	
	1:18.61	1:20.68	1:22.60	1:24.20	1:25.86	1:27.50	
Lobings, Louisa	38.31 (7)	3:18.41 (6)	6:03.02 (6)	8:52.20 (6)	11:42.17 (6)	14:33.78 (5)	17:23.47 (5)
8012 ACT	1:19.07	1:21.03	1:22.91	1:25.45	1:24.84	1:26.02	1:22.92
	1:57.38 (7)	4:40.11 (6)	7:26.75 (6)	10:17.33 (6)	13:07.76 (5)	16:00.55 (5)	
	1:19.07	1:21.70	1:23.73	1:25.13	1:25.59	1:26.77	
Mitchell, Jess	38.38 (8)	3:18.83 (9)	6:03.23 (7)	8:52.40 (7)	11:42.02 (5)	14:35.46 (6)	17:26.23 (6)
855 MIN	1:19.43	1:21.02	1:22.93	1:25.46	1:24.46	1:27.19	1:23.31
	1:57.81 (9)	4:40.30 (7)	7:26.94 (7)	10:17.56 (7)	13:08.27 (6)	16:02.92 (6)	
	1:19.43	1:21.47	1:23.71	1:25.16	1:26.25	1:27.46	
Prowse, Tara	39.48 (12)	3:27.25 (14)	6:18.79 (13)	9:09.10 (11)	11:57.29 (9)	14:44.51 (8)	17:28.49 (7)
3938 RBH	1:22.76	1:25.01	1:26.11	1:24.92	1:23.78	1:23.68	1:20.78
	2:02.24 (14)	4:52.68 (14)	7:44.18 (13)	10:33.51 (10)	13:20.83 (8)	16:07.71 (7)	
	1:22.76	1:25.43	1:25.39	1:24.41	1:23.54	1:23.20	
Flannery, Hannah	37.75 (4)	3:18.17 (5)	6:02.95 (5)	8:52.08 (5)	11:43.50 (7)	14:42.54 (7)	17:34.79 (8)
8013 ACT	1:19.37	1:21.05	1:23.00	1:25.42	1:26.26	1:29.91	1:23.18
	1:57.12 (4)	4:39.95 (5)	7:26.66 (5)	10:17.24 (5)	13:12.63 (7)	16:11.61 (8)	
	1:19.37	1:21.78	1:23.71	1:25.16	1:29.13	1:29.07	
Stafford, Amy	39.51 (13)	3:24.67 (10)	6:13.04 (10)	9:04.38 (9)	11:59.28 (10)	14:55.16 (10)	17:35.74 (9)
1299 SYP	1:21.80	1:23.36	1:24.98	1:26.36	1:27.43	1:27.39	1:14.32
	2:01.31 (11)	4:48.06 (10)	7:38.02 (10)	10:31.85 (9)	13:27.77 (10)	16:21.42 (11)	
	1:21.80	1:23.39	1:24.98	1:27.47	1:28.49	1:26.26	
Thompson, Emma	39.42 (11)	3:24.96 (11)	6:15.18 (11)	9:09.45 (12)	12:01.03 (11)	14:55.27 (11)	17:40.18 (10)
1326 SYP	1:22.11	1:23.43	1:26.01	1:26.76	1:27.02	1:27.27	1:18.94
	2:01.53 (13)	4:49.17 (11)	7:42.69 (11)	10:34.01 (12)	13:28.00 (11)	16:21.24 (10)	
	1:22.11	1:24.21	1:27.51	1:24.56	1:26.97	1:25.97	
Karimali-Poulos, Mag	38.12 (6)	3:18.57 (7)	6:04.71 (8)	8:57.02 (8)	11:53.67 (8)	14:51.29 (9)	17:43.51 (11)
2517 SUT	1:19.20	1:21.25	1:24.25	1:26.89	1:28.93	1:28.71	1:24.44
	1:57.32 (6)	4:40.46 (8)	7:30.13 (8)	10:24.74 (8)	13:22.58 (9)	16:19.07 (9)	
	1:19.20	1:21.89	1:25.42	1:27.72	1:28.91	1:27.78	
James, Laura	38.42 (9)	3:24.98 (12)	6:15.32 (12)	9:09.97 (13)	12:06.68 (12)	15:03.11 (12)	17:55.37 (12)
3923 SSR	1:21.42	1:25.14	1:25.75	1:27.14	1:29.14	1:28.12	1:24.80
	1:59.84 (10)	4:49.57 (12)	7:42.83 (12)	10:37.54 (13)	13:34.99 (12)	16:30.57 (12)	
	1:21.42	1:24.59	1:27.51	1:27.57	1:28.31	1:27.46	
Mumby, Kasey	38.10 (5)	3:18.69 (8)	6:08.33 (9)	9:04.56 (10)	12:06.73 (13)	15:11.37 (13)	18:07.97 (13)
724 KEJ	1:19.49	1:21.10	1:27.05	1:28.61	1:32.92	1:31.95	1:25.94
	1:57.59 (8)	4:41.28 (9)	7:35.95 (9)	10:33.81 (11)	13:39.42 (13)	16:42.03 (13)	
	1:19.49	1:22.59	1:27.62	1:29.25	1:32.69	1:30.66	



Name	200m	1000m	1800m	2600m	3400m	4200m	Finish
	600m	1400m	2200m	3000m	3800m	4600m	
Newsome, Nancy	42.91 ⁽¹⁷⁾	3:39.66 ⁽¹⁷⁾ 1:28.42	6:36.12 ⁽¹⁵⁾ 1:28.08	9:31.52 ⁽¹⁵⁾ 1:28.01	12:32.35 ⁽¹⁴⁾ 1:30.95	15:34.00 ⁽¹⁴⁾ 1:31.77	18:33.96 ⁽¹⁴⁾ 1:28.83
2875 AEA		2:11.24 ⁽¹⁷⁾ 1:28.33	5:08.04 ⁽¹⁷⁾ 1:28.38	8:03.51 ⁽¹⁵⁾ 1:27.39	11:01.40 ⁽¹⁴⁾ 1:29.88	14:02.23 ⁽¹⁴⁾ 1:29.88	17:05.13 ⁽¹⁴⁾ 1:31.13
Ireland, Susan	43.35 ⁽¹⁸⁾	3:45.57 ⁽¹⁸⁾ 1:32.06	6:46.15 ⁽¹⁸⁾ 1:28.62	9:44.31 ⁽¹⁸⁾ 1:30.17	12:43.74 ⁽¹⁵⁾ 1:29.44	15:42.48 ⁽¹⁵⁾ 1:29.10	18:37.34 ⁽¹⁵⁾ 1:24.63
3648 EPP		2:13.51 ⁽¹⁸⁾ 1:30.16	5:17.53 ⁽¹⁸⁾ 1:31.96	8:14.14 ⁽¹⁸⁾ 1:27.99	11:14.30 ⁽¹⁶⁾ 1:29.99	14:13.38 ⁽¹⁵⁾ 1:29.64	17:12.71 ⁽¹⁵⁾ 1:30.23
Garvican, Laura	41.81 ⁽¹⁶⁾	3:38.03 ⁽¹⁵⁾ 1:28.50	6:37.62 ⁽¹⁷⁾ 1:30.06	9:41.18 ⁽¹⁷⁾ 1:32.34	12:48.71 ⁽¹⁷⁾ 1:33.98	15:57.88 ⁽¹⁷⁾ 1:35.13	18:57.60 ⁽¹⁶⁾ 1:25.51
8014 ACT		2:09.53 ⁽¹⁵⁾ 1:27.72	5:07.56 ⁽¹⁵⁾ 1:29.53	8:08.84 ⁽¹⁷⁾ 1:31.22	11:14.73 ⁽¹⁷⁾ 1:33.55	14:22.75 ⁽¹⁷⁾ 1:34.04	17:32.09 ⁽¹⁷⁾ 1:34.21
Basman, Robyn	41.38 ⁽¹⁵⁾	3:38.34 ⁽¹⁶⁾ 1:28.48	6:37.08 ⁽¹⁶⁾ 1:29.18	9:36.89 ⁽¹⁶⁾ 1:31.02	12:45.08 ⁽¹⁶⁾ 1:35.00	15:55.50 ⁽¹⁶⁾ 1:34.62	19:01.85 ⁽¹⁷⁾ 1:30.83
1236 SGD		2:09.86 ⁽¹⁶⁾ 1:28.48	5:07.90 ⁽¹⁶⁾ 1:29.56	8:05.87 ⁽¹⁶⁾ 1:28.79	11:10.08 ⁽¹⁵⁾ 1:33.19	14:20.88 ⁽¹⁶⁾ 1:35.80	17:31.02 ⁽¹⁶⁾ 1:35.52
Roediger, Rosemary	43.40 ⁽¹⁹⁾	3:54.61 ⁽¹⁹⁾ 1:36.74	7:07.18 ⁽¹⁹⁾ 1:36.37	10:20.18 ⁽¹⁹⁾ 1:36.55	13:33.59 ⁽¹⁸⁾ 1:36.88	16:50.04 ⁽¹⁸⁾ 1:38.34	20:03.69 ⁽¹⁸⁾ 1:35.24
2047 HIL		2:17.87 ⁽¹⁹⁾ 1:34.47	5:30.81 ⁽¹⁹⁾ 1:36.20	8:43.63 ⁽¹⁹⁾ 1:36.45	11:56.71 ⁽¹⁸⁾ 1:36.53	15:11.70 ⁽¹⁸⁾ 1:38.11	18:28.45 ⁽¹⁸⁾ 1:38.41
Petley, Karen	45.23 ⁽²⁰⁾	4:07.83 ⁽²⁰⁾ 1:42.11	7:31.61 ⁽²⁰⁾ 1:41.98	10:57.17 ⁽²⁰⁾ 1:43.02	14:22.68 ⁽¹⁹⁾ 1:42.97	17:49.23 ⁽¹⁹⁾ 1:42.69	21:08.67 ⁽¹⁹⁾ 1:36.62
2036 HIL		2:25.72 ⁽²⁰⁾ 1:40.49	5:49.63 ⁽²⁰⁾ 1:41.80	9:14.15 ⁽²⁰⁾ 1:42.54	12:39.71 ⁽¹⁹⁾ 1:42.54	16:06.54 ⁽¹⁹⁾ 1:43.86	19:32.05 ⁽¹⁹⁾ 1:42.82
McAdam, Michelle	39.75 ⁽¹⁴⁾	3:25.17 ⁽¹³⁾ 1:23.73	6:23.11 ⁽¹⁴⁾ 1:31.21	9:30.10 ⁽¹⁴⁾ 1:34.46			DNF
1116 RBH		2:01.44 ⁽¹²⁾ 1:21.69	4:51.90 ⁽¹³⁾ 1:26.73	7:55.64 ⁽¹⁴⁾ 1:32.53			