

Men 3000 Metre Run U18

SOPAC, Sydney

2012 NSW Junior and Youth Championships



Splits and lap times report

Name	200m	600m	1000m	1400m	1800m	2200m	2600m	Finish
Stapleton, Jack 3790 RBH	S 34.14 (1)	1:45.43 (1)	2:56.07 (1)	4:05.58 (1)	5:14.27 (1)	6:23.26 (1)	7:35.11 (1)	8:45.24 (1)
	L	1:11.29	1:10.64	1:09.51	1:08.69	1:08.99	1:11.85	1:10.13
Spehr, Tim 1112 RBH	S 34.85 (4)	1:46.21 (4)	2:57.31 (4)	4:09.66 (4)	5:23.45 (4)	6:37.55 (4)	7:51.17 (3)	8:54.61 (2)
	L	1:11.36	1:11.10	1:12.35	1:13.79	1:14.10	1:13.62	1:03.44
McDonald, Morgan 1131 RBH	S 34.47 (2)	1:45.79 (2)	2:56.88 (2)	4:09.23 (2)	5:23.26 (3)	6:37.37 (3)	7:52.22 (4)	8:56.45 (3)
	L	1:11.32	1:11.09	1:12.35	1:14.03	1:14.11	1:14.85	1:04.23
Menday, Toby 514 Cherrybrook Athletic	S 34.72 (3)	1:46.08 (3)	2:57.10 (3)	4:09.48 (3)	5:23.10 (2)	6:37.13 (2)	7:51.08 (2)	9:05.73 (4)
	L	1:11.36	1:11.02	1:12.38	1:13.62	1:14.03	1:13.95	1:14.65
Seal, Alexander 755 Kembla Joggers	S 35.82 (9)	1:47.58 (9)	3:00.91 (8)	4:16.22 (6)	5:31.82 (7)	6:46.77 (6)	8:01.47 (5)	9:09.47 (5)
	L	1:11.76	1:13.33	1:15.31	1:15.60	1:14.95	1:14.70	1:08.00
Goodyear, Brady 635 Illawong & Districts	S 35.59 (8)	1:47.15 (7)	3:00.51 (6)	4:16.24 (7)	5:31.45 (6)	6:46.52 (5)	8:01.71 (6)	9:12.69 (6)
	L	1:11.56	1:13.36	1:15.73	1:15.21	1:15.07	1:15.19	1:10.98
vidler, Maine 2776 Cherrybrook Athletic	S 35.49 (7)	1:47.35 (8)	3:00.66 (7)	4:16.47 (8)	5:33.55 (8)	6:55.93 (8)	8:18.81 (8)	9:35.46 (7)
	L	1:11.86	1:13.31	1:15.81	1:17.08	1:22.38	1:22.88	1:16.65
wilson, max 2222 SOS	S 35.20 (5)	1:46.49 (5)	2:58.01 (5)	4:10.78 (5)	5:26.27 (5)	6:47.17 (7)	8:14.39 (7)	9:44.18 (8)
	L	1:11.29	1:11.52	1:12.77	1:15.49	1:20.90	1:27.22	1:29.79
Salisbury, Matt 1297 Sydney Pacific	S 36.14 (10)	1:46.88 (6)	3:01.36 (9)	4:19.32 (9)	5:44.83 (9)	7:14.30 (9)	8:40.83 (9)	10:08.24 (9)
	L	1:10.74	1:14.48	1:17.96	1:25.51	1:29.47	1:26.53	1:27.41
James, Benjamin 2879 SUT	S 35.34 (6)	1:47.62 (10)	3:08.25 (10)	4:36.24 (10)	6:05.99 (10)	7:36.92 (10)	9:09.74 (10)	10:39.88 (10)
	L	1:12.28	1:20.63	1:27.99	1:29.75	1:30.93	1:32.82	1:30.14

