

# Girls 3000 metre 17 years

SOPAC, Sydney

Friday, 12 October 2012



## Splits and lap times report

Name	200m	600m	1000m	1400m	1800m	2200m	2600m	3000m
<b>Laman, Anna</b>	<b>S 34.80</b> (3)	<b>1:52.00</b> (3)	<b>3:13.54</b> (3)	<b>4:34.97</b> (3)	<b>5:58.01</b> (3)	<b>7:20.20</b> (2)	<b>8:38.64</b> (1)	<b>9:48.22</b> (1)
0 Mc Burwood	L	1:17.20	1:21.54	1:21.43	1:23.04	1:22.19	1:18.44	1:09.58
<b>Spencer, Kate</b>	<b>S 34.32</b> (2)	<b>1:51.17</b> (2)	<b>3:13.24</b> (2)	<b>4:34.75</b> (2)	<b>5:57.66</b> (1)	<b>7:20.13</b> (1)	<b>8:38.80</b> (2)	<b>9:50.47</b> (2)
0 Turramurra High	L	1:16.85	1:22.07	1:21.51	1:22.91	1:22.47	1:18.67	1:11.67
<b>Isbester, Megan</b>	<b>S 34.17</b> (1)	<b>1:51.05</b> (1)	<b>3:13.12</b> (1)	<b>4:34.70</b> (1)	<b>5:57.93</b> (2)	<b>7:21.18</b> (3)	<b>8:45.08</b> (3)	<b>10:05.70</b> (3)
0 St Marys Gunnedah	L	1:16.88	1:22.07	1:21.58	1:23.23	1:23.25	1:23.90	1:20.62
<b>Gibson, Hannah</b>	<b>S 35.07</b> (5)	<b>1:55.67</b> (4)	<b>3:22.07</b> (4)	<b>4:48.62</b> (4)	<b>6:16.24</b> (4)	<b>7:43.63</b> (4)	<b>9:08.87</b> (4)	<b>10:27.28</b> (4)
0 Mackellar Girls High	L	1:20.60	1:26.40	1:26.55	1:27.62	1:27.39	1:25.24	1:18.41
<b>Bakker, Ainslie</b>	<b>S 36.03</b> (7)	<b>1:56.29</b> (5)	<b>3:22.41</b> (5)	<b>4:49.15</b> (5)	<b>6:17.52</b> (5)	<b>7:47.72</b> (5)	<b>9:15.87</b> (6)	<b>10:38.11</b> (5)
0 Trinity College Lism	L	1:20.26	1:26.12	1:26.74	1:28.37	1:30.20	1:28.15	1:22.24
<b>Dedden, Claire</b>	<b>S 36.61</b> (8)	<b>1:58.09</b> (6)	<b>3:23.06</b> (6)	<b>4:51.19</b> (6)	<b>6:21.05</b> (6)	<b>7:51.40</b> (6)	<b>9:15.62</b> (5)	<b>10:38.28</b> (6)
0 St Marys Gateshead	L	1:21.48	1:24.97	1:28.13	1:29.86	1:30.35	1:24.22	1:22.66
<b>Jeffcoat, Emma</b>	<b>S 38.32</b> (14)	<b>2:03.38</b> (12)	<b>3:32.26</b> (10)	<b>5:01.52</b> (10)	<b>6:32.50</b> (7)	<b>8:03.61</b> (7)	<b>9:35.15</b> (7)	<b>11:00.11</b> (7)
0 St Lukes Dee Why	L	1:25.06	1:28.88	1:29.26	1:30.98	1:31.11	1:31.54	1:24.96
<b>Delaney, Amity</b>	<b>S 37.04</b> (9)	<b>2:00.82</b> (9)	<b>3:29.92</b> (8)	<b>5:00.70</b> (7)	<b>6:33.57</b> (10)	<b>8:07.04</b> (9)	<b>9:38.00</b> (8)	<b>11:03.81</b> (8)
0 Pittwater House	L	1:23.78	1:29.10	1:30.78	1:32.87	1:33.47	1:30.96	1:25.81
<b>Hobbs, Kate</b>	<b>S 35.01</b> (4)	<b>1:58.72</b> (7)	<b>3:29.86</b> (7)	<b>5:00.83</b> (8)	<b>6:33.13</b> (9)	<b>8:06.78</b> (8)	<b>9:38.97</b> (9)	<b>11:05.42</b> (9)
0	L	1:23.71	1:31.14	1:30.97	1:32.30	1:33.65	1:32.19	1:26.45
<b>Vernon, Jessica</b>	<b>S 38.50</b> (15)	<b>2:03.15</b> (11)	<b>3:31.84</b> (9)	<b>5:01.15</b> (9)	<b>6:33.00</b> (8)	<b>8:07.19</b> (10)	<b>9:40.34</b> (10)	<b>11:09.81</b> (10)
0 St Columbus Spring	L	1:24.65	1:28.69	1:29.31	1:31.85	1:34.19	1:33.15	1:29.47
<b>McCarthy, Caitlin</b>	<b>S 37.14</b> (10)	<b>2:02.47</b> (10)	<b>3:34.88</b> (12)	<b>5:10.16</b> (11)	<b>6:46.15</b> (11)	<b>8:24.26</b> (11)	<b>10:01.65</b> (11)	<b>11:34.03</b> (11)
0 Pymble Ladies Colle	L	1:25.33	1:32.41	1:35.28	1:35.99	1:38.11	1:37.39	1:32.38
<b>Thompson, Lucy</b>	<b>S 38.72</b> (16)	<b>2:04.85</b> (15)	<b>3:37.20</b> (13)	<b>5:13.09</b> (14)	<b>6:50.89</b> (13)	<b>8:29.56</b> (13)	<b>10:07.90</b> (13)	<b>11:35.56</b> (12)
0 Kincoppal Rose Bay	L	1:26.13	1:32.35	1:35.89	1:37.80	1:38.67	1:38.34	1:27.66
<b>Dunn, Olivia</b>	<b>S 37.74</b> (11)	<b>2:04.19</b> (14)	<b>3:37.82</b> (15)	<b>5:12.78</b> (13)	<b>6:50.68</b> (12)	<b>8:29.11</b> (12)	<b>10:07.05</b> (12)	<b>11:38.66</b> (13)
0 Pennant Hills High	L	1:26.45	1:33.63	1:34.96	1:37.90	1:38.43	1:37.94	1:31.61
<b>Gorman, Amelia</b>	<b>S 37.91</b> (12)	<b>2:03.72</b> (13)	<b>3:37.62</b> (14)	<b>5:13.68</b> (15)	<b>6:53.03</b> (15)	<b>8:34.31</b> (15)	<b>10:14.99</b> (15)	<b>11:49.08</b> (14)
0 Monte Saint Angelo	L	1:25.81	1:33.90	1:36.06	1:39.35	1:41.28	1:40.68	1:34.09
<b>Mckinney, Emma</b>	<b>S 35.25</b> (6)	<b>1:58.91</b> (8)	<b>3:33.66</b> (11)	<b>5:10.91</b> (12)	<b>6:51.56</b> (14)	<b>8:31.47</b> (14)	<b>10:12.37</b> (14)	<b>11:54.62</b> (15)
0 Olsh Kensington	L	1:23.66	1:34.75	1:37.25	1:40.65	1:39.91	1:40.90	1:42.25
<b>McDonald, Brooke</b>	<b>S 38.19</b> (13)	<b>2:07.16</b> (16)	<b>3:46.36</b> (16)	<b>5:28.73</b> (16)	<b>7:13.12</b> (16)	<b>8:57.50</b> (16)	<b>10:40.65</b> (16)	<b>12:17.56</b> (16)
0 Model Farms High	L	1:28.97	1:39.20	1:42.37	1:44.39	1:44.38	1:43.15	1:36.91
<b>Marshall, Samantha</b>	<b>S 39.79</b> (17)	<b>2:14.89</b> (17)	<b>4:02.79</b> (17)	<b>5:54.47</b> (17)	<b>7:50.28</b> (17)	<b>9:47.96</b> (17)	<b>11:45.08</b> (17)	<b>13:33.42</b> (17)
0 Gilroy College	L	1:35.10	1:47.90	1:51.68	1:55.81	1:57.68	1:57.12	1:48.34
<b>Bastucescu, Raluca</b>	<b>S 45.66</b> (18)	<b>2:39.47</b> (18)	<b>4:44.85</b> (18)	<b>6:52.33</b> (18)	<b>9:00.34</b> (18)	<b>11:15.08</b> (18)	<b>13:26.07</b> (18)	<b>15:26.21</b> (18)
0 Model Farms High	L	1:53.81	2:05.38	2:07.48	2:08.01	2:14.74	2:10.99	2:00.14