

Boys 3000 Metre 14 years Final

SOPAC, Sydney

13/10/2013



Splits and lap times report

Name	200m	600m	1000m	1400m	1800m	2200m	2600m	3000m
Phillips, Joshua	S 35.40 (16)	1:50.02 (9)	3:05.65 (4)	4:20.35 (1)	5:34.90 (1)	6:54.44 (1)	8:11.27 (1)	9:18.59 (1)
0 Marist North Shore	L	1:14.62	1:15.63	1:14.70	1:14.55	1:19.54	1:16.83	1:07.32
Redmond, Lorcan	S 32.61 (1)	1:47.48 (1)	3:04.72 (1)	4:20.46 (2)	5:35.14 (2)	6:54.58 (2)	8:11.57 (2)	9:24.02 (2)
0 St Phillips	L	1:14.87	1:17.24	1:15.74	1:14.68	1:19.44	1:16.99	1:12.45
Wade, Harrison	S 32.71 (2)	1:47.63 (2)	3:04.80 (2)	4:20.64 (3)	5:35.44 (3)	6:56.75 (3)	8:21.08 (3)	9:42.30 (3)
0 Epping Boys	L	1:14.92	1:17.17	1:15.84	1:14.80	1:21.31	1:24.33	1:21.22
Constance, James	S 34.52 (13)	1:50.34 (11)	3:05.93 (6)	4:21.53 (4)	5:42.11 (4)	7:07.87 (4)	8:33.63 (5)	9:49.31 (4)
0 My Carmel	L	1:15.82	1:15.59	1:15.60	1:20.58	1:25.76	1:25.76	1:15.68
Smith, William	S 33.13 (4)	1:47.95 (3)	3:05.14 (3)	4:22.52 (5)	5:44.15 (5)	7:09.72 (5)	8:33.58 (4)	9:50.57 (5)
0 Oakhill	L	1:14.82	1:17.19	1:17.38	1:21.63	1:25.57	1:23.86	1:16.99
Wright, Bradley	S 33.72 (8)	1:48.47 (4)	3:06.42 (7)	4:26.25 (7)	5:50.10 (6)	7:17.35 (6)	8:46.22 (6)	10:15.25 (6)
0 Muirfield	L	1:14.75	1:17.95	1:19.83	1:23.85	1:27.25	1:28.87	1:29.03
Herger, Dominic	S 33.94 (11)	1:50.33 (10)	3:11.02 (11)	4:35.27 (9)	6:03.60 (9)	7:32.37 (9)	8:59.47 (9)	10:20.64 (7)
0 Georges River Gram	L	1:16.39	1:20.69	1:24.25	1:28.33	1:28.77	1:27.10	1:21.17
Armstrong, Harry	S 33.91 (10)	1:49.47 (6)	3:07.31 (8)	4:26.92 (8)	5:52.56 (8)	7:21.26 (7)	8:53.92 (7)	10:22.11 (8)
0 Covenant Christian	L	1:15.56	1:17.84	1:19.61	1:25.64	1:28.70	1:32.66	1:28.19
Seal, James	S 33.03 (3)	1:49.90 (8)	3:10.71 (10)	4:37.02 (10)	6:07.52 (10)	7:36.30 (10)	9:04.51 (10)	10:24.49 (9)
0 Illawarra Grammar	L	1:16.87	1:20.81	1:26.31	1:30.50	1:28.78	1:28.21	1:19.98
Beetson, Ryan	S 33.36 (5)	1:48.78 (5)	3:05.81 (5)	4:25.18 (6)	5:52.13 (7)	7:25.43 (8)	8:58.22 (8)	10:27.00 (10)
0 St Marys Cathedral	L	1:15.42	1:17.03	1:19.37	1:26.95	1:33.30	1:32.79	1:28.78
Breen, Christopher	S 36.45 (20)	1:55.90 (17)	3:17.72 (16)	4:42.75 (12)	6:10.12 (11)	7:38.13 (11)	9:06.42 (11)	10:28.60 (11)
0 St Patricks Sutherland	L	1:19.45	1:21.82	1:25.03	1:27.37	1:28.01	1:28.29	1:22.18
Glynn, Trent	S 35.56 (17)	1:54.81 (16)	3:16.72 (12)	4:43.21 (13)	6:10.71 (12)	7:38.87 (12)	9:07.02 (12)	10:30.64 (12)
0 De La Salle	L	1:19.25	1:21.91	1:26.49	1:27.50	1:28.16	1:28.15	1:23.62
Birchall, Benjamin	S 35.13 (15)	1:54.05 (15)	3:16.98 (13)	4:43.98 (14)	6:13.94 (14)	7:48.54 (14)	9:22.40 (13)	10:50.40 (13)
0 Menai	L	1:18.92	1:22.93	1:27.00	1:29.96	1:34.60	1:33.86	1:28.00
Holland, Dylan	S 33.55 (7)	1:52.78 (13)	3:17.68 (15)	4:48.85 (16)	6:20.74 (15)	7:55.62 (15)	9:29.72 (15)	10:52.71 (14)
0 Shell Harbour Anglic	L	1:19.23	1:24.90	1:31.17	1:31.89	1:34.88	1:34.10	1:22.99
Polinsky, Liam	S 34.13 (12)	1:50.70 (12)	3:10.44 (9)	4:37.47 (11)	6:11.05 (13)	7:48.08 (13)	9:27.46 (14)	11:03.74 (15)
0 Penrith Anglican	L	1:16.57	1:19.74	1:27.03	1:33.58	1:37.03	1:39.38	1:36.28
Thomas, Nicholas	S 33.82 (9)	1:53.68 (14)	3:18.78 (17)	4:48.80 (15)	6:22.90 (16)	8:01.37 (16)	9:39.25 (16)	11:14.07 (16)
0 Muirfield	L	1:19.86	1:25.10	1:30.02	1:34.10	1:38.47	1:37.88	1:34.82
Koopmans, Isaiah	S 33.37 (6)	1:49.87 (7)	3:17.35 (14)	4:54.43 (17)	6:36.07 (17)	8:23.08 (17)	10:09.81 (17)	11:49.55 (17)
0 Woolgoolga	L	1:16.50	1:27.48	1:37.08	1:41.64	1:47.01	1:46.73	1:39.74
Daintith, Jack	S 34.86 (14)	1:56.03 (18)	3:25.60 (18)	5:02.58 (19)	6:46.14 (19)	8:31.42 (19)	10:18.58 (19)	11:51.10 (18)
0 James Sheahan	L	1:21.17	1:29.57	1:36.98	1:43.56	1:45.28	1:47.16	1:32.52
Bottrill, James	S 37.65 (21)	2:06.10 (21)	3:40.61 (21)	5:15.43 (21)	6:54.21 (21)	8:38.74 (21)	10:20.33 (20)	11:54.42 (19)
0 De La Salle	L	1:28.45	1:34.51	1:34.82	1:38.78	1:44.53	1:41.59	1:34.09
Atkinson, Will	S 35.93 (19)	1:56.98 (20)	3:26.12 (19)	5:01.14 (18)	6:41.88 (18)	8:26.38 (18)	10:15.22 (18)	12:01.33 (20)
0 Northern Beaches	L	1:21.05	1:29.14	1:35.02	1:40.74	1:44.50	1:48.84	1:46.11
Gamlin, Lucas	S 35.64 (18)	1:56.53 (19)	3:26.79 (20)	5:04.11 (20)	6:49.61 (20)	8:36.75 (20)	10:24.92 (21)	12:08.36 (21)
0 Galston	L	1:20.89	1:30.26	1:37.32	1:45.50	1:47.14	1:48.17	1:43.44

