

# Women 5000 metre Run U20

SOPAC, Sydney

Friday, 8 February 2013



## Splits and lap times report

Name	200m	1000m	1800m	2600m	3400m	4200m	5000m
	600m	1400m	2200m	3000m	3800m	4600m	
<b>Spencer, Kate</b>	<b>34.74</b> (2)	<b>3:12.37</b> (2)	<b>5:57.70</b> (2)	<b>8:49.85</b> (2)	<b>11:43.22</b> (2)	<b>14:33.18</b> (1)	<b>17:13.53</b> (1)
2203 Ryde Athletics Centr	1:51.18 (2) 1:16.44	4:34.69 (2) 1:22.32	7:22.80 (2) 1:25.10	10:16.68 (2) 1:26.83	13:09.21 (2) 1:25.99	15:53.82 (1) 1:20.64	
<b>Quinn, Michaela</b>	<b>34.68</b> (1)	<b>3:12.27</b> (1)	<b>5:57.36</b> (1)	<b>8:49.50</b> (1)	<b>11:43.17</b> (1)	<b>14:36.79</b> (2)	<b>17:29.92</b> (2)
1575 Kembla Joggers	1:51.12 (1) 1:16.44	4:34.45 (1) 1:22.18	7:22.53 (1) 1:25.17	10:16.48 (1) 1:26.98	13:09.16 (1) 1:25.99	16:05.32 (2) 1:28.53	
<b>Delaney, Amity</b>	<b>39.27</b> (4)	<b>3:41.11</b> (4)	<b>6:44.83</b> (4)	<b>9:48.22</b> (3)	<b>12:55.08</b> (3)	<b>16:12.62</b> (3)	<b>19:25.01</b> (3)
1899 RBH	2:08.59 (4) 1:29.32	5:13.59 (4) 1:32.48	8:16.24 (4) 1:31.41	11:20.02 (3) 1:31.80	14:32.28 (3) 1:37.20	17:54.38 (3) 1:41.76	
<b>Mckinney, Emma</b>	<b>37.21</b> (3)	<b>3:35.36</b> (3)	<b>6:44.15</b> (3)	<b>9:54.25</b> (4)	<b>13:26.14</b> (4)	<b>17:08.01</b> (4)	<b>20:39.05</b> (4)
3583 SOS	2:03.82 (3) 1:26.61	5:10.01 (3) 1:34.65	8:16.17 (3) 1:32.02	11:37.32 (4) 1:43.07	15:16.21 (4) 1:50.07	18:54.83 (4) 1:46.82	

