

Men 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	
Goodyear, Brady	34.49 (1)	3:07.49 (1)	5:41.55 (1)	8:17.96 (1)	10:55.69 (1)	13:33.88 (1)	16:08.94 (1)
995 Illawong & Districts	1:49.68 (1)	4:24.76 (1)	6:59.59 (1)	9:36.74 (1)	12:15.16 (1)	14:53.30 (1)	
	1:15.19	1:17.27	1:18.04	1:18.78	1:19.47	1:19.42	
Elliott, Michael	38.72 (2)	3:13.02 (3)	5:48.72 (3)	8:34.10 (3)	11:23.80 (3)	14:13.24 (3)	16:50.66 (2)
1481 BMA	1:58.49 (3)	4:29.59 (3)	7:10.15 (3)	9:58.26 (3)	12:49.90 (3)	15:32.52 (2)	
	1:19.77	1:16.57	1:21.43	1:24.16	1:26.10	1:19.28	
Bukovinsky, Jak	38.86 (3)	3:12.71 (2)	5:47.92 (2)	8:28.70 (2)	11:16.46 (2)	14:09.57 (2)	16:54.98 (3)
4128 Uts Northern Suburb	1:58.16 (2)	4:29.15 (2)	7:07.09 (2)	9:51.29 (2)	12:42.18 (2)	15:36.71 (3)	
	1:19.30	1:16.44	1:19.17	1:22.59	1:25.72	1:27.14	
Booth, Adam	39.12 (4)	3:13.35 (4)	5:51.99 (4)	8:40.93 (4)	11:31.47 (4)	14:25.92 (4)	17:05.88 (4)
4295 SOS	1:58.75 (4)	4:31.03 (4)	7:16.30 (4)	10:05.82 (4)	12:58.88 (4)	15:51.27 (4)	
	1:19.63	1:17.68	1:24.31	1:24.89	1:27.41	1:25.35	
Salisbury, Matt	39.43 (5)	3:13.77 (5)	5:58.64 (5)	8:59.20 (5)	12:02.98 (5)	15:09.00 (5)	18:12.23 (5)
2660 Sydney Pacific	1:59.09 (5)	4:32.33 (5)	7:29.11 (5)	10:31.30 (5)	13:36.01 (5)	16:42.35 (5)	
	1:19.66	1:18.56	1:30.47	1:32.10	1:33.03	1:33.35	