

# Women 10000 metre Run Open

SOPAC, Sydney

Friday, 1 March 2013

## Splits and lap times report



Name	400m	1200m	2000m	2800m	3600m	4400m	5200m	6000m	6800m	7600m	8400m	9200m	10000m
	800m	1600m	2400m	3200m	4000m	4800m	5600m	6400m	7200m	8000m	8800m	9600m	
<b>Martin, Belinda</b>	<b>1:27.65</b> (1)	<b>4:13.29</b> (1)	<b>6:54.93</b> (1)	<b>9:38.60</b> (1)	<b>12:24.03</b> (1)	<b>15:12.70</b> (1)	<b>18:02.46</b> (1)	<b>20:51.77</b> (1)	<b>23:44.89</b> (1)	<b>26:39.63</b> (1)	<b>29:36.15</b> (1)	<b>32:32.57</b> (1)	<b>35:19.29</b> (1)
2 SGD	1:23.95	1:21.69	1:20.31	1:22.46	1:22.90	1:24.59	1:24.76	1:24.88	1:26.81	1:27.20	1:28.36	1:28.19	1:19.81
	<b>2:51.60</b> (1)	<b>5:34.62</b> (1)	<b>8:16.14</b> (1)	<b>11:01.13</b> (1)	<b>13:48.11</b> (1)	<b>16:37.70</b> (1)	<b>19:26.89</b> (1)	<b>22:18.08</b> (1)	<b>25:12.43</b> (1)	<b>28:07.79</b> (1)	<b>31:04.38</b> (1)	<b>33:59.48</b> (1)	
	1:23.95	1:21.33	1:21.21	1:22.53	1:24.08	1:25.00	1:24.43	1:26.31	1:27.54	1:28.16	1:28.23	1:26.91	
<b>Keem, Anita</b>	<b>1:28.21</b> (3)	<b>4:13.99</b> (2)	<b>6:59.40</b> (2)	<b>9:52.29</b> (2)	<b>12:47.44</b> (2)	<b>15:45.20</b> (2)	<b>18:42.87</b> (2)	<b>21:40.73</b> (2)	<b>24:39.63</b> (2)	<b>27:38.68</b> (2)	<b>30:37.53</b> (2)	<b>33:34.31</b> (2)	<b>36:24.55</b> (2)
3667 IBS	1:23.74	1:21.55	1:25.49	1:27.77	1:28.24	1:28.87	1:28.63	1:29.36	1:29.36	1:29.36	1:30.06	1:28.61	1:27.80
	<b>2:51.95</b> (2)	<b>5:35.54</b> (2)	<b>8:24.89</b> (2)	<b>11:20.06</b> (2)	<b>14:15.68</b> (2)	<b>17:14.07</b> (2)	<b>20:11.50</b> (2)	<b>23:10.09</b> (2)	<b>26:08.99</b> (2)	<b>29:08.74</b> (2)	<b>32:06.14</b> (2)	<b>35:02.11</b> (2)	
	1:23.74	1:21.55	1:25.49	1:27.77	1:28.24	1:28.87	1:28.63	1:29.36	1:29.36	1:29.36	1:30.06	1:28.61	1:27.80
<b>Stafford, Amy</b>	<b>1:28.07</b> (2)	<b>4:18.74</b> (3)	<b>7:09.13</b> (3)	<b>10:03.20</b> (3)	<b>12:59.27</b> (3)	<b>15:55.10</b> (3)	<b>18:52.27</b> (3)	<b>21:50.26</b> (3)	<b>24:49.15</b> (3)	<b>27:47.97</b> (3)	<b>30:47.64</b> (3)	<b>33:47.15</b> (3)	<b>36:32.63</b> (3)
2624 SYP	1:24.48	1:25.07	1:25.86	1:27.65	1:27.20	1:28.42	1:29.14	1:29.39	1:29.81	1:29.94	1:30.08	1:26.57	
	<b>2:52.55</b> (3)	<b>5:43.81</b> (3)	<b>8:34.99</b> (3)	<b>11:30.85</b> (3)	<b>14:26.47</b> (3)	<b>17:23.52</b> (3)	<b>20:21.41</b> (3)	<b>23:19.65</b> (3)	<b>26:18.96</b> (3)	<b>29:17.91</b> (3)	<b>32:17.72</b> (3)	<b>35:13.72</b> (3)	
	1:24.48	1:25.07	1:25.86	1:27.65	1:27.20	1:28.42	1:29.14	1:29.39	1:29.81	1:29.94	1:30.08	1:26.57	
<b>James, Laura</b>	<b>1:28.72</b> (4)	<b>4:22.80</b> (4)	<b>7:18.48</b> (4)	<b>10:14.25</b> (4)	<b>13:12.66</b> (4)	<b>16:10.67</b> (4)	<b>19:09.24</b> (4)	<b>22:07.59</b> (4)	<b>25:24.88</b> (4)	<b>28:25.52</b> (4)	<b>31:26.25</b> (4)	<b>34:29.22</b> (4)	<b>37:25.99</b> (4)
4734 SSR	1:25.81	1:27.55	1:27.57	1:29.03	1:28.33	1:29.25	1:28.66	1:46.62	1:30.07	1:30.74	1:30.59	1:29.78	
	<b>2:54.53</b> (4)	<b>5:50.35</b> (4)	<b>8:46.05</b> (4)	<b>11:43.28</b> (4)	<b>14:40.99</b> (4)	<b>17:39.92</b> (4)	<b>20:37.90</b> (4)	<b>23:54.21</b> (4)	<b>26:54.95</b> (4)	<b>29:56.26</b> (4)	<b>32:56.84</b> (4)	<b>35:59.00</b> (4)	
	1:25.81	1:27.55	1:27.57	1:29.03	1:28.33	1:29.25	1:28.66	1:46.62	1:30.07	1:30.74	1:30.59	1:29.78	
<b>Pai, Jo</b>	<b>1:33.42</b> (7)	<b>4:42.04</b> (7)	<b>7:52.62</b> (6)	<b>11:03.90</b> (6)	<b>14:16.08</b> (6)	<b>17:26.50</b> (6)	<b>20:35.94</b> (6)	<b>23:46.33</b> (5)	<b>26:58.68</b> (5)	<b>30:10.60</b> (5)	<b>33:25.30</b> (5)	<b>36:38.77</b> (5)	<b>39:46.98</b> (5)
8082 SSR	1:34.47	1:34.92	1:36.28	1:36.01	1:36.49	1:35.00	1:34.68	1:37.07	1:36.15	1:36.66	1:37.21	1:35.71	
	<b>3:07.89</b> (7)	<b>6:16.96</b> (7)	<b>9:28.90</b> (6)	<b>12:39.91</b> (6)	<b>15:52.57</b> (6)	<b>19:01.50</b> (6)	<b>22:10.62</b> (6)	<b>25:23.40</b> (5)	<b>28:34.83</b> (5)	<b>31:47.26</b> (5)	<b>35:02.51</b> (5)	<b>38:14.48</b> (5)	
	1:34.47	1:34.92	1:36.28	1:36.01	1:36.49	1:35.00	1:34.68	1:37.07	1:36.15	1:36.66	1:37.21	1:35.71	
<b>Amiya-Hall, Audre</b>	<b>1:29.57</b> (6)	<b>4:24.99</b> (5)	<b>7:30.90</b> (5)	<b>10:41.10</b> (5)	<b>13:56.39</b> (5)	<b>17:12.25</b> (5)	<b>20:29.59</b> (5)	<b>23:51.43</b> (6)	<b>27:07.01</b> (6)	<b>30:20.63</b> (6)	<b>33:35.74</b> (6)	<b>36:50.41</b> (6)	<b>39:50.67</b> (6)
3969 RBH	1:26.07	1:30.19	1:35.29	1:37.55	1:38.91	1:37.30	1:40.16	1:39.08	1:35.25	1:36.17	1:38.65	1:35.01	
	<b>2:55.64</b> (5)	<b>5:55.18</b> (5)	<b>9:06.19</b> (5)	<b>12:18.65</b> (5)	<b>15:35.30</b> (5)	<b>18:49.55</b> (5)	<b>22:09.75</b> (5)	<b>25:30.51</b> (6)	<b>28:42.26</b> (6)	<b>31:56.80</b> (6)	<b>35:14.39</b> (6)	<b>38:25.42</b> (6)	
	1:26.07	1:30.19	1:35.29	1:37.55	1:38.91	1:37.30	1:40.16	1:39.08	1:35.25	1:36.17	1:38.65	1:35.01	
<b>Walters, Melissa</b>	<b>1:29.13</b> (5)	<b>4:37.21</b> (6)	<b>7:55.61</b> (7)	<b>11:22.66</b> (7)	<b>14:51.20</b> (7)	<b>18:17.04</b> (7)	<b>21:45.83</b> (7)	<b>25:15.79</b> (7)	<b>28:45.05</b> (7)	<b>32:23.21</b> (7)	<b>35:58.40</b> (7)	<b>39:34.21</b> (7)	<b>43:06.16</b> (7)
8084 INTE	1:31.14	1:37.61	1:43.07	1:44.59	1:43.01	1:44.36	1:44.53	1:44.02	1:50.03	1:47.51	1:47.27	1:47.24	
	<b>3:00.27</b> (6)	<b>6:14.82</b> (6)	<b>9:38.68</b> (7)	<b>13:07.25</b> (7)	<b>16:34.21</b> (7)	<b>20:01.40</b> (7)	<b>23:30.36</b> (7)	<b>26:59.81</b> (7)	<b>30:35.08</b> (7)	<b>34:10.72</b> (7)	<b>37:45.67</b> (7)	<b>41:21.45</b> (7)	
	1:31.14	1:37.61	1:43.07	1:44.59	1:43.01	1:44.36	1:44.53	1:44.02	1:50.03	1:47.51	1:47.27	1:47.24	