

Men 10000 metre Run A Race Open

SOPAC, Sydney

Saturday, 2 March 2013

Splits and lap times report



Athletics
New South Wales

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	
Byrne, David	1:11.57 (1)	3:45.43 (1)	6:13.07 (1)	8:42.53 (2)	11:10.93 (1)	13:41.51 (2)	16:09.19 (2)	18:39.14 (2)	21:11.19 (2)	23:35.81 (2)	26:07.67 (1)	28:35.72 (2)	30:48.21 (1)
4752 RBH	2:26.70 (2)	4:58.88 (1)	7:29.04 (2)	9:55.42 (2)	12:28.40 (1)	14:55.35 (2)	17:25.00 (1)	19:54.98 (2)	22:22.18 (2)	24:51.12 (1)	27:22.00 (1)	29:45.01 (2)	
	1:15.13	1:18.73	1:15.97	1:12.89	1:17.47	1:13.84	1:15.81	1:15.84	1:10.99	1:15.31	1:14.33	1:09.29	
Berry, Neil	1:12.73 (2)	3:45.53 (2)	6:13.31 (2)	8:42.28 (1)	11:11.12 (2)	13:41.20 (1)	16:08.90 (1)	18:38.82 (1)	21:10.91 (1)	23:35.42 (1)	26:07.84 (2)	28:35.59 (1)	30:49.28 (2)
556 SYU	2:26.53 (1)	4:59.13 (2)	7:28.79 (1)	9:55.09 (1)	12:28.51 (2)	14:55.07 (1)	17:25.16 (2)	19:54.69 (1)	22:21.84 (1)	24:51.36 (2)	27:22.14 (2)	29:44.74 (1)	
	1:13.80	1:13.60	1:15.48	1:12.81	1:17.39	1:13.87	1:16.26	1:15.87	1:10.93	1:15.94	1:14.30	1:09.15	
Ridings, Liam	1:15.76 (8)	3:47.57 (5)	6:19.12 (5)	8:49.98 (5)	11:21.49 (5)	13:43.32 (3)	16:13.60 (4)	18:41.37 (4)	21:11.70 (4)	23:46.95 (4)	26:17.75 (3)	28:48.21 (3)	31:11.82 (3)
3953 RBH	2:31.81 (5)	5:02.42 (5)	7:35.39 (5)	10:03.56 (5)	12:31.49 (3)	14:59.27 (4)	17:26.77 (4)	19:56.00 (4)	22:27.02 (4)	25:03.12 (3)	27:33.00 (3)	30:02.29 (3)	
	1:16.05	1:14.85	1:16.27	1:13.58	1:10.00	1:15.95	1:13.17	1:14.63	1:15.32	1:16.17	1:15.25	1:14.08	
Williamson, Mitchell	1:15.50 (6)	3:48.39 (8)	6:19.82 (8)	8:51.29 (8)	11:22.39 (8)	13:55.24 (8)	16:27.79 (7)	19:00.45 (7)	21:32.15 (6)	24:04.45 (6)	26:36.50 (6)	29:03.83 (5)	31:26.23 (4)
3204 UNA	2:32.31 (8)	5:03.29 (8)	7:36.20 (8)	10:06.17 (8)	12:39.12 (9)	15:12.10 (8)	17:43.89 (6)	20:15.70 (6)	22:47.86 (6)	25:20.46 (6)	27:52.62 (6)	30:18.38 (4)	
	1:16.81	1:14.90	1:16.38	1:14.88	1:16.73	1:16.86	1:16.10	1:15.25	1:15.71	1:16.01	1:16.12	1:14.55	
Bowes, Sean	1:16.85 (13)	3:49.10 (13)	6:20.56 (13)	8:52.45 (11)	11:24.67 (10)	13:56.11 (10)	16:27.45 (5)	19:00.15 (5)	21:31.89 (5)	24:04.17 (5)	26:36.23 (5)	29:07.29 (6)	31:35.21 (5)
2798 UNS	2:33.07 (13)	5:04.02 (13)	7:36.88 (13)	10:08.93 (10)	12:40.73 (10)	15:12.15 (9)	17:43.65 (5)	20:15.44 (5)	22:47.60 (5)	25:20.20 (5)	27:52.48 (5)	30:22.37 (6)	
	1:16.22	1:14.92	1:16.32	1:16.48	1:16.06	1:16.04	1:16.20	1:15.29	1:15.71	1:16.03	1:16.25	1:15.08	
Liddy, Ben	1:15.25 (5)	3:47.47 (4)	6:18.89 (4)	8:49.45 (3)	11:21.35 (4)	13:45.25 (4)	16:13.35 (3)	18:41.14 (3)	21:11.43 (3)	23:46.76 (3)	26:24.70 (4)	29:03.57 (4)	31:45.84 (6)
517 SYU	2:31.69 (4)	5:02.23 (4)	7:35.24 (4)	10:03.43 (4)	12:33.09 (4)	14:59.05 (3)	17:26.53 (3)	19:55.76 (3)	22:26.78 (3)	25:05.71 (4)	27:44.76 (4)	30:21.09 (5)	
	1:16.44	1:14.76	1:16.35	1:13.98	1:11.74	1:13.80	1:13.18	1:14.62	1:15.35	1:18.95	1:20.06	1:17.52	
Costello, Peter	1:16.41 (10)	3:48.86 (11)	6:20.27 (11)	8:51.73 (9)	11:22.60 (9)	13:55.00 (7)	16:28.15 (8)	19:00.33 (6)	21:32.61 (7)	24:08.42 (8)	26:43.48 (7)	29:17.71 (7)	31:49.12 (7)
587 SYU	2:32.78 (11)	5:03.77 (11)	7:36.32 (9)	10:06.63 (9)	12:38.93 (8)	15:11.83 (7)	17:44.22 (8)	20:15.92 (7)	22:50.24 (8)	25:26.40 (8)	28:00.54 (7)	30:34.75 (7)	
	1:16.37	1:14.91	1:16.05	1:14.90	1:16.33	1:16.83	1:16.07	1:15.59	1:17.63	1:17.98	1:17.06	1:17.04	
Lord, Oliver	1:15.07 (3)	3:47.30 (3)	6:18.71 (3)	8:49.72 (4)	11:21.22 (3)	13:52.88 (5)	16:27.73 (6)	19:00.59 (8)	21:32.87 (8)	24:08.20 (7)	26:44.72 (8)	29:24.80 (8)	31:57.45 (8)
3975 RBH	2:31.57 (3)	5:02.08 (3)	7:35.12 (3)	10:03.28 (3)	12:35.74 (5)	15:10.69 (5)	17:44.10 (7)	20:16.19 (8)	22:49.86 (7)	25:26.36 (7)	28:04.52 (8)	30:42.80 (8)	
	1:16.50	1:14.78	1:16.41	1:13.56	1:14.52	1:17.81	1:16.37	1:15.60	1:16.99	1:18.16	1:19.80	1:18.00	

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	
Warren, Mark	1:15.56 (7)	3:47.78 (6)	6:19.29 (6)	8:50.34 (6)	11:21.85 (6)	13:53.44 (6)	16:28.68 (9)	19:02.34 (9)	21:38.69 (9)	24:16.53 (9)	26:53.53 (9)	29:31.56 (9)	32:00.09 (9)
3106 MIN	1:15.89	1:16.63	1:14.76	1:17.37	1:16.54	1:17.63	1:17.22	1:18.52	1:19.57	1:17.97	1:19.03	1:11.96	
	2:31.89 (6)	5:02.66 (6)	7:35.58 (6)	10:04.48 (6)	12:36.90 (6)	15:11.05 (6)	17:45.12 (9)	20:20.17 (9)	22:56.96 (9)	25:35.56 (9)	28:12.53 (9)	30:48.13 (9)	
	1:16.33	1:14.88	1:16.29	1:14.14	1:15.05	1:17.61	1:16.44	1:17.83	1:18.27	1:19.03	1:19.00	1:16.57	
Truscott, Chris	1:16.64 (11)	3:49.06 (12)	6:20.47 (12)	8:52.37 (10)	11:25.55 (11)	13:59.24 (11)	16:36.63 (10)	19:15.25 (10)	21:54.32 (10)	24:35.76 (10)	27:16.85 (10)	29:57.58 (10)	32:34.32 (10)
8096 SSR	1:16.09	1:16.53	1:15.50	1:16.28	1:17.46	1:19.01	1:19.20	1:19.87	1:20.97	1:20.46	1:20.19	1:16.52	
	2:32.97 (12)	5:03.94 (12)	7:36.87 (12)	10:09.27 (11)	12:41.78 (11)	15:17.62 (11)	17:56.05 (10)	20:34.45 (10)	23:14.79 (10)	25:56.39 (10)	28:37.39 (10)	31:17.80 (10)	
	1:16.33	1:14.88	1:16.40	1:16.90	1:16.23	1:18.38	1:19.42	1:19.20	1:20.47	1:20.63	1:20.54	1:20.22	
Bartlett, John	1:17.89 (16)	3:51.27 (14)	6:26.77 (14)	9:03.39 (14)	11:39.32 (12)	14:17.51 (12)	16:55.66 (12)	19:34.48 (12)	22:13.87 (12)	24:54.23 (11)	27:32.90 (11)	30:11.21 (11)	32:36.39 (11)
4726 SSR	1:17.65	1:18.18	1:18.06	1:17.76	1:19.85	1:19.35	1:19.30	1:19.92	1:20.37	1:19.52	1:18.80	1:08.59	
	2:33.62 (14)	5:08.59 (14)	7:45.33 (14)	10:21.56 (13)	12:57.66 (12)	15:36.31 (12)	18:15.18 (12)	20:53.95 (12)	23:33.86 (11)	26:13.38 (11)	28:52.41 (11)	31:27.80 (11)	
	1:15.73	1:17.32	1:18.56	1:18.17	1:18.34	1:18.80	1:19.52	1:19.47	1:19.99	1:19.15	1:19.51	1:16.59	
Wicks, Lennon	1:17.71 (15)	3:51.55 (15)	6:27.59 (15)	9:03.97 (15)	11:43.50 (14)	14:25.77 (13)	17:06.38 (13)	19:45.65 (13)	22:26.54 (13)	25:05.87 (13)	27:44.77 (12)	30:20.97 (12)	32:50.61 (12)
8095 VIC	1:17.42	1:18.69	1:17.79	1:20.41	1:21.50	1:20.20	1:19.75	1:20.43	1:19.31	1:19.77	1:17.57	1:13.40	
	2:34.13 (16)	5:08.90 (15)	7:46.18 (15)	10:23.09 (14)	13:04.27 (14)	15:46.18 (13)	18:25.90 (13)	21:06.11 (13)	23:46.56 (13)	26:25.00 (13)	29:03.40 (12)	31:37.21 (12)	
	1:16.42	1:17.35	1:18.59	1:19.12	1:20.77	1:20.41	1:19.52	1:20.46	1:20.02	1:19.13	1:18.63	1:16.24	
Mumby, Gareth	1:15.17 (4)	3:48.09 (7)	6:19.56 (7)	8:51.01 (7)	11:22.08 (7)	13:55.57 (9)	16:36.79 (11)	19:24.66 (11)	22:10.78 (11)	24:57.24 (12)	27:48.54 (13)	30:34.71 (13)	33:15.66 (13)
8094 UTN	1:15.99	1:16.54	1:15.11	1:16.21	1:16.79	1:21.98	1:25.38	1:22.87	1:23.19	1:26.52	1:21.71	1:17.77	
	2:32.10 (7)	5:03.02 (7)	7:35.90 (7)	10:05.87 (7)	12:38.78 (7)	15:14.81 (10)	17:59.28 (11)	20:47.91 (11)	23:34.05 (12)	26:22.02 (12)	29:13.00 (13)	31:57.89 (13)	
	1:16.93	1:14.93	1:16.34	1:14.86	1:16.70	1:19.24	1:22.49	1:23.25	1:23.27	1:24.78	1:24.46	1:23.18	
O'Brien, Earl	1:16.14 (9)	3:48.69 (10)	6:20.18 (10)	8:56.60 (13)	11:39.61 (13)	14:26.25 (14)	17:14.08 (14)	19:59.55 (14)	22:47.28 (14)	25:37.07 (14)	28:25.09 (14)	31:12.58 (14)	33:54.19 (14)
3267 BMA	1:16.02	1:16.53	1:19.96	1:21.53	1:24.59	1:23.96	1:22.61	1:24.04	1:24.51	1:23.31	1:24.83	1:17.20	
	2:32.67 (10)	5:03.65 (10)	7:36.64 (10)	10:18.08 (12)	13:01.66 (13)	15:50.12 (14)	18:36.94 (14)	21:23.24 (14)	24:12.56 (14)	27:01.78 (14)	29:47.75 (14)	32:36.99 (14)	
	1:16.53	1:14.96	1:16.46	1:21.48	1:22.05	1:23.87	1:22.86	1:23.69	1:25.28	1:24.71	1:22.66	1:24.41	
Graves, Gregory	1:17.65 (14)	3:51.64 (16)	6:31.56 (16)	9:15.83 (16)	12:04.79 (15)	14:56.25 (15)	17:48.25 (15)	20:38.65 (15)	23:31.47 (15)	26:24.21 (15)	29:13.83 (15)	32:02.64 (15)	34:42.61 (15)
53 SUT	1:17.63	1:20.76	1:22.88	1:24.83	1:25.99	1:26.00	1:24.95	1:26.73	1:25.95	1:25.41	1:24.95	1:17.31	
	2:34.01 (15)	5:10.80 (16)	7:52.95 (16)	10:39.96 (15)	13:30.26 (15)	16:22.25 (15)	19:13.70 (15)	22:04.74 (15)	24:58.26 (15)	27:48.42 (15)	30:37.69 (15)	33:25.30 (15)	
	1:16.36	1:19.16	1:21.39	1:24.13	1:25.47	1:26.00	1:25.45	1:26.09	1:26.79	1:24.21	1:23.86	1:22.66	
Cross, Ben	1:16.74 (12)	3:48.39 (9)	6:19.96 (9)	8:52.91 (12)									DNF
511 SYU	1:15.99	1:16.63	1:16.27										
	2:32.40 (9)	5:03.33 (9)	7:36.64 (11)										
	1:15.66	1:14.94	1:16.68										