

# Women 3000 Metre C Race Open H1-F

2014 Treloar Shield 4 and NSW 3000m Championships  
Saturday, 8 November 2014



## Splits and lap times report

| Name                          |   | 200m       | 600m         | 1000m        | 1400m        | 1800m        | 2200m        | 2600m         | 3000m         |
|-------------------------------|---|------------|--------------|--------------|--------------|--------------|--------------|---------------|---------------|
| McDonald, Leah<br>2146 PAR    | S | 37.84 (1)  | 1:54.34 (1)  | 3:16.56 (1)  | 4:43.19 (1)  | 6:12.89 (1)  | 7:43.45 (1)  | 9:14.65 (1)   | 10:33.80 (1)  |
|                               | L |            | 1:16.50      | 1:22.22      | 1:26.63      | 1:29.70      | 1:30.56      | 1:31.20       | 1:19.15       |
| Roodbeen, Madison<br>2573 KEJ | S | 38.17 (2)  | 1:55.67 (2)  | 3:22.77 (2)  | 4:54.31 (2)  | 6:25.60 (2)  | 7:51.89 (2)  | 9:19.43 (2)   | 10:38.66 (2)  |
|                               | L |            | 1:17.50      | 1:27.10      | 1:31.54      | 1:31.29      | 1:26.29      | 1:27.54       | 1:19.23       |
| Macniven, Rona<br>76 AEA      | S | 40.39 (7)  | 2:05.05 (5)  | 3:32.37 (4)  | 4:59.62 (4)  | 6:25.87 (3)  | 7:51.95 (3)  | 9:19.62 (3)   | 10:40.44 (3)  |
|                               | L |            | 1:24.66      | 1:27.32      | 1:27.25      | 1:26.25      | 1:26.08      | 1:27.67       | 1:20.82       |
| Doherty, Eloise<br>3135 UTN   | S | 40.82 (8)  | 2:05.41 (6)  | 3:33.88 (5)  | 5:04.04 (6)  | 6:35.68 (6)  | 8:05.67 (6)  | 9:35.86 (5)   | 10:54.61 (4)  |
|                               | L |            | 1:24.59      | 1:28.47      | 1:30.16      | 1:31.64      | 1:29.99      | 1:30.19       | 1:18.75       |
| Basman, Robyn<br>3279 SGD     | S | 42.79 (10) | 2:09.08 (10) | 3:35.62 (9)  | 5:01.43 (5)  | 6:29.96 (4)  | 8:01.59 (4)  | 9:32.96 (4)   | 10:59.74 (5)  |
|                               | L |            | 1:26.29      | 1:26.54      | 1:25.81      | 1:28.53      | 1:31.63      | 1:31.37       | 1:26.78       |
| Kidman, Scarlett<br>2653 RYD  | S | 38.29 (3)  | 1:56.20 (3)  | 3:23.29 (3)  | 4:55.43 (3)  | 6:30.12 (5)  | 8:04.57 (5)  | 9:36.29 (6)   | 11:02.98 (6)  |
|                               | L |            | 1:17.91      | 1:27.09      | 1:32.14      | 1:34.69      | 1:34.45      | 1:31.72       | 1:26.69       |
| Bird, Jess<br>1242 ASW        | S | 39.35 (5)  | 2:06.93 (9)  | 3:36.18 (10) | 5:05.96 (8)  | 6:37.28 (8)  | 8:09.39 (8)  | 9:40.20 (8)   | 11:04.62 (7)  |
|                               | L |            | 1:27.58      | 1:29.25      | 1:29.78      | 1:31.32      | 1:32.11      | 1:30.81       | 1:24.42       |
| Delawari, Ariana<br>458 UTN   | S | 41.05 (9)  | 2:05.86 (8)  | 3:34.14 (6)  | 5:04.06 (7)  | 6:35.80 (7)  | 8:06.47 (7)  | 9:38.72 (7)   | 11:11.72 (8)  |
|                               | L |            | 1:24.81      | 1:28.28      | 1:29.92      | 1:31.74      | 1:30.67      | 1:32.25       | 1:33.00       |
| Brown, Samantha<br>2105 PAR   | S | 39.28 (4)  | 2:05.74 (7)  | 3:35.22 (8)  | 5:09.64 (9)  | 6:45.37 (9)  | 8:24.57 (9)  | 10:03.51 (9)  | 11:35.49 (9)  |
|                               | L |            | 1:26.46      | 1:29.48      | 1:34.42      | 1:35.73      | 1:39.20      | 1:38.94       | 1:31.98       |
| Tancred, Naomi<br>74 AEA      | S | 44.56 (12) | 2:16.17 (12) | 3:52.20 (12) | 5:28.20 (12) | 7:03.60 (11) | 8:37.31 (10) | 10:11.34 (10) | 11:41.03 (10) |
|                               | L |            | 1:31.61      | 1:36.03      | 1:36.00      | 1:35.40      | 1:33.71      | 1:34.03       | 1:29.69       |
| White, Claudia<br>453 UTN     | S | 39.65 (6)  | 2:04.77 (4)  | 3:34.73 (7)  | 5:14.57 (10) | 6:59.57 (10) | 8:45.86 (11) | 10:31.70 (11) | 12:06.38 (11) |
|                               | L |            | 1:25.12      | 1:29.96      | 1:39.84      | 1:45.00      | 1:46.29      | 1:45.84       | 1:34.68       |
| Karaman, Alia<br>3280 SGD     | S | 42.90 (11) | 2:09.95 (11) | 3:46.28 (11) | 5:25.03 (11) | 7:05.45 (12) | 8:48.13 (12) | 10:32.05 (12) | 12:07.12 (12) |
|                               | L |            | 1:27.05      | 1:36.33      | 1:38.75      | 1:40.42      | 1:42.68      | 1:43.92       | 1:35.07       |