

# Men 3000 Metre D 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
Spehr, Tim 1036 SYU	S	32.47 (4)	1:44.27 (9)	2:57.70 (7)	4:11.17 (4)	5:25.19 (4)	6:40.72 (5)	7:52.04 (1)	8:53.61 (1)
	L		1:11.80	1:13.43	1:13.47	1:14.02	1:15.53	1:11.32	1:01.57
Thomson, Ben 3617 HIL	S	33.02 (9)	1:44.00 (7)	2:56.71 (4)	4:09.68 (3)	5:23.10 (3)	6:38.50 (3)	7:53.59 (4)	8:57.72 (2)
	L		1:10.98	1:12.71	1:12.97	1:13.42	1:15.40	1:15.09	1:04.13
Jones, Braedon 98 AEA	S	32.94 (8)	1:43.95 (6)	2:55.84 (3)	4:09.05 (2)	5:22.68 (2)	6:38.16 (2)	7:52.45 (2)	9:02.46 (3)
	L		1:11.01	1:11.89	1:13.21	1:13.63	1:15.48	1:14.29	1:10.01
Wallace, Hamish 2711 Bankstown Sports A	S	32.19 (1)	1:41.14 (1)	2:53.95 (1)	4:07.71 (1)	5:22.36 (1)	6:37.99 (1)	7:53.21 (3)	9:03.92 (4)
	L		1:08.95	1:12.81	1:13.76	1:14.65	1:15.63	1:15.22	1:10.71
Byrne, Sam 8051 RBH	S	34.05 (17)	1:45.68 (16)	2:57.60 (6)	4:11.44 (5)	5:25.95 (5)	6:40.34 (4)	7:56.11 (5)	9:07.50 (5)
	L		1:11.63	1:11.92	1:13.84	1:14.51	1:14.39	1:15.77	1:11.39
Roberts, Tom 8055 ASW	S	32.75 (6)	1:44.05 (8)	2:57.97 (9)	4:11.71 (7)	5:28.03 (6)	6:45.71 (7)	8:02.49 (6)	9:07.95 (6)
	L		1:11.30	1:13.92	1:13.74	1:16.32	1:17.68	1:16.78	1:05.46
Halmy, Adam 3205 SSR	S	33.69 (15)	1:45.05 (13)	2:58.42 (12)	4:12.37 (10)	5:28.48 (7)	6:45.42 (6)	8:02.72 (7)	9:14.49 (7)
	L		1:11.36	1:13.37	1:13.95	1:16.11	1:16.94	1:17.30	1:11.77
Glynn, Trent 2708 Bankstown Sports A	S	33.58 (14)	1:45.34 (14)	2:58.68 (14)	4:13.56 (13)	5:31.29 (12)	6:50.65 (12)	8:07.13 (8)	9:15.56 (8)
	L		1:11.76	1:13.34	1:14.88	1:17.73	1:19.36	1:16.48	1:08.43
Garland-Barnes, Fras 2253 RBH	S	34.04 (16)	1:47.22 (17)	3:00.74 (17)	4:14.39 (14)	5:31.90 (13)	6:50.07 (10)	8:07.39 (9)	9:17.47 (9)
	L		1:13.18	1:13.52	1:13.65	1:17.51	1:18.17	1:17.32	1:10.08
Seal, James 2576 KEJ	S	33.26 (11)	1:44.72 (11)	2:58.80 (15)	4:13.30 (12)	5:31.09 (11)	6:50.35 (11)	8:07.78 (11)	9:17.97 (10)
	L		1:11.46	1:14.08	1:14.50	1:17.79	1:19.26	1:17.43	1:10.19
Hazan, Daniel 2225 RBH	S	33.03 (10)	1:44.47 (10)	2:58.15 (10)	4:12.18 (9)	5:29.49 (9)	6:49.47 (9)	8:07.53 (10)	9:18.13 (11)
	L		1:11.44	1:13.68	1:14.03	1:17.31	1:19.98	1:18.06	1:10.60
Wright, Bradley 1420 HIL	S	33.46 (13)	1:45.42 (15)	2:59.09 (16)	4:14.99 (16)	5:33.70 (14)	6:51.81 (13)	8:09.90 (12)	9:24.87 (12)
	L		1:11.96	1:13.67	1:15.90	1:18.71	1:18.11	1:18.09	1:14.97
Martin, Brandon 8057 BAT	S	32.56 (5)	1:43.82 (5)	2:58.54 (13)	4:14.68 (15)	5:34.47 (15)	6:56.91 (15)	8:20.09 (13)	9:31.21 (13)
	L		1:11.26	1:14.72	1:16.14	1:19.79	1:22.44	1:23.18	1:11.12
Nairn, Brandon 3276 SGD	S	34.94 (19)	1:47.72 (18)	3:01.55 (18)	4:18.51 (18)	5:39.10 (18)	7:00.25 (16)	8:20.26 (14)	9:35.59 (14)
	L		1:12.78	1:13.83	1:16.96	1:20.59	1:21.15	1:20.01	1:15.33
Brooks, charlie 153 MIN	S	32.20 (2)	1:41.63 (3)	2:58.25 (11)	4:16.43 (17)	5:38.06 (17)	7:00.52 (17)	8:22.62 (15)	9:40.43 (15)
	L		1:09.43	1:16.62	1:18.18	1:21.63	1:22.46	1:22.10	1:17.81
Dawes, Jim 2186 RBH	S	34.86 (18)	1:47.77 (19)	3:02.48 (19)	4:21.68 (19)	5:41.96 (19)	7:04.20 (19)	8:28.20 (17)	9:48.92 (16)
	L		1:12.91	1:14.71	1:19.20	1:20.28	1:22.24	1:24.00	1:20.72
Crowhurst, Mathew 3044 Trinity Athletics Club	S	32.76 (7)	1:41.62 (2)	2:54.20 (2)	4:11.47 (6)	5:35.95 (16)	7:03.65 (18)	8:33.59 (18)	9:54.87 (17)
	L		1:08.86	1:12.58	1:17.27	1:24.48	1:27.70	1:29.94	1:21.28
Smith, William 1426 HIL	S	33.42 (12)	1:44.90 (12)	2:57.76 (8)	4:12.86 (11)	5:30.95 (10)	6:56.59 (14)	8:26.70 (16)	9:55.60 (18)
	L		1:11.48	1:12.86	1:15.10	1:18.09	1:25.64	1:30.11	1:28.90
costello, david 1006 SYU	S	32.31 (3)	1:43.37 (4)	2:57.39 (5)	4:12.03 (8)	5:29.49 (8)	6:48.20 (8)		DNF
	L		1:11.06	1:14.02	1:14.64	1:17.46	1:18.71		

