

Men 3000 Metre H Race Open H1-F

2014 Treloar Shield 4 and NSW 3000m Championships

Saturday, 15 November 2014



Splits and lap times report

Name		200m	600m	1000m	1400m	1800m	2200m	2600m	3000m
Vuong, Thien 3357 SSR	S	37.85 (13)	1:56.47 (6)	3:17.27 (3)	4:37.18 (3)	5:59.92 (2)	7:21.00 (1)	8:38.12 (1)	9:54.82 (1)
	L		1:18.62	1:20.80	1:19.91	1:22.74	1:21.08	1:17.12	1:16.70
Wade, Adrian 1972 RYD	S	35.37 (4)	1:53.28 (1)	3:14.52 (1)	4:36.07 (1)	5:59.46 (1)	7:22.88 (2)	8:44.91 (2)	10:00.56 (2)
	L		1:17.91	1:21.24	1:21.55	1:23.39	1:23.42	1:22.03	1:15.65
Cooper, Daniel 1402 HIL	S	38.22 (16)	1:56.77 (8)	3:17.59 (4)	4:38.49 (4)	6:02.05 (3)	7:26.97 (3)	8:51.12 (3)	10:14.35 (3)
	L		1:18.55	1:20.82	1:20.90	1:23.56	1:24.92	1:24.15	1:23.23
McPhillips, Finlay 2547 KEJ	S	34.97 (2)	1:53.65 (2)	3:14.93 (2)	4:36.72 (2)	6:02.75 (4)	7:31.69 (4)	9:00.08 (4)	10:25.12 (4)
	L		1:18.68	1:21.28	1:21.79	1:26.03	1:28.94	1:28.39	1:25.04
Coates, Jack 3389 SSR	S	37.57 (11)	1:57.38 (9)	3:22.09 (10)	4:47.52 (6)	6:12.21 (6)	7:42.13 (5)	9:07.53 (5)	10:29.40 (5)
	L		1:19.81	1:24.71	1:25.43	1:24.69	1:29.92	1:25.40	1:21.87
Phillips, Harry 3839 The Scots College At	S	35.98 (6)	1:56.73 (7)	3:22.03 (9)	4:48.64 (10)	6:19.46 (10)	7:48.90 (7)	9:17.90 (7)	10:40.15 (6)
	L		1:20.75	1:25.30	1:26.61	1:30.82	1:29.44	1:29.00	1:22.25
Simpson, Mark 3286 SGD	S	37.03 (9)	1:57.88 (10)	3:20.87 (6)	4:42.64 (5)	6:11.74 (5)	7:43.41 (6)	9:17.06 (6)	10:45.20 (7)
	L		1:20.85	1:22.99	1:21.77	1:29.10	1:31.67	1:33.65	1:28.14
McNaughton, James 521 SUT	S	34.72 (1)	1:55.41 (3)	3:20.75 (5)	4:47.86 (7)	6:18.90 (8)	7:50.55 (9)	9:22.57 (8)	10:46.20 (8)
	L		1:20.69	1:25.34	1:27.11	1:31.04	1:31.65	1:32.02	1:23.63
Toohey, Joshua 3042 Trinity Athletics Club	S	35.22 (3)	1:55.71 (4)	3:21.13 (7)	4:47.92 (8)	6:17.69 (7)	7:50.21 (8)	9:22.89 (9)	10:49.36 (9)
	L		1:20.49	1:25.42	1:26.79	1:29.77	1:32.52	1:32.68	1:26.47
Wade, Logan 1963 RYD	S	35.68 (5)	1:56.38 (5)	3:21.52 (8)	4:48.34 (9)	6:19.17 (9)	7:51.17 (10)	9:26.91 (10)	10:58.73 (10)
	L		1:20.70	1:25.14	1:26.82	1:30.83	1:32.00	1:35.74	1:31.82
Brown, Hayden 1241 ASW	S	37.16 (10)	1:59.15 (14)	3:26.03 (13)	4:54.12 (11)	6:26.70 (12)	7:59.50 (11)	9:32.80 (11)	11:00.86 (11)
	L		1:21.99	1:26.88	1:28.09	1:32.58	1:32.80	1:33.30	1:28.06
Sharpe, Brad 3068 UTN	S	36.81 (8)	1:58.76 (13)	3:25.78 (12)	4:55.78 (13)	6:28.49 (13)	8:01.75 (13)	9:36.78 (13)	11:03.82 (12)
	L		1:21.95	1:27.02	1:30.00	1:32.71	1:33.26	1:35.03	1:27.04
Lin, Andrew 3025 Trinity Athletics Club	S	38.20 (15)	2:00.29 (15)	3:26.38 (14)	4:54.54 (12)	6:26.27 (11)	8:00.22 (12)	9:36.60 (12)	11:06.98 (13)
	L		1:22.09	1:26.09	1:28.16	1:31.73	1:33.95	1:36.38	1:30.38
Longworth, Hamish 3363 SSR	S	37.64 (12)	2:00.95 (16)	3:30.15 (15)	5:05.44 (15)	6:40.40 (16)	8:14.44 (15)	9:46.69 (15)	11:09.37 (14)
	L		1:23.31	1:29.20	1:35.29	1:34.96	1:34.04	1:32.25	1:22.68
Schwebel, Ron 3364 SSR	S	42.44 (18)	2:12.10 (18)	3:39.65 (18)	5:08.51 (17)	6:39.42 (15)	8:11.53 (14)	9:45.97 (14)	11:17.69 (15)
	L		1:29.66	1:27.55	1:28.86	1:30.91	1:32.11	1:34.44	1:31.72
Carmody, Mark 2240 RBH	S	39.95 (17)	2:05.74 (17)	3:36.44 (17)	5:08.74 (18)	6:42.81 (17)	8:18.35 (16)	9:54.15 (16)	11:23.00 (16)
	L		1:25.79	1:30.70	1:32.30	1:34.07	1:35.54	1:35.80	1:28.85
Longworth, jeremy 8043 The Scots College At	S	37.96 (14)	1:58.35 (12)	3:25.76 (11)	4:57.86 (14)	6:38.01 (14)	8:21.55 (17)	10:10.08 (18)	11:33.33 (17)
	L		1:20.39	1:27.41	1:32.10	1:40.15	1:43.54	1:48.53	1:23.25
Fediakov, Anthony 2456 WES	S	36.13 (7)	1:58.18 (11)	3:30.39 (16)	5:07.61 (16)	6:45.98 (18)	8:25.50 (18)	10:08.42 (17)	11:39.13 (18)
	L		1:22.05	1:32.21	1:37.22	1:38.37	1:39.52	1:42.92	1:30.71

