

Mixed 5000 Metre Walk Open

NSW Open, U23 and AWD Championships
Saturday, 1 March 2014



Splits and lap times report

Name	200m	1000m	1800m	2600m	3400m	4200m	5000m
	600m	1400m	2200m	3000m	3800m	4600m	
Rayson, Ian	47.28 (1)	3:59.33 (1) 1:36.59	7:12.84 (1) 1:36.76	10:27.85 (1) 1:37.53	13:45.38 (1) 1:39.38	17:04.03 (1) 1:39.30	20:18.41 (1) 1:35.44
375 Mingara Athletics		2:22.74 (1) 1:35.46	5:36.08 (1) 1:36.75	8:50.32 (1) 1:37.48	12:06.00 (1) 1:38.15	15:24.73 (1) 1:39.35	18:42.97 (1) 1:38.94
Jones, Tyler	48.49 (4)	4:09.48 (4) 1:41.78	7:35.72 (4) 1:43.08	10:58.31 (3) 1:40.64	14:25.22 (2) 1:44.98	17:55.98 (2) 1:45.46	21:23.90 (2) 1:43.01
8008 Wyong Athletics Clu		2:27.70 (4) 1:39.21	5:52.64 (3) 1:43.16	9:17.67 (3) 1:41.95	12:40.24 (2) 1:41.93	16:10.52 (2) 1:45.30	19:40.89 (2) 1:44.91
Malone, Kyle	47.43 (2)	4:00.27 (2) 1:37.22	7:24.84 (2) 1:44.25	10:58.28 (2) 1:47.43	14:37.06 (4) 1:50.83	18:17.21 (4) 1:49.87	21:44.27 (3) 1:39.08
29 Nepean District Athle		2:23.05 (2) 1:35.62	5:40.59 (2) 1:40.32	9:10.85 (2) 1:46.01	12:46.23 (3) 1:47.95	16:27.34 (3) 1:50.28	20:05.19 (4) 1:47.98
Washburn, Steven	48.54 (5)	4:09.79 (5) 1:41.58	7:36.10 (5) 1:42.65	11:01.48 (4) 1:43.08	14:36.81 (3) 1:49.46	18:15.58 (3) 1:47.74	21:47.84 (4) 1:46.10
3308 Uts Northern Suburb		2:28.21 (5) 1:39.67	5:53.45 (5) 1:43.66	9:18.40 (4) 1:42.30	12:47.35 (4) 1:45.87	16:27.84 (4) 1:51.03	20:01.74 (3) 1:46.16
Felton, Jay	47.86 (3)	4:09.45 (3) 1:44.08	7:35.44 (3) 1:42.31	11:08.10 (5) 1:48.63	14:47.78 (5) 1:49.89	18:25.49 (5) 1:48.82	22:04.37 (5) 1:49.10
413 Mingara Athletics		2:25.37 (3) 1:37.51	5:53.13 (4) 1:43.68	9:19.47 (5) 1:44.03	12:57.89 (5) 1:49.79	16:36.67 (5) 1:48.89	20:15.27 (5) 1:49.78
Fagan, Nicole	48.98 (6)	4:13.89 (6) 1:44.15	7:48.02 (6) 1:47.90	11:26.21 (6) 1:49.05	15:06.50 (6) 1:50.64	18:48.61 (6) 1:51.01	22:27.19 (6) 1:48.37
49 SYU		2:29.74 (6) 1:40.76	6:00.12 (6) 1:46.23	9:37.16 (6) 1:49.14	13:15.86 (6) 1:49.65	16:57.60 (6) 1:51.10	20:38.82 (6) 1:50.21
Gibbons, Carl	50.99 (9)	4:27.55 (7) 1:51.00	8:10.98 (7) 1:52.38	11:58.96 (7) 1:55.53	15:51.36 (7) 1:57.59	19:42.26 (7) 1:52.71	23:26.48 (7) 1:49.17
700 Westlakes Athletic Cl		2:36.55 (7) 1:45.56	6:18.60 (7) 1:51.05	10:03.43 (7) 1:52.45	13:53.77 (7) 1:54.81	17:49.55 (7) 1:58.19	21:37.31 (7) 1:55.05
Klein, Kirsty	50.51 (7)	4:30.76 (9) 1:51.31	8:18.58 (8) 1:55.04	12:10.24 (8) 1:55.99	16:07.76 (8) 1:58.54	20:06.43 (8) 1:59.68	24:06.59 (8) 2:00.49
991 Asics West Track &		2:39.45 (9) 1:48.94	6:23.54 (8) 1:52.78	10:14.25 (8) 1:55.67	14:09.22 (8) 1:58.98	18:06.75 (8) 1:58.99	22:06.10 (8) 1:59.67
Dighton, Jasmine	51.25 (10)	4:31.11 (10) 1:51.30	8:20.08 (9) 1:56.19	12:31.34 (9) 2:07.18	16:46.45 (9) 2:07.99	21:01.76 (9) 2:07.05	25:06.30 (9) 1:59.29
3450 Asics West Track &		2:39.81 (10) 1:48.56	6:23.89 (9) 1:52.78	10:24.16 (9) 2:04.08	14:38.46 (9) 2:07.12	18:54.71 (9) 2:08.26	23:07.01 (9) 2:05.25
Barendregt, Amanda	52.62 (11)	4:59.44 (11) 2:07.27	9:29.53 (10) 2:17.85	14:02.43 (10) 2:18.99	18:42.15 (10) 2:20.91	23:22.08 (10) 2:21.64	27:58.28 (10) 2:16.38
513 Nepean District Athle		2:52.17 (11) 1:59.55	7:11.68 (11) 2:12.24	11:43.44 (10) 2:13.91	16:21.24 (10) 2:18.81	21:00.44 (10) 2:18.29	25:41.90 (10) 2:19.82
Osborne, Robert	1:12.71 (12)	5:54.35 (12) 2:20.61	10:29.17 (11) 2:16.71	15:02.06 (11) 2:16.24	19:36.26 (11) 2:17.66	24:17.26 (11) 2:21.68	29:06.62 (11) 2:26.38
40 Nepean District Athle		3:33.74 (12) 2:21.03	8:12.46 (12) 2:18.11	12:45.82 (11) 2:16.65	17:18.60 (11) 2:16.54	21:55.58 (11) 2:19.32	26:40.24 (11) 2:22.98
Bettiol, Amy	50.88 (8)	4:30.35 (8) 1:51.25					DNF
1090 SYP		2:39.10 (8) 1:48.22	6:25.70 (10) 1:55.35				