

Men 3000m Run F Race

ES Marks Athletics Centre

7/11/2015



Splits and lap times report

Name	200m	600m	1000m	1400m	1800m	2200m	2600m	3000m
Bottrill, James 1118 Bankstown Sports At	S 36.06 (3)	1:50.22 (2)	3:07.26 (2)	4:23.65 (2)	5:42.18 (3)	7:00.65 (3)	8:18.29 (1)	9:27.55 (1)
	L	1:14.16	1:17.04	1:16.39	1:18.53	1:18.47	1:17.64	1:09.26
Jagger, Benjamin 3776 SSR	S 36.17 (4)	1:50.43 (3)	3:07.63 (3)	4:23.86 (3)	5:41.82 (2)	6:59.98 (2)	8:18.61 (3)	9:28.16 (2)
	L	1:14.26	1:17.20	1:16.23	1:17.96	1:18.16	1:18.63	1:09.55
Fryer, Drew 3020 RBH	S 35.00 (1)	1:50.08 (1)	3:07.06 (1)	4:23.38 (1)	5:41.28 (1)	6:59.86 (1)	8:18.38 (2)	9:33.25 (3)
	L	1:15.08	1:16.98	1:16.32	1:17.90	1:18.58	1:18.52	1:14.87
Cooper, Clive 3915 SYU	S 37.29 (11)	1:54.37 (10)	3:14.23 (10)	4:30.70 (9)	5:50.72 (7)	7:08.94 (4)	8:28.48 (4)	9:42.93 (4)
	L	1:17.08	1:19.86	1:16.47	1:20.02	1:18.22	1:19.54	1:14.45
Nairn, Brandon 3298 SGD	S 38.86 (18)	1:57.07 (14)	3:16.75 (14)	4:30.50 (8)	5:50.54 (6)	7:11.71 (6)	8:33.70 (6)	9:48.09 (5)
	L	1:18.21	1:19.68	1:13.75	1:20.04	1:21.17	1:21.99	1:14.39
Mahon, Max 3765 SSR	S 36.51 (6)	1:52.64 (7)	3:09.45 (5)	4:26.51 (5)	5:45.84 (4)	7:09.18 (5)	8:33.11 (5)	9:49.27 (6)
	L	1:16.13	1:16.81	1:17.06	1:19.33	1:23.34	1:23.93	1:16.16
Woodger, Kai 3554 SUT	S 40.15 (21)	1:58.55 (18)	3:16.75 (15)	4:36.42 (12)	5:56.52 (12)	7:16.41 (9)	8:37.65 (8)	9:50.54 (7)
	L	1:18.40	1:18.20	1:19.67	1:20.10	1:19.89	1:21.24	1:12.89
Constantine, James 782 AEA	S 36.77 (7)	1:54.08 (9)	3:14.07 (9)	4:35.28 (11)	5:56.28 (10)	7:16.72 (10)	8:38.95 (9)	9:51.59 (8)
	L	1:17.31	1:19.99	1:21.21	1:21.00	1:20.44	1:22.23	1:12.64
Dobson, Hugh 2666 NOW	S 36.27 (5)	1:51.93 (5)	3:09.53 (6)	4:30.10 (7)	5:52.06 (8)	7:14.43 (8)	8:37.60 (7)	9:51.65 (9)
	L	1:15.66	1:17.60	1:20.57	1:21.96	1:22.37	1:23.17	1:14.05
Cantlon, Patrick 3441 SUT	S 37.17 (10)	1:52.56 (6)	3:09.90 (7)	4:29.90 (6)	5:52.56 (9)	7:16.87 (11)	8:42.28 (11)	9:59.10 (10)
	L	1:15.39	1:17.34	1:20.00	1:22.66	1:24.31	1:25.41	1:16.82
Patterson, Lachlan 8024 Athletics Nsw	S 36.83 (8)	1:50.98 (4)	3:08.14 (4)	4:24.58 (4)	5:46.36 (5)	7:12.13 (7)	8:41.43 (10)	10:00.07 (11)
	L	1:14.15	1:17.16	1:16.44	1:21.78	1:25.77	1:29.30	1:18.64
Healy, James 3922 SYU	S 37.89 (14)	1:56.84 (13)	3:16.56 (13)	4:37.17 (13)	5:56.44 (11)	7:17.59 (12)	8:43.22 (12)	10:00.79 (12)
	L	1:18.95	1:19.72	1:20.61	1:19.27	1:21.15	1:25.63	1:17.57
Gorman, Kieran 3817 SSR	S 35.94 (2)	1:53.17 (8)	3:11.56 (8)	4:32.74 (10)	5:56.66 (13)	7:20.01 (13)	8:43.98 (13)	10:00.83 (13)
	L	1:17.23	1:18.39	1:21.18	1:23.92	1:23.35	1:23.97	1:16.85
Street, Tyeson 5318 Trinity Athletics Club	S 39.32 (19)	1:54.90 (11)	3:16.41 (12)	4:40.37 (14)	6:04.09 (15)	7:25.97 (15)	8:47.29 (15)	10:02.68 (14)
	L	1:15.58	1:21.51	1:23.96	1:23.72	1:21.88	1:21.32	1:15.39
Vuong, Thien 3797 SSR	S 36.86 (9)	1:59.48 (21)	3:21.41 (19)	4:43.16 (18)	6:04.41 (16)	7:26.57 (16)	8:47.64 (16)	10:03.34 (15)
	L	1:22.62	1:21.93	1:21.75	1:21.25	1:22.16	1:21.07	1:15.70
Keane, Justin 4767 NEP	S 38.03 (15)	1:58.40 (17)	3:20.29 (17)	4:42.19 (17)	6:07.05 (18)	7:31.37 (17)	8:53.61 (18)	10:03.57 (16)
	L	1:20.37	1:21.89	1:21.90	1:24.86	1:24.32	1:22.24	1:09.96
Hanna, Nicholas 1636 GIR	S 37.63 (12)	1:57.80 (16)	3:19.98 (16)	4:41.66 (16)	6:03.77 (14)	7:25.41 (14)	8:46.75 (14)	10:05.16 (17)
	L	1:20.17	1:22.18	1:21.68	1:22.11	1:21.64	1:21.34	1:18.41
Considine, Martin 2969 RBH	S 39.60 (20)	1:58.87 (20)	3:21.06 (18)	4:44.12 (19)	6:08.25 (19)	7:31.60 (18)	8:53.31 (17)	10:12.74 (18)
	L	1:19.27	1:22.19	1:23.06	1:24.13	1:23.35	1:21.71	1:19.43
Cooper, Daniel 3820 SSR	S 37.68 (13)	1:56.30 (12)	3:16.33 (11)	4:40.81 (15)	6:06.89 (17)	7:34.43 (19)	9:03.66 (19)	10:27.56 (19)
	L	1:18.62	1:20.03	1:24.48	1:26.08	1:27.54	1:29.23	1:23.90
Squadrito, Lewis 299 Balmain Athletics Clu	S 38.30 (16)	1:57.33 (15)	3:22.10 (21)	4:49.17 (21)	6:20.43 (21)	7:51.79 (21)	9:16.91 (20)	10:40.14 (20)
	L	1:19.03	1:24.77	1:27.07	1:31.26	1:31.36	1:25.12	1:23.23
Ray, Paul 3499 SUT	S 38.58 (17)	1:58.67 (19)	3:21.79 (20)	4:46.21 (20)	6:15.10 (20)	7:47.43 (20)	9:17.44 (21)	10:45.62 (21)
	L	1:20.09	1:23.12	1:24.42	1:28.89	1:32.33	1:30.01	1:28.18

