

Men 3000m Run H Race

2015 NSW 3000m Championships

7/11/2015



Splits and lap times report

Name	200m	600m	1000m	1400m	1800m	2200m	2600m	3000m
Loane, Dunan	S 1:54.93 (15)	3:21.98 (15)	4:49.43 (15)	6:18.48 (15)	7:46.37 (15)	9:14.97 (13)	10:36.96 (10)	(1)
4532 U.T.S. Northern Sub	L	1:27.05	1:27.45	1:29.05	1:27.89	1:28.60	1:21.99	
Cosby, Martin	S 43.30 (6)	2:14.34 (6)	3:45.15 (5)	5:13.29 (3)	6:41.71 (3)	8:10.85 (2)	9:40.81 (2)	11:01.43 (2)
771 Athletics East	L	1:31.04	1:30.81	1:28.14	1:28.42	1:29.14	1:29.96	1:20.62
Wylie, Dennis	S 44.13 (8)	2:14.88 (7)	3:46.15 (7)	5:14.36 (6)	6:40.68 (1)	8:07.64 (1)	9:39.74 (1)	11:10.18 (3)
1746 Hills District Athletic	L	1:30.75	1:31.27	1:28.21	1:26.32	1:26.96	1:32.10	1:30.44
Terranova, Nicolas	S 41.99 (4)	2:08.13 (3)	3:37.34 (2)	5:08.37 (2)	6:40.96 (2)	8:12.88 (3)	9:49.16 (3)	11:15.37 (4)
1726 Hills District Athletic	L	1:26.14	1:29.21	1:31.03	1:32.59	1:31.92	1:36.28	1:26.21
Gardiner, Peter	S 38.57 (2)	2:07.46 (2)	3:35.49 (1)	5:07.99 (1)	6:41.80 (4)	8:18.40 (4)	9:55.48 (4)	11:21.38 (5)
3806 Sydney Striders Roa	L	1:28.89	1:28.03	1:32.50	1:33.81	1:36.60	1:37.08	1:25.90
Dobson, Alec	S 38.30 (1)	2:07.11 (1)	3:39.79 (3)	5:14.12 (5)	6:47.88 (6)	8:24.64 (7)	10:03.05 (7)	11:28.94 (7)
2668 Nowra Athletics Club	L	1:28.81	1:32.68	1:34.33	1:33.76	1:36.76	1:38.41	1:25.89
Kajan, Alija	S 42.67 (5)	2:14.12 (5)	3:45.61 (6)	5:16.33 (7)	6:48.65 (7)	8:23.57 (5)	9:57.40 (5)	11:29.71 (8)
2998 Randwick Botany Ha	L	1:31.45	1:31.49	1:30.72	1:32.32	1:34.92	1:33.83	1:32.31
Man, Albert	S 43.66 (7)	2:15.41 (8)	3:49.75 (8)	5:23.66 (8)	6:57.08 (8)	8:30.44 (8)	10:03.54 (8)	11:30.89 (9)
1729 Hills District Athletic	L	1:31.75	1:34.34	1:33.91	1:33.42	1:33.36	1:33.10	1:27.35
Karaman, Aidan	S 40.19 (3)	2:09.59 (4)	3:41.47 (4)	5:13.52 (4)	6:47.48 (5)	8:24.28 (6)	10:02.88 (6)	11:34.28 (10)
3308 St. George District At	L	1:29.40	1:31.88	1:32.05	1:33.96	1:36.80	1:38.60	1:31.40
Free, Darren	S 48.46 (13)	2:26.63 (12)	4:04.78 (11)	5:40.95 (9)	7:15.19 (9)	8:50.66 (9)	10:27.80 (9)	12:01.43 (11)
772 Athletics East	L	1:38.17	1:38.15	1:36.17	1:34.24	1:35.47	1:37.14	1:33.63
Womsley, Garry	S 45.18 (10)	2:23.96 (10)	4:04.39 (10)	5:45.14 (11)	7:25.20 (11)	9:07.87 (10)	10:50.73 (12)	12:19.79 (12)
1739 Hills District Athletic	L	1:38.78	1:40.43	1:40.75	1:40.06	1:42.67	1:42.86	1:29.06
Collinson, William	S 44.89 (9)	2:22.07 (9)	4:03.84 (9)	5:44.47 (10)	7:24.83 (10)	9:08.91 (11)	10:49.33 (11)	12:23.36 (13)
3789 Sydney Striders Roa	L	1:37.18	1:41.77	1:40.63	1:40.36	1:44.08	1:40.42	1:34.03
Williams, Dennis	S 46.49 (11)	2:25.90 (11)	4:05.26 (12)	5:45.89 (12)	7:26.13 (12)	9:09.57 (12)	10:53.01 (13)	12:26.72 (14)
1735 Hills District Athletic	L	1:39.41	1:39.36	1:40.63	1:40.24	1:43.44	1:43.44	1:33.71
Wills, Kev	S 48.99 (14)	2:27.17 (13)	4:05.98 (13)	5:53.10 (13)	7:40.88 (13)	9:30.42 (14)	11:18.83 (15)	12:50.78 (15)
967 Asics Wests Track &	L	1:38.18	1:38.81	1:47.12	1:47.78	1:49.54	1:48.41	1:31.95
Barnes, James	S 47.62 (12)	2:30.33 (14)	4:14.29 (14)	5:59.52 (14)	7:44.26 (14)	9:31.56 (15)	11:18.29 (14)	12:51.00 (16)
263 Blue Mountains Athl	L	1:42.71	1:43.96	1:45.23	1:44.74	1:47.30	1:46.73	1:32.71
Koech, Ken	S							DNS
1201 Bankstown Sports A	L							