

Women 5000m A Race Open

NSW 5000m Championships - 2015

14/02/2015



Athletics
New South Wales

Splits and lap times report

Name	200m	1000m	1800m	2600m	3400m	4200m	5000m
	600m	1400m	2200m	3000m	3800m	4600m	
Starrat, Lucy	37.64 (7)	3:16.05 (6) 1:19.15	5:58.54 (5) 1:22.21	8:40.98 (3) 1:21.85	11:22.13 (2) 1:20.03	14:05.57 (2) 1:21.62	16:41.48 (1) 1:16.06
4143 Uts Northern Suburb	1:56.90 (7) 1:19.26	4:36.33 (5) 1:20.28	7:19.13 (3) 1:20.59	10:02.10 (2) 1:21.12	12:43.95 (2) 1:21.82	15:25.42 (1) 1:19.85	
Allen, Danielle	34.35 (1)	3:07.86 (1) 1:18.70	5:45.50 (1) 1:18.98	8:27.52 (1) 1:21.23	11:14.77 (1) 1:23.58	14:05.25 (1) 1:25.48	16:49.37 (2) 1:21.96
1108 Community	1:49.16 (1) 1:14.81	4:26.52 (1) 1:18.66	7:06.29 (1) 1:20.79	9:51.19 (1) 1:23.67	12:39.77 (1) 1:25.00	15:27.41 (2) 1:22.16	
Archer, Natalie	37.37 (5)	3:14.86 (2) 1:18.78	5:53.92 (2) 1:20.26	8:39.78 (2) 1:23.60	11:28.08 (3) 1:24.06	14:20.93 (3) 1:26.80	17:13.63 (3) 1:25.94
12 Sydney University	1:56.08 (3) 1:18.71	4:33.66 (2) 1:18.80	7:16.18 (2) 1:22.26	10:04.02 (3) 1:24.24	12:54.13 (3) 1:26.05	15:47.69 (3) 1:26.76	
Witchard, Melinda	36.51 (2)	3:15.04 (3) 1:18.96	5:57.90 (3) 1:23.08	8:45.45 (4) 1:24.38	11:38.35 (4) 1:27.31	14:34.30 (4) 1:28.71	17:23.39 (4) 1:20.33
1097 Sydney University	1:56.08 (2) 1:19.57	4:34.82 (3) 1:19.78	7:21.07 (4) 1:23.17	10:11.04 (4) 1:25.59	13:05.59 (4) 1:27.24	16:03.06 (4) 1:28.76	
Gallen, Elese	38.00 (8)	3:17.27 (8) 1:20.22	6:03.42 (8) 1:24.57	8:58.19 (7) 1:29.23	11:47.71 (5) 1:28.18	14:45.12 (5) 1:28.18	17:33.45 (5) 1:21.93
3195 Uts Northern Suburb	1:57.05 (8) 1:19.05	4:38.85 (8) 1:21.58	7:28.96 (7) 1:25.54	10:19.53 (5) 1:21.34	13:16.94 (5) 1:29.23	16:11.52 (5) 1:26.40	
Gilmour, Lexy	37.28 (4)	3:15.78 (5) 1:19.17	5:58.24 (4) 1:22.16	8:50.06 (5) 1:27.85	11:48.47 (6) 1:27.66	14:49.46 (6) 1:30.39	17:43.75 (6) 1:25.51
550 Sutherland District	1:56.61 (6) 1:19.33	4:36.08 (4) 1:20.30	7:22.21 (5) 1:23.97	10:20.81 (6) 1:30.75	13:19.07 (6) 1:30.60	16:18.24 (6) 1:28.78	
Wilson, Charlotte	37.62 (6)	3:15.43 (4) 1:19.08	6:02.16 (7) 1:25.83	9:00.71 (8) 1:29.45	12:00.19 (8) 1:29.83	14:59.51 (7) 1:28.93	17:44.65 (7) 1:18.62
4194 Uts Northern Suburb	1:56.35 (4) 1:18.73	4:36.33 (6) 1:20.90	7:31.26 (8) 1:29.10	10:30.36 (8) 1:29.65	13:30.58 (8) 1:30.39	16:26.03 (7) 1:26.52	
Winkcup, Georgia	37.01 (3)	3:16.07 (7) 1:19.70	6:00.57 (6) 1:23.85	8:53.62 (6) 1:27.58	11:55.60 (7) 1:32.59	15:01.72 (8) 1:32.67	18:01.82 (8) 1:27.17
1997 Ryde	1:56.37 (5) 1:19.36	4:36.72 (7) 1:20.65	7:26.04 (6) 1:25.47	10:23.01 (7) 1:29.39	13:29.05 (7) 1:33.45	16:34.65 (8) 1:32.93	
Amiya-Hall, Audrey	38.86 (9)	3:22.21 (9) 1:22.92	6:15.53 (9) 1:27.72	9:15.18 (9) 1:30.74	12:16.62 (9) 1:29.98	15:20.40 (9) 1:32.54	18:12.17 (9) 1:19.94
37 Randwick Botany	1:59.29 (9) 1:20.43	4:47.81 (9) 1:25.60	7:44.44 (9) 1:28.91	10:46.64 (9) 1:31.46	13:47.86 (9) 1:31.24	16:52.23 (10) 1:31.83	
Marvin, Sarah	39.17 (10)	3:24.15 (10) 1:24.15	6:19.87 (11) 1:28.47	9:20.11 (12) 1:30.13	12:22.54 (12) 1:31.39	15:31.52 (12) 1:34.05	18:22.30 (10) 1:19.46
1373 Hills District	2:00.00 (10) 1:20.83	4:51.40 (11) 1:27.25	7:49.98 (12) 1:30.11	10:51.15 (12) 1:31.04	13:57.47 (12) 1:34.93	17:02.84 (12) 1:31.32	
Lesberg, Nicolette	40.92 (13)	3:29.91 (12) 1:25.15	6:21.90 (12) 1:26.00	9:19.54 (11) 1:29.89	12:20.70 (10) 1:30.32	15:23.36 (10) 1:31.88	18:22.99 (11) 1:32.63
2747 QLD	2:04.76 (12) 1:23.84	4:55.90 (12) 1:25.99	7:49.65 (11) 1:27.75	10:50.38 (10) 1:30.84	13:51.48 (10) 1:30.78	16:50.36 (9) 1:27.00	
Fitzgerald, Anna	39.52 (11)	3:25.75 (11) 1:24.35	6:18.40 (10) 1:27.62	9:19.13 (10) 1:31.11	12:20.94 (11) 1:30.20	15:24.82 (11) 1:31.41	18:24.96 (12) 1:26.00
3409 Athletics Nsw	2:01.40 (11) 1:21.88	4:50.78 (10) 1:25.03	7:48.02 (10) 1:29.62	10:50.74 (11) 1:31.61	13:53.41 (11) 1:32.47	16:58.96 (11) 1:34.14	
Broberg, Julianne	41.22 (14)	3:31.07 (13) 1:25.35	6:26.69 (13) 1:28.34	9:27.80 (13) 1:30.74	12:31.85 (13) 1:32.13	15:35.08 (13) 1:32.30	18:28.72 (13) 1:23.81
2221 Athletics Nsw	2:05.72 (13) 1:24.50	4:58.35 (13) 1:27.28	7:57.06 (13) 1:30.37	10:59.72 (13) 1:31.92	14:02.78 (13) 1:30.93	17:04.91 (13) 1:29.83	



Name	200m	1000m	1800m	2600m	3400m	4200m	5000m
	600m	1400m	2200m	3000m	3800m	4600m	
Dege, Cassie	42.62 ⁽¹⁶⁾	3:33.70 ⁽¹⁴⁾ 1:26.00	6:33.77 ⁽¹⁴⁾ 1:32.84	9:38.34 ⁽¹⁴⁾ 1:33.12	12:46.97 ⁽¹⁴⁾ 1:35.30	16:04.23 ⁽¹⁴⁾ 1:39.35	19:19.75 ⁽¹⁴⁾ 1:35.27
3414 VIC		2:07.70 ⁽¹⁵⁾ 1:25.08	5:00.93 ⁽¹⁴⁾ 1:27.23	8:05.22 ⁽¹⁴⁾ 1:31.45	11:11.67 ⁽¹⁴⁾ 1:33.33	14:24.88 ⁽¹⁴⁾ 1:37.91	17:44.48 ⁽¹⁴⁾ 1:40.25
Baxter, Stephanie	43.01 ⁽¹⁷⁾	3:41.88 ⁽¹⁶⁾ 1:30.26	6:50.72 ⁽¹⁵⁾ 1:34.93	10:08.87 ⁽¹⁵⁾ 1:39.46	13:31.01 ⁽¹⁵⁾ 1:42.30	16:54.23 ⁽¹⁵⁾ 1:41.53	20:08.36 ⁽¹⁵⁾ 1:33.97
2743 Athletics Nsw		2:11.62 ⁽¹⁶⁾ 1:28.61	5:15.79 ⁽¹⁵⁾ 1:33.91	8:29.41 ⁽¹⁵⁾ 1:38.69	11:48.71 ⁽¹⁵⁾ 1:39.84	15:12.70 ⁽¹⁵⁾ 1:41.69	18:34.39 ⁽¹⁵⁾ 1:40.16
Holtsbaum, Georgia	42.13 ⁽¹⁵⁾	3:47.79 ⁽¹⁷⁾ 1:35.73	7:05.73 ⁽¹⁶⁾ 1:41.04	10:29.35 ⁽¹⁶⁾ 1:42.21	13:56.45 ⁽¹⁶⁾ 1:42.92	17:27.88 ⁽¹⁶⁾ 1:47.01	20:58.14 ⁽¹⁶⁾ 1:42.41
3798 Hills District		2:12.06 ⁽¹⁷⁾ 1:29.93	5:24.69 ⁽¹⁷⁾ 1:36.90	8:47.14 ⁽¹⁶⁾ 1:41.41	12:13.53 ⁽¹⁶⁾ 1:44.18	15:40.87 ⁽¹⁶⁾ 1:44.42	19:15.73 ⁽¹⁶⁾ 1:47.85
White, Claudia	40.28 ⁽¹²⁾	3:40.70 ⁽¹⁵⁾ 1:34.28	7:08.95 ⁽¹⁷⁾ 1:46.05	10:48.39 ⁽¹⁷⁾ 1:53.37			DNF
453 Uts Northern Suburb		2:06.42 ⁽¹⁴⁾ 1:26.14	5:22.90 ⁽¹⁶⁾ 1:42.20	8:55.02 ⁽¹⁷⁾ 1:46.07	12:42.38 ⁽¹⁷⁾ 1:53.99		