

Men 5000m B 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 | |
| Bartlett, John | 35.42 (2) | 2:59.79 (3) 1:11.77 | 5:26.37 (6) 1:12.88 | 7:54.22 (6) 1:14.33 | 10:23.89 (4) 1:15.02 | 12:53.78 (5) 1:15.77 | 15:12.88 (1) 1:04.06 |
| 3419 Sydney Striders | 1:48.02 (3) 1:12.60 | 4:13.49 (4) 1:13.70 | 6:39.89 (6) 1:13.52 | 9:08.87 (6) 1:14.65 | 11:38.01 (3) 1:14.12 | 14:08.82 (4) 1:15.04 | |
| Macdonald, Kyle | 35.71 (5) | 2:59.88 (4) 1:11.68 | 5:25.40 (3) 1:11.82 | 7:53.53 (3) 1:14.72 | 10:23.27 (3) 1:15.43 | 12:53.46 (3) 1:15.25 | 15:12.92 (2) 1:04.55 |
| 2705 Bankstown Sports | 1:48.20 (4) 1:12.49 | 4:13.58 (5) 1:13.70 | 6:38.81 (3) 1:13.41 | 9:07.84 (3) 1:14.31 | 11:38.21 (5) 1:14.94 | 14:08.37 (2) 1:14.91 | |
| Spence, David | 35.17 (1) | 2:58.54 (2) 1:10.87 | 5:23.03 (2) 1:12.45 | 7:51.72 (2) 1:14.59 | 10:22.83 (1) 1:15.51 | 12:52.93 (1) 1:15.26 | 15:12.99 (3) 1:05.10 |
| 2255 Randwick Botany | 1:47.67 (2) 1:12.50 | 4:10.58 (2) 1:12.04 | 6:37.13 (2) 1:14.10 | 9:07.32 (1) 1:15.60 | 11:37.67 (2) 1:14.84 | 14:07.89 (1) 1:14.96 | |
| Highnam, Tom | 36.45 (14) | 3:00.65 (8) 1:12.29 | 5:26.57 (7) 1:12.62 | 7:54.39 (7) 1:14.28 | 10:24.06 (5) 1:14.85 | 12:53.15 (2) 1:15.61 | 15:19.64 (4) 1:10.50 |
| 5014 Sydney Striders | 1:48.36 (6) 1:11.91 | 4:13.95 (8) 1:13.30 | 6:40.11 (7) 1:13.54 | 9:09.21 (7) 1:14.82 | 11:37.54 (1) 1:13.48 | 14:09.14 (5) 1:15.99 | |
| Goodyear, Brady | 35.94 (8) | 3:00.65 (7) 1:11.65 | 5:25.68 (4) 1:12.47 | 7:53.59 (4) 1:14.52 | 10:23.10 (2) 1:15.51 | 12:53.61 (4) 1:15.41 | 15:21.32 (5) 1:12.71 |
| 2299 Illawong & Districts | 1:49.00 (11) 1:13.06 | 4:13.21 (3) 1:12.56 | 6:39.07 (4) 1:13.39 | 9:07.59 (2) 1:14.00 | 11:38.20 (4) 1:15.10 | 14:08.61 (3) 1:15.00 | |
| Wallace, Hamish | 35.84 (7) | 3:00.47 (6) 1:12.18 | 5:25.98 (5) 1:12.19 | 7:53.94 (5) 1:14.50 | 10:24.36 (6) 1:15.85 | 13:01.26 (6) 1:19.43 | 15:31.26 (6) 1:11.23 |
| 2711 Bankstown Sports | 1:48.29 (5) 1:12.45 | 4:13.79 (7) 1:13.32 | 6:39.44 (5) 1:13.46 | 9:08.51 (5) 1:14.57 | 11:41.83 (6) 1:17.47 | 14:20.03 (6) 1:18.77 | |
| Fryer, Kurt | 35.68 (4) | 3:00.90 (9) 1:12.35 | 5:27.16 (9) 1:13.05 | 7:56.91 (9) 1:15.73 | 10:35.66 (9) 1:20.17 | 13:15.15 (7) 1:19.37 | 15:44.52 (7) 1:10.51 |
| 2201 Randwick Botany | 1:48.55 (8) 1:12.87 | 4:14.11 (9) 1:13.21 | 6:41.18 (9) 1:14.02 | 9:15.49 (9) 1:18.58 | 11:55.78 (8) 1:20.12 | 14:34.01 (7) 1:18.86 | |
| MacDonald, Hamish | 36.24 (11) | 3:00.45 (5) 1:11.97 | 5:26.90 (8) 1:13.13 | 7:56.73 (8) 1:16.22 | 10:35.49 (8) 1:20.14 | 13:17.91 (9) 1:21.87 | 15:50.23 (8) 1:12.49 |
| 2243 Randwick Botany | 1:48.48 (7) 1:12.24 | 4:13.77 (6) 1:13.32 | 6:40.51 (8) 1:13.61 | 9:15.35 (8) 1:18.62 | 11:56.04 (9) 1:20.55 | 14:37.74 (8) 1:19.83 | |
| Breen, Nathan | 36.03 (9) | 2:56.95 (1) 1:09.58 | 5:19.94 (1) 1:12.18 | 7:51.06 (1) 1:16.95 | 10:27.62 (7) 1:19.25 | 13:15.50 (8) 1:24.61 | 15:56.35 (9) 1:17.83 |
| 3272 St George District | 1:47.37 (1) 1:11.34 | 4:07.76 (1) 1:10.81 | 6:34.11 (1) 1:14.17 | 9:08.37 (4) 1:17.31 | 11:50.89 (7) 1:23.27 | 14:38.52 (9) 1:23.02 | |
| Francken, Daniel | 35.54 (3) | 3:01.14 (11) 1:12.32 | 5:28.17 (11) 1:13.75 | 8:05.11 (10) 1:17.75 | 10:42.46 (10) 1:19.46 | 13:22.73 (10) 1:20.40 | 15:59.50 (10) 1:16.72 |
| 3391 Athletics Nsw | 1:48.82 (10) 1:13.28 | 4:14.42 (11) 1:13.28 | 6:47.36 (10) 1:19.19 | 9:23.00 (10) 1:17.89 | 12:02.33 (10) 1:19.87 | 14:42.78 (10) 1:20.05 | |
| Bulloch, Wayne | 37.72 (20) | 3:11.44 (20) 1:17.90 | 5:45.72 (18) 1:16.69 | 8:21.65 (15) 1:18.11 | 10:56.16 (12) 1:16.98 | 13:31.82 (12) 1:18.26 | 16:07.39 (11) 1:17.16 |
| 3401 Sydney Striders | 1:53.54 (20) 1:15.82 | 4:29.03 (19) 1:17.59 | 7:03.54 (17) 1:17.82 | 9:39.18 (14) 1:17.53 | 12:13.56 (12) 1:17.40 | 14:50.23 (11) 1:18.41 | |
| Roberts, Tom | 35.83 (6) | 3:01.46 (12) 1:12.24 | 5:32.11 (12) 1:17.42 | 8:15.55 (13) 1:21.97 | 10:59.69 (13) 1:22.01 | 13:45.31 (14) 1:22.05 | 16:15.99 (12) 1:10.49 |
| 1216 Asics West | 1:49.22 (12) 1:13.39 | 4:14.69 (12) 1:13.23 | 6:53.58 (13) 1:21.47 | 9:37.68 (13) 1:22.13 | 12:23.26 (13) 1:23.57 | 15:05.50 (13) 1:20.19 | |
| Breen, Christopher | 36.30 (13) | 3:04.53 (16) 1:14.58 | 5:38.68 (16) 1:18.24 | 8:21.51 (14) 1:21.86 | 11:03.97 (16) 1:21.16 | 13:45.75 (15) 1:19.66 | 16:16.68 (13) 1:10.96 |
| 3273 St George District | 1:49.95 (15) 1:13.65 | 4:20.44 (16) 1:15.91 | 6:59.65 (14) 1:20.97 | 9:42.81 (16) 1:21.30 | 12:26.09 (15) 1:22.12 | 15:05.72 (14) 1:19.97 | |



| Name | 200m | 1000m | 1800m | 2600m | 3400m | 4200m | 5000m |
|------------------------|---|---|---|---|--|--|--|
| | 600m | 1400m | 2200m | 3000m | 3800m | 4600m | |
| Ingram, Lewis | 36.69 ⁽¹⁶⁾ | 3:04.23 ⁽¹⁵⁾ 1:14.63 | 5:36.33 ⁽¹³⁾ 1:16.29 | 8:10.06 ⁽¹²⁾ 1:17.26 | 10:46.90 ⁽¹¹⁾ 1:19.71 | 13:29.31 ⁽¹¹⁾ 1:21.81 | 16:18.27 ⁽¹⁴⁾ 1:25.00 |
| 8497 Sydney Striders | 1:49.60 ⁽¹⁴⁾ 1:12.91 | 4:20.04 ⁽¹⁵⁾ 1:15.81 | 6:52.80 ⁽¹²⁾ 1:16.47 | 9:27.19 ⁽¹¹⁾ 1:17.13 | 12:07.50 ⁽¹¹⁾ 1:20.60 | 14:53.27 ⁽¹²⁾ 1:23.96 | |
| Cross, Ben | 37.22 ⁽¹⁸⁾ | 3:07.91 ⁽¹⁷⁾ 1:16.69 | 5:45.26 ⁽¹⁷⁾ 1:19.43 | 8:23.19 ⁽¹⁷⁾ 1:18.91 | 11:02.94 ⁽¹⁵⁾ 1:20.44 | 13:45.02 ⁽¹³⁾ 1:21.16 | 16:21.41 ⁽¹⁵⁾ 1:14.98 |
| 1034 Athletics Nsw | 1:51.22 ⁽¹⁸⁾ 1:14.00 | 4:25.83 ⁽¹⁷⁾ 1:17.92 | 7:04.28 ⁽¹⁸⁾ 1:19.02 | 9:42.50 ⁽¹⁵⁾ 1:19.31 | 12:23.86 ⁽¹⁴⁾ 1:20.92 | 15:06.43 ⁽¹⁵⁾ 1:21.41 | |
| Wright, Bradley | 36.66 ⁽¹⁵⁾ | 3:02.70 ⁽¹⁴⁾ 1:12.55 | 5:38.49 ⁽¹⁵⁾ 1:19.49 | 8:22.11 ⁽¹⁶⁾ 1:21.63 | 11:04.60 ⁽¹⁷⁾ 1:21.53 | 13:47.40 ⁽¹⁶⁾ 1:20.90 | 16:21.85 ⁽¹⁶⁾ 1:14.37 |
| 1420 Hills District | 1:50.15 ⁽¹⁶⁾ 1:13.49 | 4:19.00 ⁽¹⁴⁾ 1:16.30 | 7:00.48 ⁽¹⁵⁾ 1:21.99 | 9:43.07 ⁽¹⁷⁾ 1:20.96 | 12:26.50 ⁽¹⁶⁾ 1:21.90 | 15:07.48 ⁽¹⁶⁾ 1:20.08 | |
| Brooks, charles | 37.01 ⁽¹⁷⁾ | 3:08.18 ⁽¹⁸⁾ 1:17.09 | 5:46.00 ⁽¹⁹⁾ 1:19.91 | 8:30.75 ⁽¹⁹⁾ 1:23.22 | 11:13.33 ⁽¹⁸⁾ 1:21.19 | 13:58.17 ⁽¹⁸⁾ 1:22.43 | 16:34.13 ⁽¹⁷⁾ 1:17.58 |
| 153 Mingara Athletics | 1:51.09 ⁽¹⁷⁾ 1:14.08 | 4:26.09 ⁽¹⁸⁾ 1:17.91 | 7:07.53 ⁽¹⁹⁾ 1:21.53 | 9:52.14 ⁽¹⁹⁾ 1:21.39 | 12:35.74 ⁽¹⁸⁾ 1:22.41 | 15:16.55 ⁽¹⁷⁾ 1:18.38 | |
| McClarnon, Paul | 37.35 ⁽¹⁹⁾ | 3:11.12 ⁽¹⁹⁾ 1:18.19 | 5:49.87 ⁽²⁰⁾ 1:19.56 | 8:32.81 ⁽²⁰⁾ 1:22.30 | 11:18.91 ⁽²⁰⁾ 1:23.70 | 14:06.74 ⁽¹⁹⁾ 1:24.06 | 16:48.09 ⁽¹⁸⁾ 1:17.93 |
| 3418 Sydney Striders | 1:52.93 ⁽¹⁹⁾ 1:15.58 | 4:30.31 ⁽²⁰⁾ 1:19.19 | 7:10.51 ⁽²⁰⁾ 1:20.64 | 9:55.21 ⁽²⁰⁾ 1:22.40 | 12:42.68 ⁽¹⁹⁾ 1:23.77 | 15:30.16 ⁽¹⁹⁾ 1:23.42 | |
| Logan, Harley | 36.08 ⁽¹⁰⁾ | 3:00.92 ⁽¹⁰⁾ 1:12.17 | 5:28.04 ⁽¹⁰⁾ 1:13.81 | 8:09.39 ⁽¹¹⁾ 1:21.57 | 11:00.54 ⁽¹⁴⁾ 1:26.66 | 13:56.77 ⁽¹⁷⁾ 1:28.69 | 16:56.34 ⁽¹⁹⁾ 1:27.78 |
| 3819 QLD | 1:48.75 ⁽⁹⁾ 1:12.67 | 4:14.23 ⁽¹⁰⁾ 1:13.31 | 6:47.82 ⁽¹¹⁾ 1:19.78 | 9:33.88 ⁽¹²⁾ 1:24.49 | 12:28.08 ⁽¹⁷⁾ 1:27.54 | 15:28.56 ⁽¹⁸⁾ 1:31.79 | |
| Cooper, Martin | 36.26 ⁽¹²⁾ | 3:01.57 ⁽¹³⁾ 1:12.32 | 5:38.09 ⁽¹⁴⁾ 1:21.74 | 8:25.50 ⁽¹⁸⁾ 1:24.30 | 11:13.77 ⁽¹⁹⁾ 1:22.62 | | DNF |
| 2596 Kembla Joggers | 1:49.25 ⁽¹³⁾ 1:12.99 | 4:16.35 ⁽¹³⁾ 1:14.78 | 7:01.20 ⁽¹⁶⁾ 1:23.11 | 9:51.15 ⁽¹⁸⁾ 1:25.65 | 12:44.98 ⁽²⁰⁾ 1:31.21 | | |