

Men 5000m C Race Open

NSW 5000m Championships - 2015

14/02/2015

Splits and lap times report



Name	200m	1000m	1800m	2600m	3400m	4200m	5000m
	600m	1400m	2200m	3000m	3800m	4600m	
Vuong, Thien	39.17 (3)	3:21.69 (2) 1:21.42	6:01.25 (2) 1:19.72	8:42.58 (2) 1:21.33	11:28.22 (1) 1:23.32	14:08.53 (1) 1:20.75	16:50.20 (1) 1:20.07
3357 Sydney Striders	2:00.27 (2) 1:21.10	4:41.53 (2) 1:19.84	7:21.25 (2) 1:20.00	10:04.90 (2) 1:22.32	12:47.78 (1) 1:19.56	15:30.13 (1) 1:21.60	
Atkinson, Will	38.58 (1)	3:21.43 (1) 1:21.36	6:00.95 (1) 1:19.70	8:42.32 (1) 1:21.39	11:28.98 (2) 1:24.23	14:22.47 (2) 1:26.89	17:06.41 (2) 1:19.13
3577 Asics West	2:00.07 (1) 1:21.49	4:41.25 (1) 1:19.82	7:20.93 (1) 1:19.98	10:04.75 (1) 1:22.43	12:55.58 (2) 1:26.60	15:47.28 (2) 1:24.81	
Harrison, Robert	39.30 (4)	3:23.91 (3) 1:23.07	6:10.28 (3) 1:22.43	8:58.66 (3) 1:24.42	11:41.18 (3) 1:20.89	14:26.38 (3) 1:23.61	17:07.63 (3) 1:15.88
2781 Bankstown Sports	2:00.84 (3) 1:21.54	4:47.85 (3) 1:23.94	7:34.24 (4) 1:23.96	10:20.29 (3) 1:21.63	13:02.77 (3) 1:21.59	15:51.75 (3) 1:25.37	
Hallworth, Cameron	42.40 (13)	3:30.10 (10) 1:23.08	6:14.04 (5) 1:22.55	9:02.10 (5) 1:24.36	11:48.91 (5) 1:23.00	14:36.95 (5) 1:24.57	17:12.74 (4) 1:14.38
534 Sutherland District	2:07.02 (13) 1:24.62	4:51.49 (7) 1:21.39	7:37.74 (5) 1:23.70	10:25.91 (5) 1:23.81	13:12.38 (5) 1:23.47	15:58.36 (4) 1:21.41	
Soderlund, Johan	39.65 (5)	3:25.00 (4) 1:23.44	6:10.58 (4) 1:22.16	8:58.98 (4) 1:24.84	11:45.89 (4) 1:24.28	14:36.58 (4) 1:24.90	17:19.72 (5) 1:18.79
1031 Sydney University	2:01.56 (4) 1:21.91	4:48.42 (4) 1:23.42	7:34.14 (3) 1:23.56	10:21.61 (4) 1:22.63	13:11.68 (4) 1:25.79	16:00.93 (5) 1:24.35	
Gregory, Mark	42.42 (14)	3:30.44 (11) 1:23.67	6:17.93 (11) 1:23.93	9:07.95 (9) 1:24.87	11:58.16 (8) 1:25.26	14:43.70 (6) 1:22.64	17:24.74 (6) 1:17.84
70 AEA	2:06.77 (12) 1:24.35	4:54.00 (12) 1:23.56	7:43.08 (10) 1:25.15	10:32.90 (8) 1:24.95	13:21.06 (8) 1:22.90	16:06.90 (6) 1:23.20	
Keane, Jason	40.23 (6)	3:25.93 (5) 1:23.48	6:14.61 (6) 1:24.29	9:04.18 (7) 1:25.34	11:53.44 (7) 1:25.13	14:45.09 (7) 1:24.97	17:30.77 (7) 1:20.77
3777 Hills District	2:02.45 (7) 1:22.22	4:50.32 (6) 1:24.39	7:38.84 (7) 1:24.23	10:28.31 (7) 1:24.13	13:20.12 (7) 1:26.68	16:10.00 (7) 1:24.91	
Hanna, Nicholas	42.09 (11)	3:29.74 (8) 1:23.46	6:14.73 (7) 1:22.54	9:03.72 (6) 1:25.13	11:52.89 (6) 1:25.24	14:45.14 (8) 1:25.70	17:35.34 (8) 1:24.50
4286 Girraween	2:06.28 (10) 1:24.19	4:52.19 (8) 1:22.45	7:38.59 (6) 1:23.86	10:27.65 (6) 1:23.93	13:19.44 (6) 1:26.55	16:10.84 (8) 1:25.70	
Fleming, Hayden	42.10 (12)	3:29.85 (9) 1:23.10	6:15.01 (9) 1:22.41	9:06.88 (8) 1:27.02	12:05.04 (9) 1:29.51	15:01.53 (9) 1:28.13	17:49.85 (9) 1:20.43
4644 Athletics Nsw	2:06.75 (11) 1:24.65	4:52.60 (9) 1:22.75	7:39.86 (8) 1:24.85	10:35.53 (9) 1:28.65	13:33.40 (9) 1:28.36	16:29.42 (9) 1:27.89	
Sivaraj, Manu	40.38 (7)	3:26.12 (6) 1:23.69	6:14.97 (8) 1:25.12	9:08.00 (10) 1:27.29	12:05.17 (10) 1:29.04	15:03.67 (10) 1:29.72	17:54.46 (10) 1:21.45
2268 Randwick Botany	2:02.43 (6) 1:22.05	4:49.85 (5) 1:23.73	7:40.71 (9) 1:25.74	10:36.13 (10) 1:28.13	13:33.95 (10) 1:28.78	16:33.01 (10) 1:29.34	
Holtsbaum, Dave	41.16 (9)	3:31.11 (14) 1:25.58	6:19.77 (13) 1:24.72	9:14.87 (12) 1:28.31	12:12.44 (11) 1:27.69	15:10.94 (11) 1:28.72	17:55.87 (11) 1:17.71
3795 Hills District	2:05.53 (8) 1:24.37	4:55.05 (14) 1:23.94	7:46.56 (13) 1:26.79	10:44.75 (12) 1:29.88	13:42.22 (11) 1:29.78	16:38.16 (11) 1:27.22	
Cooper, Daniel	41.58 (10)	3:30.70 (13) 1:24.96	6:19.16 (12) 1:24.85	9:14.51 (11) 1:29.00	12:16.65 (12) 1:32.13	15:22.26 (12) 1:33.47	18:21.75 (12) 1:24.99
1402 Hills District	2:05.74 (9) 1:24.16	4:54.31 (13) 1:23.61	7:45.51 (12) 1:26.35	10:44.52 (11) 1:30.01	13:48.79 (12) 1:32.14	16:56.76 (12) 1:34.50	
Constantine, James	42.80 (17)	3:37.70 (17) 1:27.76	6:32.74 (16) 1:27.11	9:30.71 (16) 1:29.77	12:30.01 (15) 1:29.86	15:31.78 (15) 1:30.74	18:22.12 (13) 1:18.91
8483 AEA	2:09.94 (18) 1:27.14	5:05.63 (16) 1:27.93	8:00.94 (16) 1:28.20	11:00.15 (16) 1:29.44	14:01.04 (15) 1:31.03	17:03.21 (15) 1:31.43	



Name	200m	1000m	1800m	2600m	3400m	4200m	5000m
	600m	1400m	2200m	3000m	3800m	4600m	
Phillips, Dan	38.86 (2)	3:27.50 (7) 1:25.33	6:19.88 (14) 1:26.61	9:19.61 (13) 1:30.70	12:23.42 (13) 1:32.46	15:28.11 (14) 1:32.12	18:24.30 (14) 1:25.35
3840 The Scots College	2:02.17 (5) 1:23.31	4:53.27 (10) 1:25.77	7:48.91 (14) 1:29.03	10:50.96 (13) 1:31.35	13:55.99 (13) 1:32.57	16:58.95 (13) 1:30.84	
Simpson, Mark	42.78 (16)	3:31.38 (15) 1:23.67	6:20.36 (15) 1:25.00	9:19.89 (14) 1:30.74	12:23.73 (14) 1:32.50	15:27.85 (13) 1:31.57	18:28.19 (15) 1:26.99
3286 St George District	2:07.71 (15) 1:24.93	4:55.36 (15) 1:23.98	7:49.15 (15) 1:28.79	10:51.23 (14) 1:31.34	13:56.28 (14) 1:32.55	17:01.20 (14) 1:33.35	
Wylie, Dennis	43.68 (20)	3:44.43 (19) 1:30.41	6:46.57 (19) 1:31.10	9:47.76 (19) 1:30.36	12:46.98 (17) 1:28.88	15:47.49 (16) 1:31.07	18:45.20 (16) 1:27.07
1364 Hills District	2:14.02 (19) 1:30.34	5:15.47 (19) 1:31.04	8:17.40 (19) 1:30.83	11:18.10 (18) 1:30.34	14:16.42 (17) 1:29.44	17:18.13 (16) 1:30.64	
Mathewson, Donald	43.17 (18)	3:37.91 (18) 1:28.09	6:40.83 (18) 1:33.12	9:45.75 (17) 1:31.91	12:47.36 (18) 1:30.11	15:56.62 (18) 1:36.56	19:03.87 (17) 1:30.57
1393 Hills District	2:09.82 (17) 1:26.65	5:07.71 (18) 1:29.80	8:13.84 (18) 1:33.01	11:17.25 (17) 1:31.50	14:20.06 (18) 1:32.70	17:33.30 (18) 1:36.68	
Ray, Paul	42.75 (15)	3:30.68 (12) 1:23.23	6:15.49 (10) 1:21.90	9:20.39 (15) 1:36.14	12:31.69 (16) 1:39.39	15:47.79 (17) 1:38.19	19:17.96 (18) 1:47.72
778 Sutherland District	2:07.45 (14) 1:24.70	4:53.59 (11) 1:22.91	7:44.25 (11) 1:28.76	10:52.30 (15) 1:31.91	14:09.60 (16) 1:37.91	17:30.24 (17) 1:42.45	
Phillips, Harry	40.60 (8)	3:35.43 (16) 1:27.57	6:40.78 (17) 1:33.94	9:46.54 (18) 1:32.73	12:57.15 (19) 1:36.45	16:11.60 (19) 1:36.80	19:22.53 (19) 1:34.01
3839 The Scots College	2:07.86 (16) 1:27.26	5:06.84 (17) 1:31.41	8:13.81 (17) 1:33.03	11:20.70 (19) 1:34.16	14:34.80 (19) 1:37.65	17:48.52 (19) 1:36.92	
Schwebel, Ron	45.71 (23)	3:55.98 (21) 1:33.56	7:03.56 (21) 1:34.48	10:10.26 (20) 1:32.63	13:17.32 (20) 1:32.78	16:23.62 (20) 1:33.26	19:28.62 (20) 1:31.70
3364 Sydney Striders	2:22.42 (22) 1:36.71	5:29.08 (21) 1:33.10	8:37.63 (21) 1:34.07	11:44.54 (20) 1:34.28	14:50.36 (20) 1:33.04	17:56.92 (20) 1:33.30	
Spehr, Peter	44.02 (21)	3:49.03 (20) 1:32.60	6:59.40 (20) 1:36.14	10:14.75 (21) 1:37.65	13:42.58 (21) 1:46.39	17:22.93 (21) 1:49.11	20:59.11 (21) 1:45.55
2778 Randwick Botany	2:16.43 (20) 1:32.41	5:23.26 (20) 1:34.23	8:37.10 (20) 1:37.70	11:56.19 (21) 1:41.44	15:33.82 (21) 1:51.24	19:13.56 (21) 1:50.63	
Suana, Enrique	43.37 (19)	3:58.90 (22) 1:39.65	7:33.42 (22) 1:47.36	11:11.00 (22) 1:51.26	14:52.87 (22) 1:51.34	18:37.28 (22) 1:52.36	22:01.41 (22) 1:31.62
3392 Sydney Striders	2:19.25 (21) 1:35.88	5:46.06 (22) 1:47.16	9:19.74 (22) 1:46.32	13:01.53 (22) 1:50.53	16:44.92 (22) 1:52.05	20:29.79 (22) 1:52.51	
Barnes, James	44.77 (22)	4:08.62 (23) 1:43.59	7:45.44 (23) 1:48.73	11:27.56 (23) 1:51.53	15:13.28 (23) 1:53.55	19:02.70 (23) 1:54.10	22:38.96 (23) 1:42.67
804 Blue Mountains	2:25.03 (23) 1:40.26	5:56.71 (23) 1:48.09	9:36.03 (23) 1:50.59	13:19.73 (23) 1:52.17	17:08.60 (23) 1:55.32	20:56.29 (23) 1:53.59	