

# Men 3000m U20

NSW Junior and Youth Champs - 2015

7/02/2015



## Splits and lap times report

Name		38	461m	884m	1307m	1730m	2153m	2576m	3000m
<b>Halmy, Adam</b>	<b>S</b>	<b>6.83</b> (2)	<b>1:29.03</b> (1)	<b>2:54.02</b> (1)	<b>4:22.77</b> (1)	<b>5:55.63</b> (1)	<b>7:30.87</b> (1)	<b>9:10.59</b> (1)	<b>10:47.54</b> (1)
3205 SSR	<b>L</b>		1:22.20	1:24.99	1:28.75	1:32.86	1:35.24	1:39.72	1:36.95
<b>Callaghan, Thomas</b>	<b>S</b>	<b>6.73</b> (1)	<b>1:29.29</b> (2)	<b>2:54.29</b> (2)	<b>4:23.07</b> (2)	<b>6:00.18</b> (2)	<b>7:41.23</b> (2)	<b>9:22.59</b> (2)	<b>10:53.37</b> (2)
0 St Josephs College	<b>L</b>		1:22.56	1:25.00	1:28.78	1:37.11	1:41.05	1:41.36	1:30.78
<b>Henson, Nicholas</b>	<b>S</b>	<b>6.91</b> (3)	<b>1:30.54</b> (3)	<b>2:57.24</b> (3)	<b>4:27.68</b> (3)	<b>6:03.77</b> (3)	<b>7:44.16</b> (3)	<b>9:24.54</b> (3)	<b>11:00.80</b> (3)
1450 HIL	<b>L</b>		1:23.63	1:26.70	1:30.44	1:36.09	1:40.39	1:40.38	1:36.26

