

# Men 3000m Run U15/16

NSW Youth and Junior Champs - 2015  
Friday, 6 February 2015



## Splits and lap times report

Name		200m	600m	1000m	1400m	1800m	2200m	2600m	3000m
<b>Breen, Christopher</b> 3273 St George	<b>S</b>	<b>34.86</b> (4)	<b>1:49.25</b> (3)	<b>3:05.73</b> (3)	<b>4:23.48</b> (3)	<b>5:40.93</b> (2)	<b>6:58.44</b> (1)	<b>8:15.46</b> (1)	<b>9:26.65</b> (1)
	<b>L</b>		1:14.39	1:16.48	1:17.75	1:17.45	1:17.51	1:17.02	1:11.19
<b>Sultana, Nicholas</b> 1411 Hills	<b>S</b>	<b>35.20</b> (6)	<b>1:49.56</b> (5)	<b>3:06.23</b> (6)	<b>4:24.02</b> (6)	<b>5:42.36</b> (5)	<b>7:01.70</b> (4)	<b>8:20.47</b> (3)	<b>9:30.16</b> (2)
	<b>L</b>		1:14.36	1:16.67	1:17.79	1:18.34	1:19.34	1:18.77	1:09.69
<b>Gosper, Luke</b> 2118 PAR	<b>S</b>	<b>34.32</b> (1)	<b>1:49.40</b> (4)	<b>3:05.98</b> (4)	<b>4:23.32</b> (2)	<b>5:40.88</b> (1)	<b>7:00.31</b> (3)	<b>8:21.12</b> (4)	<b>9:33.00</b> (3)
	<b>L</b>		1:15.08	1:16.58	1:17.34	1:17.56	1:19.43	1:20.81	1:11.88
<b>Griffiths, Sam</b> 2579 KEJ	<b>S</b>	<b>34.70</b> (3)	<b>1:48.75</b> (1)	<b>3:05.26</b> (1)	<b>4:23.17</b> (1)	<b>5:41.08</b> (3)	<b>7:00.01</b> (2)	<b>8:17.87</b> (2)	<b>9:33.79</b> (4)
	<b>L</b>		1:14.05	1:16.51	1:17.91	1:17.91	1:18.93	1:17.86	1:15.92
<b>Geddes, Stuart</b> 3450 Armidale	<b>S</b>	<b>35.00</b> (5)	<b>1:49.57</b> (6)	<b>3:06.03</b> (5)	<b>4:23.90</b> (5)	<b>5:42.06</b> (4)	<b>7:02.63</b> (5)	<b>8:22.66</b> (5)	<b>9:39.45</b> (5)
	<b>L</b>		1:14.57	1:16.46	1:17.87	1:18.16	1:20.57	1:20.03	1:16.79
<b>Seal, James</b> 2576 Kembla Joggers	<b>S</b>	<b>34.59</b> (2)	<b>1:49.00</b> (2)	<b>3:05.54</b> (2)	<b>4:23.74</b> (4)	<b>5:43.06</b> (6)	<b>7:06.97</b> (6)	<b>8:35.04</b> (6)	<b>9:58.92</b> (6)
	<b>L</b>		1:14.41	1:16.54	1:18.20	1:19.32	1:23.91	1:28.07	1:23.88
<b>Fleming, Hayden</b> 4644 The Scots College At	<b>S</b>	<b>36.26</b> (13)	<b>1:56.45</b> (10)	<b>3:18.37</b> (9)	<b>4:41.87</b> (9)	<b>6:05.13</b> (8)	<b>7:27.26</b> (7)	<b>8:50.41</b> (7)	<b>10:05.86</b> (7)
	<b>L</b>		1:20.19	1:21.92	1:23.50	1:23.26	1:22.13	1:23.15	1:15.45
<b>Salter, Cody</b> 2595 KEJ	<b>S</b>	<b>35.77</b> (11)	<b>1:52.89</b> (7)	<b>3:14.76</b> (7)	<b>4:37.60</b> (7)	<b>6:01.69</b> (7)	<b>7:27.42</b> (8)	<b>8:50.97</b> (8)	<b>10:07.96</b> (8)
	<b>L</b>		1:17.12	1:21.87	1:22.84	1:24.09	1:25.73	1:23.55	1:16.99
<b>Lui, Ryan</b> 3826 The Scots College	<b>S</b>	<b>36.63</b> (14)	<b>1:56.79</b> (12)	<b>3:18.47</b> (10)	<b>4:41.32</b> (8)	<b>6:05.50</b> (9)	<b>7:29.50</b> (9)	<b>8:53.75</b> (9)	<b>10:15.02</b> (9)
	<b>L</b>		1:20.16	1:21.68	1:22.85	1:24.18	1:24.00	1:24.25	1:21.27
<b>Toohy, Joshua</b> 3042 Trinity Athletics Club	<b>S</b>	<b>35.53</b> (8)	<b>1:55.24</b> (9)	<b>3:18.62</b> (11)	<b>4:42.22</b> (11)	<b>6:07.76</b> (11)	<b>7:35.73</b> (11)	<b>9:02.97</b> (11)	<b>10:22.63</b> (10)
	<b>L</b>		1:19.71	1:23.38	1:23.60	1:25.54	1:27.97	1:27.24	1:19.66
<b>Fryer, Drew</b> 2202 RBH	<b>S</b>	<b>35.41</b> (7)	<b>1:55.01</b> (8)	<b>3:18.35</b> (8)	<b>4:42.07</b> (10)	<b>6:07.66</b> (10)	<b>7:35.65</b> (10)	<b>9:02.35</b> (10)	<b>10:24.74</b> (11)
	<b>L</b>		1:19.60	1:23.34	1:23.72	1:25.59	1:27.99	1:26.70	1:22.39
<b>Jones, Ryan</b> 1550 CHE	<b>S</b>	<b>35.91</b> (12)	<b>1:57.08</b> (13)	<b>3:23.41</b> (12)	<b>4:53.26</b> (12)	<b>6:24.57</b> (12)	<b>7:56.97</b> (12)	<b>9:26.90</b> (12)	<b>10:48.73</b> (12)
	<b>L</b>		1:21.17	1:26.33	1:29.85	1:31.31	1:32.40	1:29.93	1:21.83
<b>Duffy, Alexander</b> 84245 UTS Norths	<b>S</b>	<b>35.69</b> (10)	<b>1:57.47</b> (14)	<b>3:24.97</b> (13)	<b>4:55.66</b> (13)	<b>6:27.48</b> (13)	<b>8:01.19</b> (13)	<b>9:31.83</b> (13)	<b>10:54.98</b> (13)
	<b>L</b>		1:21.78	1:27.50	1:30.69	1:31.82	1:33.71	1:30.64	1:23.15
<b>Crews, Jacob</b> 3800 Hills	<b>S</b>	<b>37.40</b> (15)	<b>2:00.16</b> (16)	<b>3:28.94</b> (16)	<b>4:58.94</b> (15)	<b>6:29.59</b> (15)	<b>8:02.80</b> (15)	<b>9:35.13</b> (15)	<b>10:56.59</b> (14)
	<b>L</b>		1:22.76	1:28.78	1:30.00	1:30.65	1:33.21	1:32.33	1:21.46
<b>Fediakov, Anthony</b> 2456 WES	<b>S</b>	<b>37.47</b> (16)	<b>1:59.24</b> (15)	<b>3:28.86</b> (15)	<b>4:58.75</b> (14)	<b>6:29.58</b> (14)	<b>8:02.79</b> (14)	<b>9:33.57</b> (14)	<b>11:00.35</b> (15)
	<b>L</b>		1:21.77	1:29.62	1:29.89	1:30.83	1:33.21	1:30.78	1:26.78
<b>Crews, Aaron</b> 3801 Hills	<b>S</b>	<b>39.20</b> (17)	<b>2:06.35</b> (17)	<b>3:37.21</b> (17)	<b>5:09.14</b> (17)	<b>6:43.39</b> (16)	<b>8:18.38</b> (16)	<b>9:52.48</b> (16)	<b>11:22.34</b> (16)
	<b>L</b>		1:27.15	1:30.86	1:31.93	1:34.25	1:34.99	1:34.10	1:29.86
<b>Law, Will</b> 3385 Sydney Striders	<b>S</b>	<b>35.67</b> (9)	<b>1:56.62</b> (11)	<b>3:28.42</b> (14)	<b>5:07.55</b> (16)	<b>6:48.74</b> (17)	<b>8:34.44</b> (17)	<b>10:20.33</b> (17)	<b>12:01.78</b> (17)
	<b>L</b>		1:20.95	1:31.80	1:39.13	1:41.19	1:45.70	1:45.89	1:41.45