

# Men 3000 Meter Run U17

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>Constance, James</b> 2578 KEJ	<b>S</b>	<b>33.99</b> (1)	<b>1:49.27</b> (1)	<b>3:03.22</b> (3)	<b>4:14.87</b> (3)	<b>5:27.26</b> (2)	<b>6:40.42</b> (2)	<b>7:53.75</b> (2)	<b>9:01.37</b> (1)
	<b>L</b>		1:15.28	1:13.95	1:11.65	1:12.39	1:13.16	1:13.33	1:07.62
<b>Doherty, Charlie</b> 3136 UTN	<b>S</b>	<b>35.11</b> (6)	<b>1:49.44</b> (3)	<b>3:02.75</b> (1)	<b>4:14.42</b> (1)	<b>5:26.99</b> (1)	<b>6:40.12</b> (1)	<b>7:53.41</b> (1)	<b>9:02.82</b> (2)
	<b>L</b>		1:14.33	1:13.31	1:11.67	1:12.57	1:13.13	1:13.29	1:09.41
<b>Glynn, Trent</b> 2708 Bankstown Sports A	<b>S</b>	<b>34.28</b> (3)	<b>1:49.68</b> (5)	<b>3:03.54</b> (5)	<b>4:15.29</b> (4)	<b>5:28.81</b> (4)	<b>6:46.58</b> (3)	<b>8:03.42</b> (3)	<b>9:15.50</b> (3)
	<b>L</b>		1:15.40	1:13.86	1:11.75	1:13.52	1:17.77	1:16.84	1:12.08
<b>Mills, Jack</b> 3387 SSR	<b>S</b>	<b>34.20</b> (2)	<b>1:49.37</b> (2)	<b>3:02.94</b> (2)	<b>4:14.64</b> (2)	<b>5:27.75</b> (3)	<b>6:47.24</b> (4)	<b>8:06.85</b> (4)	<b>9:16.69</b> (4)
	<b>L</b>		1:15.17	1:13.57	1:11.70	1:13.11	1:19.49	1:19.61	1:09.84
<b>Holland, Dylan</b> 2563 KEJ	<b>S</b>	<b>34.40</b> (4)	<b>1:49.57</b> (4)	<b>3:03.51</b> (4)	<b>4:15.87</b> (5)	<b>5:33.45</b> (5)	<b>6:54.56</b> (5)	<b>8:14.63</b> (5)	<b>9:28.27</b> (5)
	<b>L</b>		1:15.17	1:13.94	1:12.36	1:17.58	1:21.11	1:20.07	1:13.64
<b>Atkinson, Will</b> 3577 ASW	<b>S</b>	<b>35.56</b> (9)	<b>1:50.46</b> (8)	<b>3:06.13</b> (7)	<b>4:24.68</b> (7)	<b>5:46.67</b> (6)	<b>7:07.34</b> (6)	<b>8:27.33</b> (6)	<b>9:44.18</b> (6)
	<b>L</b>		1:14.90	1:15.67	1:18.55	1:21.99	1:20.67	1:19.99	1:16.85
<b>Freer, Jack</b> 3834 The Scots College At	<b>S</b>	<b>35.23</b> (7)	<b>1:50.79</b> (9)	<b>3:08.41</b> (9)	<b>4:29.52</b> (9)	<b>5:53.13</b> (8)	<b>7:17.92</b> (8)	<b>8:39.99</b> (8)	<b>9:54.83</b> (7)
	<b>L</b>		1:15.56	1:17.62	1:21.11	1:23.61	1:24.79	1:22.07	1:14.84
<b>Whittington, Troy</b> 2966 NOW	<b>S</b>	<b>35.78</b> (10)	<b>1:50.86</b> (10)	<b>3:08.61</b> (10)	<b>4:29.73</b> (10)	<b>5:53.49</b> (9)	<b>7:18.19</b> (9)	<b>8:40.47</b> (9)	<b>9:56.25</b> (8)
	<b>L</b>		1:15.08	1:17.75	1:21.12	1:23.76	1:24.70	1:22.28	1:15.78
<b>Armstrong, Harry</b> 2182 RBH	<b>S</b>	<b>35.47</b> (8)	<b>1:50.21</b> (7)	<b>3:05.34</b> (6)	<b>4:23.67</b> (6)	<b>5:46.89</b> (7)	<b>7:10.30</b> (7)	<b>8:37.59</b> (7)	<b>10:04.57</b> (9)
	<b>L</b>		1:14.74	1:15.13	1:18.33	1:23.22	1:23.41	1:27.29	1:26.98
<b>Bottrill, James</b> 2695 Bankstown Sports A	<b>S</b>	<b>34.73</b> (5)	<b>1:50.01</b> (6)	<b>3:06.82</b> (8)	<b>4:28.07</b> (8)	<b>5:53.93</b> (10)	<b>7:21.54</b> (10)	<b>8:48.47</b> (10)	<b>10:10.03</b> (10)
	<b>L</b>		1:15.28	1:16.81	1:21.25	1:25.86	1:27.61	1:26.93	1:21.56