

Men 3000 Meter Steeplechase Open Final

NSW Open, U23 and Para Champs - 2015

Sunday, 1 March 2015



Splits and lap times report

| Name | | 38 | 461m | 884m | 1307m | 1730m | 2153m | 2576m | 3000m |
|------------------------------|----------|-----------------|--------------------|--------------------|--------------------|--------------------|--------------------|---------------------|---------------------|
| Coles-Sinclair, Bryce | S | 6.93 (3) | 1:28.18 (1) | 2:44.87 (1) | 4:05.05 (1) | 5:25.77 (1) | 6:46.28 (1) | 8:06.92 (1) | 9:24.21 (1) |
| 2338 Illawong and District | L | | 1:21.25 | 1:16.69 | 1:20.18 | 1:20.72 | 1:20.51 | 1:20.64 | 1:17.29 |
| Burgess, Joe | S | 6.79 (1) | 1:28.39 (3) | 2:48.44 (2) | 4:11.48 (2) | 5:35.47 (2) | 6:58.88 (2) | 8:21.83 (2) | 9:42.00 (2) |
| 1030 SYU | L | | 1:21.60 | 1:20.05 | 1:23.04 | 1:23.99 | 1:23.41 | 1:22.95 | 1:20.17 |
| Jones, Henry | S | 7.08 (4) | 1:28.64 (4) | 2:50.26 (3) | 4:18.43 (3) | 5:47.77 (3) | 7:18.34 (3) | 8:50.40 (3) | 10:20.02 (3) |
| 1369 HIL | L | | 1:21.56 | 1:21.62 | 1:28.17 | 1:29.34 | 1:30.57 | 1:32.06 | 1:29.62 |
| Booth, Adam | S | 6.80 (2) | 1:28.23 (2) | 2:52.27 (4) | 4:24.68 (4) | 5:58.78 (4) | 7:33.68 (4) | 9:08.88 (4) | 10:36.74 (4) |
| 1044 SYU | L | | 1:21.43 | 1:24.04 | 1:32.41 | 1:34.10 | 1:34.90 | 1:35.20 | 1:27.86 |
| Womsley, Garry | S | 8.41 (5) | 1:53.00 (5) | 3:52.75 (5) | 5:54.09 (5) | 7:51.56 (5) | 9:50.58 (5) | 11:49.08 (5) | 13:38.87 (5) |
| 3803 HIL | L | | 1:44.59 | 1:59.75 | 2:01.34 | 1:57.47 | 1:59.02 | 1:58.50 | 1:49.79 |

