

# Men 3000 Metre A Race

Treloar Shield 3 and 3000m Championships

Saturday, 12 November 2016

## Splits and lap times report



Name		200m	600m	1000m	1400m	1800m	2200m	2600m	3000m
Gusman, Jordan 20025 Athletics Act	S	31.65 (2)	1:37.74 (2)	2:42.79 (2)	3:45.74 (1)	4:48.18 (1)	5:50.65 (1)	6:54.01 (1)	7:54.72 (1)
	L		1:06.09	1:05.05	1:02.95	1:02.44	1:02.47	1:03.36	1:00.71
Johnson, Joshua 20026 Athletics Act	S	33.62 (12)	1:38.56 (5)	2:43.44 (5)	3:46.60 (4)	4:48.79 (3)	5:51.51 (2)	6:56.07 (2)	7:57.99 (2)
	L		1:04.94	1:04.88	1:03.16	1:02.19	1:02.72	1:04.56	1:01.92
Plummer, Adrian 365 U.T.S. Northern Subu	S	32.29 (4)	1:38.34 (4)	2:43.28 (4)	3:46.38 (3)	4:49.08 (4)	5:56.32 (4)	7:07.16 (4)	8:11.59 (3)
	L		1:06.05	1:04.94	1:03.10	1:02.70	1:07.24	1:10.84	1:04.43
Torley, Joshua 20012 Athletics Act	S	33.55 (11)	1:39.95 (11)	2:44.27 (8)	3:48.54 (6)	4:54.50 (8)	6:01.14 (6)	7:08.04 (5)	8:11.80 (4)
	L		1:06.40	1:04.32	1:04.27	1:05.96	1:06.64	1:06.90	1:03.76
Edwards, Jye 20020 Nowra Athletics Club	S	32.83 (5)	1:38.93 (6)	2:43.91 (6)	3:47.92 (5)	4:53.09 (5)	6:00.00 (5)	7:08.36 (7)	8:13.40 (5)
	L		1:06.10	1:04.98	1:04.01	1:05.17	1:06.91	1:08.36	1:05.04
Goddard, Edward (Ed) 382 U.T.S. Northern Subu	S	33.00 (6)	1:39.16 (7)	2:44.19 (7)	3:48.91 (7)	4:54.27 (7)	6:01.78 (10)	7:09.54 (8)	8:13.54 (6)
	L		1:06.16	1:05.03	1:04.72	1:05.36	1:07.51	1:07.76	1:04.00
Hunter, Charles 578 Asics Wests Track &	S	33.21 (8)	1:40.15 (13)	2:45.85 (15)	3:51.20 (14)	4:58.13 (15)	6:06.73 (13)	7:13.68 (11)	8:15.92 (7)
	L		1:06.94	1:05.70	1:05.35	1:06.93	1:08.60	1:06.95	1:02.24
Saunders, Philo 20011 Athletics Act	S	33.67 (13)	1:40.39 (14)	2:45.16 (13)	3:50.15 (12)	4:55.54 (11)	6:01.27 (7)	7:08.19 (6)	8:16.34 (8)
	L		1:06.72	1:04.77	1:04.99	1:05.39	1:05.73	1:06.92	1:08.15
Dempsey, Matthew 20024 Athletics Act	S	33.88 (15)	1:40.11 (12)	2:44.50 (10)	3:49.41 (9)	4:54.04 (6)	6:01.49 (8)	7:09.97 (9)	8:17.88 (9)
	L		1:06.23	1:04.39	1:04.91	1:04.63	1:07.45	1:08.48	1:07.91
Phillips, Joshua 2425 Sydney Striders Roa	S	33.84 (14)	1:40.61 (15)	2:45.50 (14)	3:50.50 (13)	4:57.45 (13)	6:07.00 (14)	7:14.92 (13)	8:17.96 (10)
	L		1:06.77	1:04.89	1:05.00	1:06.95	1:09.55	1:07.92	1:03.04
Anderson, Bryce 20028 Athletics Act	S	34.15 (17)	1:40.63 (16)	2:46.12 (16)	3:51.41 (15)	4:57.81 (14)	6:06.42 (12)	7:14.74 (12)	8:18.60 (11)
	L		1:06.48	1:05.49	1:05.29	1:06.40	1:08.61	1:08.32	1:03.86
Jones, Rhys 20023 Athletics SA	S	33.28 (9)	1:39.82 (10)	2:44.74 (12)	3:49.96 (11)	4:54.90 (9)	6:01.52 (9)	7:10.54 (10)	8:19.77 (12)
	L		1:06.54	1:04.92	1:05.22	1:04.94	1:06.62	1:09.02	1:09.23
Stapleton, Jack 377 U.T.S. Northern Subu	S	32.25 (3)	1:38.00 (3)	2:43.03 (3)	3:45.97 (2)	4:48.54 (2)	5:55.05 (3)	7:07.08 (3)	8:20.55 (13)
	L		1:05.75	1:05.03	1:02.94	1:02.57	1:06.51	1:12.03	1:13.47
Facioni, Zachary 2069 Randwick Botany Ha	S	33.04 (7)	1:39.38 (8)	2:44.39 (9)	3:49.17 (8)	4:55.25 (10)	6:04.29 (11)	7:15.83 (14)	8:32.02 (14)
	L		1:06.34	1:05.01	1:04.78	1:06.08	1:09.04	1:11.54	1:16.19
Redmond, Lorcan 655 Adamstown New La	S	34.32 (18)	1:40.87 (17)	2:46.33 (17)	3:51.64 (16)	4:58.89 (16)	6:10.94 (15)	7:24.20 (15)	8:35.95 (15)
	L		1:06.55	1:05.46	1:05.31	1:07.25	1:12.05	1:13.26	1:11.75
Austin-Cray, Will 297 U.T.S. Northern Subu	S	33.38 (10)	1:39.60 (9)	2:44.64 (11)	3:49.73 (10)	4:57.38 (12)	6:12.68 (16)	7:32.39 (16)	8:40.94 (16)
	L		1:06.22	1:05.04	1:05.09	1:07.65	1:15.30	1:19.71	1:08.55
Trippas, Edward 1288 Bankstown Sports At	S	34.10 (16)	1:41.24 (18)	2:46.94 (18)	3:55.51 (17)	5:07.52 (17)	6:21.27 (17)	7:35.35 (17)	8:41.63 (17)
	L		1:07.14	1:05.70	1:08.57	1:12.01	1:13.75	1:14.08	1:06.28
Perrott, Jye 20004 U.T.S. Northern Subu	S	31.42 (1)	1:37.52 (1)	2:42.57 (1)					DNF
	L		1:06.10	1:05.05					