

Men 5000m Run F Race

2016 NSW 5000m Championships

Saturday, 18 February 2017



Athletics
New South Wales

Splits and lap times report

Name	200m	1000m	1800m	2600m	3400m	4200m	5000m
	600m	1400m	2200m	3000m	3800m	4600m	
Mugarula, Godwin	38.30 (8)	3:20.91 (7)	6:02.30 (3)	8:45.79 (2)	11:24.53 (2)	14:01.21 (2)	16:26.57 (1)
935 Athletics East	1:20.58	1:20.60	1:21.42	1:20.03	1:18.71	1:17.73	1:10.46
Jagger, Benjamin	35.31 (1)	3:09.40 (1)	5:47.25 (1)	8:28.41 (1)	11:13.66 (1)	13:59.94 (1)	16:31.60 (2)
2434 Sydney Striders Roa	1:17.14	1:18.39	1:20.22	1:23.15	1:22.10	1:23.42	1:15.59
Wade, Logan	36.18 (2)	3:19.35 (3)	6:02.41 (4)	8:46.39 (4)	11:27.07 (4)	14:12.82 (4)	16:49.96 (3)
2141 Ryde Athletics Centr	1:20.64	1:21.08	1:21.98	1:22.08	1:20.46	1:23.21	1:14.87
Keane, Jason	38.19 (7)	3:19.15 (2)	6:02.10 (2)	8:46.10 (3)	11:26.86 (3)	14:12.48 (3)	16:53.04 (4)
1556 Hills District Athletic	1:19.63	1:20.97	1:21.89	1:20.14	1:20.62	1:23.18	1:17.73
Watchorn, Daniel	36.59 (3)	3:19.53 (4)	6:02.71 (5)	8:46.72 (5)	11:31.77 (5)	14:27.65 (5)	17:14.76 (5)
30024 Sutherland District A	1:20.59	1:21.27	1:21.92	1:21.10	1:23.95	1:28.20	1:20.58
Cooper, Clive	40.46 (11)	3:23.90 (9)	6:04.49 (8)	8:47.00 (6)	11:41.53 (6)	14:39.36 (6)	17:17.55 (6)
2551 Sydney University At	1:22.32	1:19.44	1:21.60	1:23.91	1:30.62	1:28.34	1:15.32
Krenkels, Cooper	37.49 (4)	3:21.57 (8)	6:10.02 (9)	8:59.11 (9)	11:53.85 (9)	14:42.07 (7)	17:19.74 (7)
3325 Sydney Pacific Athle	1:21.51	1:23.48	1:23.65	1:28.05	1:26.69	1:24.33	1:15.74
Wolnizer, Simon	37.69 (5)	3:20.87 (6)	6:04.20 (7)	8:51.00 (8)	11:46.57 (8)	14:42.15 (8)	17:33.95 (8)
2438 Sydney Striders Roa	1:20.63	1:22.18	1:21.69	1:27.88	1:27.69	1:27.21	1:23.85
Norton, Jacob	37.95 (6)	3:20.71 (5)	6:03.69 (6)	8:49.56 (7)	11:46.07 (7)	14:42.46 (9)	17:37.07 (9)
8252 Sydney Striders Roa	1:20.71	1:21.33	1:21.62	1:28.08	1:28.43	1:28.10	1:24.70
Amy, Martin	41.69 (13)	3:31.43 (12)	6:24.21 (11)	9:19.74 (10)	12:16.24 (10)	15:12.01 (10)	18:01.28 (10)
2754 Woodstock Runners	1:24.85	1:26.27	1:27.74	1:27.76	1:28.74	1:27.84	1:22.40
Hanna, Nicholas	38.71 (9)	3:27.67 (10)	6:23.73 (10)	9:20.17 (11)	12:17.82 (11)	15:17.78 (11)	18:17.17 (11)
30023 Girraween Athletics	1:23.56	1:27.80	1:27.92	1:28.30	1:29.35	1:30.42	1:28.26
Zhang, Weizhen	43.66 (16)	3:39.74 (14)	6:36.11 (13)	9:32.96 (12)	12:32.28 (12)	15:30.26 (12)	18:19.90 (12)
934 Athletics East	1:27.18	1:28.50	1:27.73	1:30.10	1:29.22	1:28.32	1:20.17
Costello, David	43.52 (15)	3:40.62 (16)	6:38.15 (15)	9:39.68 (15)	12:40.90 (13)	15:49.31 (13)	18:40.99 (13)
2547 Sydney University At	1:28.45	1:28.40	1:31.18	1:30.48	1:30.74	1:33.96	1:20.18



Name	200m	1000m	1800m	2600m	3400m	4200m	5000m
	600m	1400m	2200m	3000m	3800m	4600m	
Wacher, Matt	39.01 (10)	3:30.74 (11) 1:27.09	6:32.61 (12) 1:31.92	9:37.98 (13) 1:33.27	12:42.74 (14) 1:33.10	15:50.52 (14) 1:33.87	18:41.56 (14) 1:20.43
3447 Rejoov Runners		2:03.65 (11) 1:24.64	5:00.69 (12) 1:29.95	8:04.71 (13) 1:32.10	11:09.64 (14) 1:31.66	14:16.65 (14) 1:33.91	17:21.13 (14) 1:30.61
Cosby, Martin	44.14 (18)	3:44.26 (17) 1:30.37	6:45.80 (17) 1:30.96	9:48.51 (16) 1:31.29	12:51.02 (15) 1:31.36	15:57.59 (15) 1:32.87	18:50.53 (15) 1:21.25
929 Athletics East		2:13.89 (17) 1:29.75	5:14.84 (17) 1:30.58	8:17.22 (16) 1:31.42	11:19.66 (16) 1:31.15	14:24.72 (15) 1:33.70	17:29.28 (15) 1:31.69
Wylie, Dennis	43.95 (17)	3:52.20 (18) 1:35.03	6:59.74 (18) 1:33.35	10:04.18 (18) 1:32.21	13:07.04 (16) 1:31.15	16:11.50 (16) 1:33.26	19:16.15 (16) 1:30.37
1558 Hills District Athletic		2:17.17 (18) 1:33.22	5:26.39 (18) 1:34.19	8:31.97 (18) 1:32.23	11:35.89 (18) 1:31.71	14:38.24 (16) 1:31.20	17:45.78 (16) 1:34.28
Spehr, Peter	44.71 (20)	3:52.56 (20) 1:34.35	7:00.24 (20) 1:33.48	10:05.80 (20) 1:32.93	13:13.75 (17) 1:34.40	16:23.05 (17) 1:34.97	19:24.34 (17) 1:28.21
2115 Randwick Botany Ha		2:18.21 (20) 1:33.50	5:26.76 (20) 1:34.20	8:32.87 (20) 1:32.63	11:39.35 (19) 1:33.55	14:48.08 (17) 1:34.33	17:56.13 (17) 1:33.08
Terranova, Nicolas	44.68 (19)	3:52.22 (19) 1:35.03	6:59.78 (19) 1:33.38	10:04.86 (19) 1:32.82	13:21.23 (19) 1:38.39	16:44.88 (19) 1:41.63	19:46.17 (18) 1:21.03
1555 Hills District Athletic		2:17.19 (19) 1:32.51	5:26.40 (19) 1:34.18	8:32.04 (19) 1:32.26	11:42.84 (20) 1:37.98	15:03.25 (19) 1:42.02	18:25.14 (19) 1:40.26
Evans, Max	40.69 (12)	3:37.69 (13) 1:30.42	6:44.20 (16) 1:34.64	9:56.79 (17) 1:37.45	13:14.21 (18) 1:40.38	16:35.08 (18) 1:41.00	19:49.11 (19) 1:34.30
3116 Knox Grammar Scho		2:07.27 (13) 1:26.58	5:09.56 (16) 1:31.87	8:19.34 (17) 1:35.14	11:33.83 (17) 1:37.04	14:54.08 (18) 1:39.87	18:14.81 (18) 1:39.73
Davie, EJ	47.34 (21)	4:22.91 (21) 1:49.99	8:06.80 (21) 1:52.45	11:51.76 (21) 1:52.87	15:38.99 (20) 1:52.66	19:21.50 (20) 1:50.63	22:45.53 (20) 1:32.79
2422 Sydney Striders Roa		2:32.92 (21) 1:45.58	6:14.35 (21) 1:51.44	9:58.89 (21) 1:52.09	13:46.33 (21) 1:54.57	17:30.87 (20) 1:51.88	21:12.74 (20) 1:51.24
Smee, Andrew	42.97 (14)	3:39.82 (15) 1:28.38	6:37.72 (14) 1:28.93	9:39.10 (14) 1:30.25			DNF
1806 Kotara South Amate		2:11.44 (15) 1:28.47	5:08.79 (14) 1:28.97	8:08.85 (14) 1:31.13	11:09.26 (13) 1:30.16		
Shergold, Nathanael							DNS
1900 Mingara Athletics Cl							