

Women 5000 Metre Womens A H1-F

2017 5000m Championships

Saturday, 2 December 2017



Splits and lap times report

Name	200m	600m	1000m	1400m	1800m	2200m	2600m	3000m	3400m	3800m	4200m	4600m	5000m
Ponton, Marnie	37.06 (1)		3:10.32 (1)		5:46.30 (1)		8:23.36 (1)		10:59.77 (1)		13:36.66 (1)		16:02.29 (1)
2411 Una		1:16.53	1:16.73	1:17.38	1:18.60	1:18.28	1:18.78	1:18.36	1:18.05	1:18.71	1:18.18	1:17.12	1:08.51
Blundell, Jenny	37.25 (2)		3:10.57 (2)		5:46.52 (2)		8:23.59 (2)		11:00.03 (2)		13:36.85 (2)		16:06.60 (2)
1 Sydney Uni		1:16.59	1:16.73	1:17.33	1:18.62	1:18.29	1:18.78	1:18.38	1:18.06	1:18.69	1:18.13	1:17.15	1:12.60
Hamilton, Lara	37.49 (3)		3:10.90 (3)		5:49.67 (3)		8:32.53 (3)		11:19.15 (3)		14:05.57 (3)		16:47.23 (3)
2272 Sydney Uni		1:16.52	1:16.89	1:18.07	1:20.70	1:21.04	1:21.82	1:22.61	1:24.01	1:23.29	1:23.13	1:22.59	1:19.07
McKillop, Lauren	38.72 (6)		3:18.09 (5)		6:00.53 (5)		8:41.74 (4)		11:27.65 (4)		14:15.00 (4)		16:51.55 (4)
1819 RBH		1:18.77	1:20.60	1:20.76	1:21.68	1:21.26	1:19.95	1:22.88	1:23.03	1:23.77	1:23.58	1:22.64	1:13.91
Gallen, Elese	38.38 (4)		3:17.82 (4)		6:00.34 (4)		8:43.64 (5)		11:29.27 (5)		14:15.76 (5)		16:54.51 (5)
233 UTN		1:18.91	1:20.53	1:20.84	1:21.68	1:21.84	1:21.46	1:22.99	1:22.64	1:23.13	1:23.36	1:21.50	1:17.25
King, Samantha	38.65 (5)		3:23.39 (7)		6:14.97 (6)		9:07.61 (6)		11:59.19 (6)		14:49.26 (6)		17:27.23 (6)
1769 RBH		1:21.35	1:23.39	1:24.88	1:26.70	1:26.06	1:26.58	1:25.62	1:25.96	1:25.21	1:24.86	1:24.23	1:13.74
Fitzgerald, Anna	39.16 (8)		3:23.67 (8)		6:15.60 (9)		9:07.87 (7)		11:59.48 (7)		14:50.13 (7)		17:32.72 (7)
40 RBH		1:21.63	1:22.88	1:25.11	1:26.82	1:26.14	1:26.13	1:25.64	1:25.97	1:25.25	1:25.40	1:24.46	1:18.13
Marvin, Sarah	39.24 (9)		3:23.81 (9)		6:15.50 (8)		9:09.25 (8)		12:08.24 (8)		15:08.41 (8)		17:56.95 (8)
2232 Sydney Uni		1:21.36	1:23.21	1:24.79	1:26.90	1:26.08	1:27.67	1:29.83	1:29.16	1:29.96	1:30.21	1:29.77	1:18.77
Amiya-Hall, Audrey	38.83 (7)		3:22.38 (6)		6:15.29 (7)		9:09.65 (9)		12:10.59 (9)		15:14.25 (9)		18:10.31 (9)
2281 Sydney Uni		1:21.25	1:22.30	1:26.08	1:26.83	1:26.19	1:28.17	1:30.26	1:30.68	1:31.42	1:32.24	1:32.41	1:23.65
Augustine, Emily	39.43 (10)		3:24.04 (10)		6:15.67 (10)		9:09.74 (10)		12:11.83 (10)		15:20.54 (10)		18:13.90 (10)
2220 Sydney Uni		1:21.62	1:22.99	1:24.85	1:26.78	1:26.21	1:27.86	1:30.48	1:31.61	1:35.22	1:33.49	1:32.60	1:20.76