

Men 3000 Metre H Race

ANSW 3000m Championships

Saturday, 10 November 2018

Splits and lap times report



Name		200m	600m	1000m	1400m	1800m	2200m	2600m	3000m
Low, Jesiah	S	36.96 (6)	1:53.50 (2)	3:14.16 (2)	4:36.25 (1)	6:02.23 (2)	7:26.08 (1)	8:49.32 (1)	10:04.93 (1)
44040 Sutherland District At	L		1:16.54	1:20.66	1:22.09	1:25.98	1:23.85	1:23.24	1:15.61
Polson, James	S	38.42 (13)	1:58.04 (9)	3:20.22 (8)	4:43.69 (5)	6:07.50 (4)	7:32.16 (3)	8:57.01 (3)	10:14.74 (2)
5860 Sydney University At	L		1:19.62	1:22.18	1:23.47	1:23.81	1:24.66	1:24.85	1:17.73
Hinchcliff, Oliver	S	36.66 (4)	1:56.37 (7)	3:19.39 (7)	4:45.23 (7)	6:12.53 (6)	7:39.03 (5)	9:02.76 (5)	10:15.87 (3)
49670 Trt Running	L		1:19.71	1:23.02	1:25.84	1:27.30	1:26.50	1:23.73	1:13.11
Kelly, Mitchell	S	36.07 (1)	1:52.12 (1)	3:13.84 (1)	4:36.65 (2)	6:02.07 (1)	7:27.35 (2)	8:55.07 (2)	10:16.86 (4)
45169 Run Crew	L		1:16.05	1:21.72	1:22.81	1:25.42	1:25.28	1:27.72	1:21.79
Campbell, Logan	S	36.45 (3)	1:55.54 (5)	3:17.97 (4)	4:42.10 (4)	6:08.38 (5)	7:35.44 (4)	9:01.24 (4)	10:17.14 (5)
0 Athletics Nsw	L		1:19.09	1:22.43	1:24.13	1:26.28	1:27.06	1:25.80	1:15.90
McIntosh, Jason	S	40.43 (16)	2:02.08 (16)	3:25.52 (15)	4:49.75 (12)	6:14.00 (9)	7:39.38 (7)	9:04.56 (7)	10:17.27 (6)
978 Sydney Striders Roa	L		1:21.65	1:23.44	1:24.23	1:24.25	1:25.38	1:25.18	1:12.71
Williams, Sean	S	38.09 (11)	2:00.37 (12)	3:22.99 (10)	4:46.96 (9)	6:13.35 (7)	7:39.33 (6)	9:03.28 (6)	10:17.34 (7)
48952 Knox Grammar Scho	L		1:22.28	1:22.62	1:23.97	1:26.39	1:25.98	1:23.95	1:14.06
Dobson, Max	S	37.32 (8)	1:57.30 (8)	3:20.87 (9)	4:47.31 (10)	6:15.75 (11)	7:43.40 (11)	9:11.50 (10)	10:31.33 (8)
44049 Sutherland District At	L		1:19.98	1:23.57	1:26.44	1:28.44	1:27.65	1:28.10	1:19.83
Dawes, Jim	S	39.88 (15)	2:01.17 (14)	3:25.05 (13)	4:49.51 (11)	6:13.98 (8)	7:40.43 (8)	9:07.04 (8)	10:31.34 (9)
1592 Randwick Botany Ha	L		1:21.29	1:23.88	1:24.46	1:24.47	1:26.45	1:26.61	1:24.30
Fraser, Ziggy	S	36.42 (2)	1:55.08 (4)	3:19.18 (6)	4:45.83 (8)	6:14.30 (10)	7:42.00 (9)	9:10.19 (9)	10:33.78 (10)
47543 Athletics Nsw	L		1:18.66	1:24.10	1:26.65	1:28.47	1:27.70	1:28.19	1:23.59
Williams, Vincent	S	38.69 (14)	2:00.18 (11)	3:24.29 (11)	4:51.32 (13)	6:21.01 (13)	7:52.02 (12)	9:22.95 (13)	10:42.23 (11)
2757 Mingara Athletics Clu	L		1:21.49	1:24.11	1:27.03	1:29.69	1:31.01	1:30.93	1:19.28
White, Keenan	S	37.58 (9)	1:59.18 (10)	3:24.53 (12)	4:52.62 (14)	6:23.04 (15)	7:54.34 (15)	9:23.86 (14)	10:42.84 (12)
0 Athletics Nsw	L		1:21.60	1:25.35	1:28.09	1:30.42	1:31.30	1:29.52	1:18.98
Heke, Taniora	S	37.11 (7)	1:53.78 (3)	3:14.55 (3)	4:37.91 (3)	6:06.54 (3)	7:42.42 (10)	9:15.90 (11)	10:44.12 (13)
45123 Run Crew	L		1:16.67	1:20.77	1:23.36	1:28.63	1:35.88	1:33.48	1:28.22
Cantlon, Joseph	S	38.14 (12)	2:01.27 (15)	3:25.82 (16)	4:52.76 (15)	6:22.09 (14)	7:52.63 (14)	9:22.89 (12)	10:45.24 (14)
44115 Athletics Nsw	L		1:23.13	1:24.55	1:26.94	1:29.33	1:30.54	1:30.26	1:22.35
Hanna, Ashton	S	36.73 (5)	1:56.02 (6)	3:18.56 (5)	4:45.15 (6)	6:17.25 (12)	7:52.28 (13)	9:24.16 (15)	10:46.32 (15)
40744 Ryde Athletics Centr	L		1:19.29	1:22.54	1:26.59	1:32.10	1:35.03	1:31.88	1:22.16
Solomon, Joel	S	37.89 (10)	2:00.71 (13)	3:25.50 (14)	4:54.49 (16)	6:26.67 (16)	8:00.03 (16)	9:28.46 (16)	10:53.26 (16)
43304 Sydney Striders Roa	L		1:22.82	1:24.79	1:28.99	1:32.18	1:33.36	1:28.43	1:24.80
Christian, Alex	S								DNS
43693 Illawong Revesby Wo	L								

