

Men 3000 Metre Championship

SOPAC

Saturday, November 9, 2019



Splits and lap times report

Name		200m	600m	1000m	1400m	1800m	2200m	2600m	3000m
Edwards, Jye	S	31.14 (3)	1:37.91 (3)	2:44.19 (3)	3:48.75 (3)	4:53.84 (3)	5:58.24 (1)	7:02.92 (1)	8:09.46 (1)
1010 Bankstown Sports S	L		1:06.77	1:06.28	1:04.56	1:05.09	1:04.40	1:04.68	1:06.54
Young, Luke	S	31.29 (4)	1:38.15 (4)	2:44.66 (4)	3:49.17 (4)	4:58.14 (5)	6:07.85 (4)	7:17.19 (3)	8:17.11 (2)
1897 Newcastle Flyers Ru	L		1:06.86	1:06.51	1:04.51	1:08.97	1:09.71	1:09.34	59.92
Tall, Kieren	S	31.04 (2)	1:37.64 (2)	2:43.92 (2)	3:48.50 (2)	4:53.60 (2)	6:00.68 (2)	7:11.78 (2)	8:17.52 (3)
48 U.T.S Northern Subur	L		1:06.60	1:06.28	1:04.58	1:05.10	1:07.08	1:11.10	1:05.74
Austin-Cray, Will	S	32.15 (10)	1:40.63 (12)	2:47.66 (11)	3:54.32 (9)	5:02.00 (8)	6:10.29 (7)	7:17.86 (6)	8:19.01 (4)
71 U.T.S Northern Subur	L		1:08.48	1:07.03	1:06.66	1:07.68	1:08.29	1:07.57	1:01.15
Burgess, Joe	S	31.99 (9)	1:39.11 (8)	2:47.18 (9)	3:54.55 (10)	5:02.58 (10)	6:10.69 (10)	7:18.69 (10)	8:19.75 (5)
46 Sydney University	L		1:07.12	1:08.07	1:07.37	1:08.03	1:08.11	1:08.00	1:01.06
Byrne, Sam	S	32.39 (12)	1:40.46 (11)	2:47.86 (12)	3:54.76 (11)	5:02.81 (11)	6:11.08 (12)	7:18.45 (9)	8:21.27 (6)
2050 Unattached	L		1:08.07	1:07.40	1:06.90	1:08.05	1:08.27	1:07.37	1:02.82
DoCanto, Thomas	S	32.42 (13)	1:40.91 (15)	2:48.70 (14)	3:55.28 (13)	5:03.18 (13)	6:10.46 (8)	7:17.50 (5)	8:22.03 (7)
1033 Hills District Athletic	L		1:08.49	1:07.79	1:06.58	1:07.90	1:07.28	1:07.04	1:04.53
Spießberger-Parker,	S	31.70 (6)	1:38.40 (6)	2:45.23 (6)	3:51.30 (7)	5:00.39 (7)	6:09.93 (6)	7:18.26 (7)	8:23.76 (8)
2049 Bankstown Sports S	L		1:06.70	1:06.83	1:06.07	1:09.09	1:09.54	1:08.33	1:05.50
Doherty, Charlie	S	32.87 (16)	1:40.74 (13)	2:47.45 (10)	3:54.09 (8)	5:02.23 (9)	6:10.58 (9)	7:18.92 (11)	8:23.93 (9)
1998 U.T.S Northern Subur	L		1:07.87	1:06.71	1:06.64	1:08.14	1:08.35	1:08.34	1:05.01
Music, Stefan	S	32.24 (11)	1:39.41 (9)	2:45.61 (7)	3:50.95 (6)	4:58.41 (6)	6:08.13 (5)	7:17.28 (4)	8:24.62 (10)
1018 Randwick Botany Ha	L		1:07.17	1:06.20	1:05.34	1:07.46	1:09.72	1:09.15	1:07.34
Raimond, Oli	S	31.43 (5)	1:38.33 (5)	2:44.97 (5)	3:49.91 (5)	4:56.26 (4)	6:07.54 (3)	7:18.28 (8)	8:25.97 (11)
1390 Sutherland District	L		1:06.90	1:06.64	1:04.94	1:06.35	1:11.28	1:10.74	1:07.69
Lang, Callam	S	32.80 (15)	1:40.87 (14)	2:48.09 (13)	3:55.07 (12)	5:03.01 (12)	6:10.88 (11)	7:19.73 (12)	8:32.50 (12)
2032 Newcastle Runners	L		1:08.07	1:07.22	1:06.98	1:07.94	1:07.87	1:08.85	1:12.77
Breen, Nathan	S	31.71 (7)	1:38.68 (7)	2:46.33 (8)	3:55.62 (14)	5:07.81 (14)	6:21.61 (13)	7:36.88 (13)	8:49.81 (13)
738 St George District	L		1:06.97	1:07.65	1:09.29	1:12.19	1:13.80	1:15.27	1:12.93
John, Taylor	S	31.84 (8)	1:40.26 (10)	2:48.79 (15)	3:58.41 (16)	5:11.36 (16)	6:27.10 (15)	7:42.67 (15)	8:51.02 (14)
2029 U.T.S Northern Subur	L		1:08.42	1:08.53	1:09.62	1:12.95	1:15.74	1:15.57	1:08.35
Cooper, Martin	S	33.02 (17)	1:41.17 (17)	2:49.11 (16)	3:57.74 (15)	5:10.11 (15)	6:24.70 (14)	7:40.34 (14)	8:57.81 (15)
3406 Sydney University	L		1:08.15	1:07.94	1:08.63	1:12.37	1:14.59	1:15.64	1:17.47
Shaw, Jake	S	32.65 (14)	1:41.16 (16)	2:49.42 (17)	3:59.28 (17)	5:12.43 (17)	6:28.28 (16)		DNF
1570 RunCrew	L		1:08.51	1:08.26	1:09.86	1:13.15	1:15.85		
St Lawrence, Ben	S	30.93 (1)	1:37.39 (1)	2:43.67 (1)	3:48.26 (1)	4:53.22 (1)			DNF
1731 RunCrew	L		1:06.46	1:06.28	1:04.59	1:04.96			

