

Women 3000m Open & U17

SOPAC

Saturday, 14 December 2019

Splits and lap times report



Name	200m	600m	1000m	1400m	1800m	2200m	2600m	3000m
Spencer, Kate 1661 U.T.S Northern Subur	S 37.10 (1)	1:52.72 (1)	3:09.39 (1)	4:26.43 (1)	5:43.83 (1)	7:01.60 (1)	8:18.45 (1)	9:33.59 (1)
	L	1:15.62	1:16.67	1:17.04	1:17.40	1:17.77	1:16.85	1:15.14
Koudasheva, Elena 1354 Hills District Athletic	S 37.25 (2)	1:54.00 (2)	3:13.76 (2)	4:33.80 (2)	5:54.92 (2)	7:18.13 (2)	8:41.69 (2)	10:01.95 (2)
	L	1:16.75	1:19.76	1:20.04	1:21.12	1:23.21	1:23.56	1:20.26
Hall, Audrey 3401 A Sydney University	S 37.80 (4)	1:59.02 (5)	3:27.15 (5)	4:55.67 (6)	6:23.10 (3)	7:53.19 (4)	9:24.24 (4)	10:45.69 (3)
	L	1:21.22	1:28.13	1:28.52	1:27.43	1:30.09	1:31.05	1:21.45
Cameron, Jade 1963 Illawong Revesby Wo	S 38.05 (6)	1:59.28 (6)	3:27.28 (6)	4:55.59 (5)	6:23.41 (4)	7:52.71 (3)	9:23.60 (3)	10:47.80 (4)
	L	1:21.23	1:28.00	1:28.31	1:27.82	1:29.30	1:30.89	1:24.20
Winward, Lily 716 Bankstown Sports S	S 37.86 (5)	1:58.71 (4)	3:27.00 (4)	4:55.47 (4)	6:24.21 (5)	7:54.75 (5)	9:26.74 (5)	10:51.64 (5)
	L	1:20.85	1:28.29	1:28.47	1:28.74	1:30.54	1:31.99	1:24.90
Cerezo, Hannah 0 UTS Northern Subur	S 37.54 (3)	1:58.57 (3)	3:26.88 (3)	4:55.40 (3)	6:24.79 (6)	7:57.97 (6)	9:34.41 (6)	11:04.82 (6)
	L	1:21.03	1:28.31	1:28.52	1:29.39	1:33.18	1:36.44	1:30.41
Frykberg, Kirsten 0 Cherrybrook	S 38.48 (7)	2:02.90 (7)	3:32.78 (7)	5:04.52 (7)	6:38.23 (7)	8:13.89 (7)	9:49.38 (7)	11:20.40 (7)
	L	1:24.42	1:29.88	1:31.74	1:33.71	1:35.66	1:35.49	1:31.02
Hozack, Heather 0 Sydney Pacific	S 40.19 (9)	2:06.68 (8)	3:36.11 (8)	5:06.43 (8)	6:40.05 (8)	8:16.37 (8)	9:55.50 (8)	11:29.40 (8)
	L	1:26.49	1:29.43	1:30.32	1:33.62	1:36.32	1:39.13	1:33.90
Watson, Indi 0 UTS Northern Subur	S 39.89 (8)	2:09.61 (9)	3:48.61 (9)	5:30.12 (9)	7:14.01 (9)	9:01.64 (9)	10:46.23 (9)	12:25.60 (9)
	L	1:29.72	1:39.00	1:41.51	1:43.89	1:47.63	1:44.59	1:39.37
Hunt, Sally 1032 Mingara	S							DNS
	L							
Scott-Young, Louisa 3302 B Sydney University	S							DNS
	L							
Blank, A 99011 Mingara	S							DNS
	L							
Blank, A 99031 Cherrybrook	S							DNS
	L							
Blank, A 99033 U.T.S Northern Subur	S							DNS
	L							

