

# Women 3000m Open & U17

SOPAC

Saturday, 14 December 2019



## Splits and lap times report

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

