

# Mixed 3000 Metres Masters 40 & U20

SOPAC

Saturday, 14 December 2019



## Splits and lap times report

Name		200m	600m	1000m	1400m	1800m	2200m	2600m	3000m
<b>McKendrick, Ryan</b> 327 Mingara	<b>S</b>	<b>37.73</b> (2)	<b>1:57.55</b> (1)	<b>3:19.35</b> (1)	<b>4:41.33</b> (1)	<b>6:04.22</b> (1)	<b>7:27.90</b> (1)	<b>8:52.26</b> (1)	<b>10:16.53</b> (1)
	<b>L</b>		1:19.82	1:21.80	1:21.98	1:22.89	1:23.68	1:24.36	1:24.27
<b>Scholle, Lindsay</b> 976 Asics Wests Track a	<b>S</b>	<b>42.20</b> (5)	<b>2:07.17</b> (5)	<b>3:30.66</b> (2)	<b>4:55.22</b> (2)	<b>6:20.92</b> (2)	<b>7:47.10</b> (2)	<b>9:15.17</b> (2)	<b>10:42.31</b> (2)
	<b>L</b>		1:24.97	1:23.49	1:24.56	1:25.70	1:26.18	1:28.07	1:27.14
<b>Hanna, Nicholas</b> 2407 Girraween	<b>S</b>	<b>40.18</b> (4)	<b>2:06.66</b> (4)	<b>3:33.57</b> (3)	<b>5:02.37</b> (3)	<b>6:32.34</b> (3)	<b>8:05.14</b> (3)	<b>9:38.60</b> (3)	<b>11:10.07</b> (3)
	<b>L</b>		1:26.48	1:26.91	1:28.80	1:29.97	1:32.80	1:33.46	1:31.47
<b>Lander, Abby</b> 1002 U.T.S. Northern Subu	<b>S</b>	<b>38.23</b> (3)	<b>2:04.48</b> (3)	<b>3:36.85</b> (4)	<b>5:12.63</b> (4)	<b>6:49.48</b> (4)	<b>8:27.04</b> (4)	<b>10:07.15</b> (4)	<b>11:43.16</b> (4)
	<b>L</b>		1:26.25	1:32.37	1:35.78	1:36.85	1:37.56	1:40.11	1:36.01
<b>Barron, Elli</b> 39009 Ryde	<b>S</b>	<b>36.34</b> (1)	<b>2:03.84</b> (2)	<b>3:41.05</b> (5)	<b>5:25.28</b> (5)	<b>7:12.83</b> (5)	<b>9:01.34</b> (5)	<b>10:49.34</b> (5)	<b>12:25.27</b> (5)
	<b>L</b>		1:27.50	1:37.21	1:44.23	1:47.55	1:48.51	1:48.00	1:35.93
<b>O'Neill, Imogen</b> 2226 Hills District Athletic	<b>S</b>	<b>43.33</b> (6)	<b>2:18.85</b> (6)	<b>3:58.86</b> (6)	<b>5:38.17</b> (6)	<b>7:21.48</b> (6)	<b>9:07.68</b> (6)	<b>10:52.55</b> (6)	<b>12:28.48</b> (6)
	<b>L</b>		1:35.52	1:40.01	1:39.31	1:43.31	1:46.20	1:44.87	1:35.93
<b>Nixon, Trevor</b> 255 Hills District Athletic	<b>S</b>	<b>45.46</b> (7)	<b>2:24.83</b> (7)	<b>4:08.49</b> (7)	<b>5:55.50</b> (7)	<b>7:44.13</b> (7)	<b>9:36.29</b> (7)	<b>11:27.83</b> (7)	<b>13:04.18</b> (7)
	<b>L</b>		1:39.37	1:43.66	1:47.01	1:48.63	1:52.16	1:51.54	1:36.35
<b>Beardslee, Margaret</b> 0 Mingara	<b>S</b>	<b>50.03</b> (8)	<b>2:39.85</b> (8)	<b>4:31.59</b> (8)	<b>6:26.56</b> (8)	<b>8:24.49</b> (8)	<b>10:22.71</b> (8)	<b>12:23.20</b> (8)	<b>14:14.88</b> (8)
	<b>L</b>		1:49.82	1:51.74	1:54.97	1:57.93	1:58.22	2:00.49	1:51.68
<b>Drennan, Deborah</b> 1131 U.T.S Northern Subur	<b>S</b>								<b>DNS</b>
	<b>L</b>								
<b>Wilson, Miles</b> 2411 U.T.S Northern Subur	<b>S</b>								<b>DNS</b>
	<b>L</b>								
<b>Blank, A</b> 99043 Balmain	<b>S</b>								<b>DNS</b>
	<b>L</b>								

