

Women 5000 Metre Womens A

The Crest

Saturday, February 2, 2019



Splits and lap times report

Name	200m	600m	1000m	1400m	1800m	2200m	2600m	3000m	3400m	3800m	4200m	4600m	5000m
Ponton, Marnie	38.10 (2)		3:18.80 (1)		5:55.40 (1)		8:33.00 (1)		11:10.90 (1)		13:48.90 (1)		16:15.76 (1)
2019 Bankstown Sports At		1:57.90 (1)		4:37.20 (1)		7:14.20 (1)		9:51.90 (1)		12:30.30 (1)		15:05.80 (1)	
		1:19.80		1:18.40		1:18.80		1:18.90		1:19.40		1:16.90	
Gamble, Katie	38.90 (5)		3:19.20 (4)		5:56.20 (4)		8:33.80 (4)		11:11.70 (4)		13:50.10 (3)		16:16.99 (2)
1991 Unattached		1:58.30 (4)		4:38.00 (4)		7:15.00 (4)		9:52.70 (4)		12:31.20 (4)		15:07.20 (2)	
		1:19.40		1:18.80		1:18.80		1:18.90		1:19.50		1:17.10	
Pompeani, Leanne	38.30 (3)		3:19.10 (3)		5:55.90 (3)		8:33.60 (3)		11:11.50 (3)		13:49.90 (2)		16:25.59 (3)
257 Woden Athletics Clu		1:58.20 (3)		4:37.70 (3)		7:14.70 (3)		9:52.50 (3)		12:31.00 (3)		15:07.70 (3)	
		1:19.90		1:18.60		1:18.80		1:18.90		1:19.50		1:17.80	
Martin, Belinda	38.70 (4)		3:19.40 (5)		5:56.40 (5)		8:34.10 (5)		11:11.90 (5)		13:50.60 (4)		16:28.66 (4)
883 Illawong Revesby W		1:58.60 (5)		4:38.30 (5)		7:15.30 (5)		9:53.00 (5)		12:31.30 (5)		15:10.60 (4)	
		1:19.90		1:18.90		1:18.90		1:18.90		1:19.40		1:20.00	
Schiffmann, Sarah	38.00 (1)		3:18.90 (2)		5:55.70 (2)		8:33.30 (2)		11:11.20 (2)		13:51.20 (5)		16:30.47 (5)
44185 MHA		1:58.10 (2)		4:37.50 (2)		7:14.40 (2)		9:52.20 (2)		12:30.80 (2)		15:11.20 (5)	
		1:20.10		1:18.60		1:18.70		1:18.90		1:19.60		1:20.00	
Croft, Beth	38.90 (6)		3:19.50 (6)		5:56.90 (6)		8:37.90 (6)		11:25.50 (6)		14:14.10 (6)		16:49.35 (6)
33 SYU		1:58.70 (6)		4:38.50 (6)		7:15.80 (6)		10:01.00 (6)		12:50.40 (6)		15:34.20 (6)	
		1:19.80		1:19.00		1:18.90		1:23.10		1:24.90		1:20.10	
Woodger, Tiahna	39.20 (7)		3:20.10 (8)		5:57.60 (8)		8:46.60 (8)		11:47.30 (7)		14:38.20 (7)		17:23.25 (7)
723 SUT		1:59.20 (8)		4:39.10 (8)		7:19.00 (8)		10:17.20 (8)		13:11.30 (7)		16:04.10 (7)	
		1:20.00		1:19.00		1:21.40		1:30.60		1:24.00		1:25.90	
Heeney, Ella	39.20 (8)		3:19.80 (7)		5:57.40 (7)		8:46.30 (7)		11:47.40 (8)		14:52.40 (8)		17:56.46 (8)
681 ASW		1:58.90 (7)		4:38.90 (7)		7:18.80 (7)		10:17.00 (7)		13:18.00 (8)		16:24.80 (8)	
		1:19.70		1:19.10		1:21.40		1:30.70		1:30.60		1:32.40	
Augustine, Emily													DNS
5834 SYU													
Campbell, Paige													DNS
5853 SYU													

