

Mixed 5000 Metres Race

SOPAC

30/11/2019

Splits and lap times report



Name	200m	600m	1000m	1400m	1800m	2200m	2600m	3000m	3400m	3800m	4200m	4600m	5000m
Martin, Belinda	38.04 (2)		3:16.58 (2)		5:52.76 (2)		8:28.87 (2)		11:06.60 (2)		13:43.90 (1)		16:21.85 (1)
19 Illawong Revesby Wo	1:58.15 (2)	1:20.11	4:34.32 (2)	1:17.74	7:10.99 (2)	1:18.23	9:47.15 (2)	1:18.28	12:25.58 (2)	1:18.98	15:03.97 (1)	1:20.07	
Stewart, Kobe	38.32 (4)		3:16.93 (3)		5:53.07 (3)		8:29.16 (3)		11:06.90 (3)		13:52.78 (2)		16:37.88 (2)
0 Illawong Revesby Wo	1:58.49 (3)	1:20.17	4:34.64 (3)	1:17.71	7:11.30 (3)	1:18.23	9:47.42 (3)	1:18.26	12:27.68 (3)	1:20.78	15:17.66 (2)	1:24.88	
Peeters, Daniel	38.74 (5)		3:19.15 (4)		5:57.53 (4)		8:39.92 (4)		11:25.33 (4)		14:13.45 (3)		16:52.07 (3)
2121 Campbelltown Colleg	1:59.01 (4)	1:20.27	4:37.63 (4)	1:18.48	7:17.92 (4)	1:20.39	10:02.65 (4)	1:22.73	12:49.21 (4)	1:23.88	15:36.48 (3)	1:23.03	
Jenner, Sasha	39.93 (9)		3:22.98 (5)		6:14.95 (5)		9:12.86 (5)		12:08.12 (5)		15:02.13 (4)		17:47.00 (4)
3446 Sydney University	2:00.95 (6)	1:21.02	4:48.06 (5)	1:25.08	7:43.12 (5)	1:28.17	10:39.85 (5)	1:26.99	13:35.88 (5)	1:27.76	16:29.46 (4)	1:27.33	
Schiffmann, Sarah	39.66 (7)		3:27.15 (8)		6:19.74 (7)		9:18.60 (8)		12:17.57 (7)		15:17.20 (6)		18:11.70 (5)
671 Macquarie Hunter	2:02.49 (8)	1:22.83	4:52.39 (7)	1:25.24	7:49.51 (7)	1:29.77	10:47.52 (8)	1:28.92	13:47.06 (7)	1:29.49	16:46.36 (5)	1:29.16	
Gribble, Imogen	40.26 (10)		3:28.58 (9)		6:22.21 (8)		9:18.14 (7)		12:15.21 (6)		15:17.02 (5)		18:14.58 (6)
1954 St George District	2:03.59 (10)	1:23.33	4:55.42 (8)	1:26.84	7:50.89 (8)	1:28.68	10:45.69 (6)	1:27.55	13:46.31 (6)	1:31.10	16:47.95 (6)	1:30.93	
Hall, Audrey	39.38 (6)		3:26.16 (7)		6:18.72 (6)		9:17.05 (6)		12:20.80 (8)		15:28.36 (7)		18:22.30 (7)
3401 Sydney University	2:02.09 (7)	1:22.71	4:51.63 (6)	1:25.47	7:47.67 (6)	1:28.95	10:47.43 (7)	1:30.38	13:55.32 (8)	1:34.52	17:00.64 (7)	1:32.28	
Scholle, Lindsay	42.06 (13)		3:41.71 (12)		6:38.04 (11)		9:38.15 (9)		12:39.25 (9)		15:42.27 (8)		18:46.38 (8)
976 Asics Wests Track a	2:11.91 (13)	1:29.85	5:10.12 (12)	1:28.41	8:07.76 (10)	1:29.72	11:08.63 (9)	1:30.48	14:10.30 (9)	1:31.05	17:15.04 (8)	1:32.77	
Christian, Christina	42.74 (15)		3:42.01 (13)		6:38.41 (12)		9:38.51 (10)		12:39.75 (10)		15:43.91 (9)		18:46.80 (9)
2015 Illawong Revesby Wo	2:12.33 (14)	1:29.59	5:10.54 (13)	1:28.53	8:08.16 (11)	1:29.75	11:09.06 (10)	1:30.55	14:10.82 (10)	1:31.07	17:16.85 (9)	1:32.94	
Stump, Jean	40.37 (11)		3:35.57 (11)		6:38.99 (13)		9:47.41 (12)		12:55.91 (12)		16:05.79 (11)		19:03.27 (10)
2129 Sydney Athletics Aca	2:05.51 (11)	1:25.14	5:07.45 (11)	1:31.88	8:11.92 (13)	1:32.93	11:21.56 (12)	1:34.15	14:30.96 (12)	1:35.05	17:37.72 (10)	1:31.93	
Burton, Joshua	39.87 (8)		3:31.74 (10)		6:32.91 (10)		9:40.14 (11)		12:48.01 (11)		16:00.89 (10)		19:10.08 (11)
500 Nepean District	2:03.26 (9)	1:23.39	5:02.18 (10)	1:30.44	8:05.77 (9)	1:32.86	11:13.78 (11)	1:33.64	14:23.44 (11)	1:35.43	17:38.43 (11)	1:37.54	
Jakovljevic, Monique	40.94 (12)		3:42.82 (14)		6:46.04 (14)		9:55.70 (14)		13:09.31 (13)		16:24.32 (12)		19:28.66 (12)
42071 Campbelltown Colleg	2:10.59 (12)	1:29.65	5:15.11 (14)	1:32.29	8:19.46 (14)	1:33.42	11:32.61 (13)	1:36.91	14:47.05 (13)	1:37.74	17:59.46 (12)	1:35.14	
Simpson, John	47.06 (19)		3:59.50 (16)		7:13.66 (15)		10:25.27 (15)		13:39.91 (15)		16:52.49 (14)		19:57.81 (13)
1296 Illawong Revesby Wo	2:22.71 (18)	1:35.65	5:36.75 (16)	1:37.25	8:49.84 (15)	1:36.18	12:02.21 (15)	1:36.94	15:16.00 (15)	1:36.09	18:27.92 (13)	1:35.43	



Name	200m	600m	1000m	1400m	1800m	2200m	2600m	3000m	3400m	3800m	4200m	4600m	5000m
Schwebel, Ron	48.00 (21)		4:03.51 (19)		7:16.41 (16)		10:28.66 (16)		13:43.39 (16)		17:00.08 (15)		20:17.04 (14)
878 Sydney Striders Roa		2:26.67 (20)		5:40.81 (17)		8:52.48 (16)		12:05.91 (16)		15:21.65 (16)		18:39.41 (14)	
		1:38.67		1:37.30		1:36.07		1:37.25		1:38.26		1:39.33	
Byrne, Oliver	38.23 (3)		3:25.77 (6)		6:29.89 (9)		9:52.24 (13)		13:21.71 (14)		16:51.75 (13)		20:28.43 (15)
2091 Randwick Botany Ha		2:00.10 (5)		4:56.45 (9)		8:10.78 (12)		11:37.57 (14)		15:04.40 (14)		18:43.45 (15)	
		1:21.87		1:30.68		1:40.89		1:45.33		1:42.69		1:51.70	
Sharpe, Brad	45.36 (17)		4:02.71 (17)		7:21.81 (18)		10:47.76 (17)		14:23.18 (17)		17:59.70 (16)		21:10.61 (16)
1130 U.T.S Northern Subur		2:22.03 (16)		5:41.54 (18)		9:03.48 (17)		12:36.99 (17)		16:10.83 (17)		19:47.37 (16)	
		1:36.67		1:38.83		1:41.67		1:49.23		1:47.65		1:47.67	
Mathewson, Donald	45.42 (18)		4:03.12 (18)		7:22.48 (19)		10:50.09 (18)		14:24.41 (18)		18:00.55 (17)		21:33.65 (17)
584 Hills District Athletic		2:22.54 (17)		5:42.11 (19)		9:05.24 (18)		12:37.70 (18)		16:12.86 (18)		19:49.16 (17)	
		1:37.12		1:38.99		1:42.76		1:47.61		1:48.45		1:48.61	
Drennan, Deborah	47.18 (20)		4:15.15 (22)		7:55.58 (21)		11:32.28 (20)		15:08.59 (19)		18:52.13 (18)		22:33.24 (18)
1131 U.T.S Northern Subur		2:29.06 (22)		6:02.94 (21)		9:50.60 (20)		13:18.76 (19)		16:59.62 (19)		20:44.90 (18)	
		1:41.88		1:47.79		1:55.02		1:46.48		1:51.03		1:52.77	
Mackie, Brian	53.23 (23)		4:29.45 (23)		8:04.78 (23)		11:36.19 (21)		15:21.61 (20)		19:06.32 (19)		22:55.23 (19)
1056 Illawong Revesby Wo		2:42.67 (23)		6:17.15 (23)		9:50.94 (21)		13:27.25 (20)		17:14.08 (20)		20:58.33 (19)	
		1:49.44		1:47.70		1:46.16		1:51.06		1:52.47		1:52.01	
Davie, EJ	48.56 (22)		4:14.71 (21)		7:55.43 (20)		11:59.15 (23)		15:56.59 (21)		20:02.63 (20)		23:45.98 (20)
952 Sydney Striders Roa		2:28.41 (21)		6:02.73 (20)		9:57.67 (23)		13:56.86 (22)		18:00.33 (21)		22:03.12 (21)	
		1:39.85		1:48.02		2:02.24		1:57.71		2:03.74		2:00.49	
Dalrymple, Michaela	42.51 (14)		4:11.49 (20)		8:00.05 (22)		11:55.57 (22)		16:06.20 (23)		20:20.25 (22)		24:02.67 (21)
42088 Campbelltown Colleg		2:23.40 (19)		6:04.30 (22)		9:54.76 (22)		13:59.56 (23)		18:16.48 (23)		22:17.50 (22)	
		1:40.89		1:52.81		1:54.71		2:03.99		2:10.28		1:57.25	
Durston, Bev	57.72 (24)		5:31.13 (24)		10:02.79 (24)		14:30.88 (24)		18:58.49 (24)		23:26.04 (23)		27:39.36 (22)
1774 Mingara		3:15.33 (24)		7:46.77 (24)		12:17.81 (24)		16:44.51 (24)		21:12.69 (24)		25:38.09 (23)	
		2:17.61		2:15.64		2:15.02		2:13.63		2:14.20		2:12.05	
Vince-Moin, William	43.64 (16)		3:54.50 (15)		7:19.87 (17)		11:20.05 (19)		15:57.31 (22)		20:14.48 (21)		DNF
1351 Armidale		2:17.48 (15)		5:34.11 (15)		9:21.48 (19)		13:45.29 (21)		18:08.49 (22)		21:43.46 (20)	
		1:33.84		1:39.61		2:01.61		2:25.24		2:11.18		1:28.98	
Christian, Theo	37.76 (1)		3:16.33 (1)		5:52.49 (1)		8:28.62 (1)		11:06.36 (1)				DNF
37867 Trinity Athletics Club		1:57.87 (1)		4:34.07 (1)		7:10.73 (1)		9:46.90 (1)		12:25.37 (1)			
		1:20.11		1:17.74		1:18.24		1:18.28		1:19.01			