

Women 10000 Metre A Race

2020 ANSW 10,000m Championships

24/10/2020

Splits and lap times report



Name	400m	1200m	2000m	2800m	3600m	4400m	5200m	6000m	6800m	7600m	8400m	9200m	10000m
	800m	1600m	2400m	3200m	4000m	4800m	5600m	6400m	7200m	8000m	8800m	9600m	
Reid, Lauren	1:20.14 (1)	3:59.17 (1) 1:19.05	6:37.42 (1) 1:20.04	9:17.92 (1) 1:20.23	11:58.28 (1) 1:20.67	14:39.75 (1) 1:21.67	17:20.76 (1) 1:19.69	20:02.40 (1) 1:20.83	22:46.99 (1) 1:23.17	25:34.86 (1) 1:24.57	28:22.81 (1) 1:24.38	31:13.62 (1) 1:25.30	33:52.45 (1) 1:15.95
17 Delta Running Proje		2:40.12 (1) 1:19.98	5:17.38 (1) 1:18.21	7:57.69 (1) 1:20.27	10:37.61 (1) 1:19.69	13:18.08 (1) 1:19.80	16:01.07 (1) 1:21.32	18:41.57 (1) 1:20.81	21:23.82 (1) 1:21.42	24:10.29 (1) 1:23.30	26:58.43 (1) 1:23.57	29:48.32 (1) 1:25.51	32:36.50 (1) 1:22.88
Ponton, Marnie	1:20.16 (2)	3:59.38 (2) 1:18.96	6:39.53 (2) 1:21.27	9:24.02 (2) 1:22.77	12:11.27 (2) 1:24.50	15:00.02 (2) 1:24.35	17:49.26 (2) 1:24.50	20:39.62 (2) 1:25.35	23:31.44 (2) 1:26.14	26:20.31 (2) 1:24.06	29:09.25 (2) 1:24.23	31:56.16 (2) 1:23.21	34:40.16 (2) 1:23.86
1927 Bankstown Sports		2:40.42 (2) 1:20.26	5:18.26 (2) 1:18.88	8:01.25 (2) 1:21.72	10:46.77 (2) 1:22.75	13:35.67 (2) 1:24.40	16:24.76 (2) 1:24.74	19:14.27 (2) 1:25.01	22:05.30 (2) 1:25.68	24:56.25 (2) 1:24.81	27:45.02 (2) 1:24.71	30:32.95 (2) 1:23.70	33:16.30 (2) 1:20.14
Van Graan, Aynslee	1:26.83 (5)	4:18.25 (4) 1:25.44	7:11.15 (4) 1:27.12	10:05.48 (4) 1:27.22	12:59.68 (4) 1:26.71	15:53.49 (4) 1:27.49	18:44.44 (3) 1:26.16	21:36.71 (4) 1:26.64	24:30.24 (4) 1:27.03	27:22.58 (3) 1:26.39	30:17.31 (4) 1:27.69	33:05.46 (3) 1:21.91	35:41.28 (3) 1:15.20
732 RunCrew		2:52.81 (4) 1:25.98	5:44.03 (4) 1:25.78	8:38.26 (4) 1:27.11	11:32.97 (4) 1:27.49	14:26.00 (4) 1:26.32	17:18.28 (3) 1:24.79	20:10.07 (3) 1:25.63	23:03.21 (4) 1:26.50	25:56.19 (3) 1:25.95	28:49.62 (4) 1:27.04	31:43.55 (3) 1:26.24	34:26.08 (3) 1:20.62
Weber, Rosie	1:26.66 (4)	4:17.94 (3) 1:25.46	7:10.82 (3) 1:27.08	10:05.17 (3) 1:27.20	12:59.40 (3) 1:26.73	15:53.24 (3) 1:27.53	18:45.22 (4) 1:26.46	21:36.45 (3) 1:25.83	24:29.96 (3) 1:27.01	27:23.32 (4) 1:26.49	30:17.03 (3) 1:27.72	33:09.89 (4) 1:26.05	35:53.77 (4) 1:19.56
2195 RunCrew		2:52.48 (3) 1:25.82	5:43.74 (3) 1:25.80	8:37.97 (3) 1:27.15	11:32.67 (3) 1:27.50	14:25.71 (3) 1:26.31	17:18.76 (4) 1:25.52	20:10.62 (4) 1:25.40	23:02.95 (3) 1:26.50	25:56.83 (4) 1:26.87	28:49.31 (3) 1:25.99	31:43.84 (4) 1:26.81	34:34.21 (4) 1:24.32
Simon, Laura	1:27.16 (6)	4:20.71 (5) 1:26.61	7:18.15 (5) 1:29.31	10:19.29 (5) 1:30.79	13:19.21 (5) 1:30.04	16:21.25 (5) 1:31.75	19:24.08 (5) 1:31.38	22:27.56 (5) 1:31.51	25:28.44 (5) 1:31.23	28:30.72 (5) 1:31.58	31:31.29 (5) 1:29.89	34:29.45 (5) 1:28.53	37:18.93 (5) 1:21.39
2394 Newcastle Flyers		2:54.10 (6) 1:26.94	5:48.84 (5) 1:28.13	8:48.50 (5) 1:30.35	11:49.17 (5) 1:29.88	14:49.50 (5) 1:30.29	17:52.70 (5) 1:31.45	20:56.05 (5) 1:31.97	23:57.21 (5) 1:29.65	26:59.14 (5) 1:30.70	30:01.40 (5) 1:30.68	33:00.92 (5) 1:29.63	35:57.54 (5) 1:28.09
Hall, Audrey	1:26.59 (3)	4:22.78 (6) 1:28.76	7:29.76 (6) 1:34.06	10:41.23 (6) 1:36.43	13:54.92 (6) 1:36.93	17:11.52 (6) 1:38.88							DNF
1398 Sydney University		2:54.02 (5) 1:27.43	5:55.70 (6) 1:32.92	9:04.80 (6) 1:35.04	12:17.99 (6) 1:36.76	15:32.64 (6) 1:37.72	18:49.17 (6) 1:37.65						
Blay, Karen	1:37.97 (7)	4:55.88 (7) 1:38.41	8:12.97 (7) 1:38.76										DNF
1746 KEJ		3:17.47 (7) 1:39.50	6:34.21 (7) 1:38.33	9:54.01 (7) 1:41.04									