

Mixed 5000 Metres Mixed Race 1 H1-F

SOPAC

25/01/2020

Splits and lap times report



Name	200m	600m	1000m	1400m	1800m	2200m	2600m	3000m	3400m	3800m	4200m	4600m	5000m
Maher, Jed 2297 Sydney Striders Roa	S 37.99 (3)	2:01.06 (2)	3:24.39 (1)	4:46.32 (1)	6:10.16 (1)	7:34.04 (1)	8:59.83 (1)	10:28.48 (1)	11:55.92 (1)	13:24.31 (1)	14:52.73 (1)	16:23.48 (1)	17:47.61 (1)
	L	1:23.07	1:23.33	1:21.93	1:23.84	1:23.88	1:25.79	1:28.65	1:27.44	1:28.39	1:28.42	1:30.75	1:24.13
Schouten, Daniel 44088 Up Coaching	S 38.49 (4)	2:01.97 (4)	3:26.37 (3)	4:54.18 (2)	6:21.63 (2)	7:48.97 (2)	9:16.16 (2)	10:44.91 (2)	12:14.90 (2)	13:42.93 (2)	15:11.68 (2)	16:39.10 (2)	18:00.27 (2)
	L	1:23.48	1:24.40	1:27.81	1:27.45	1:27.34	1:27.19	1:28.75	1:29.99	1:28.03	1:28.75	1:27.42	1:21.17
Robinson, Chris 0 Unattached	S 39.64 (7)	2:02.34 (6)	3:28.01 (6)	4:54.76 (4)	6:22.02 (3)	7:50.36 (3)	9:19.38 (3)	10:50.75 (3)	12:22.81 (3)	13:55.52 (3)	15:25.75 (3)	16:55.14 (3)	18:16.47 (3)
	L	1:22.70	1:25.67	1:26.75	1:27.26	1:28.34	1:29.02	1:31.37	1:32.06	1:32.71	1:30.23	1:29.39	1:21.33
Nathanael, Mercy 39461 Sydney Striders Roa	S 40.05 (8)	2:09.51 (11)	3:37.91 (9)	5:05.59 (10)	6:35.42 (10)	8:05.57 (10)	9:35.70 (9)	11:05.85 (8)	12:37.23 (6)	14:09.28 (5)	15:35.04 (4)	16:58.94 (4)	18:18.63 (4)
	L	1:29.46	1:28.40	1:27.68	1:29.83	1:30.15	1:30.13	1:30.15	1:31.38	1:32.05	1:25.76	1:23.90	1:19.69
Trainor, Paul 752 U.T.S Northern Subur	S 40.39 (10)	2:09.48 (10)	3:38.45 (11)	5:06.04 (11)	6:35.89 (11)	8:05.86 (11)	9:36.19 (11)	11:06.47 (11)	12:37.63 (9)	14:09.60 (8)	15:37.30 (6)	17:05.41 (6)	18:23.34 (5)
	L	1:29.09	1:28.97	1:27.59	1:29.85	1:29.97	1:30.33	1:30.28	1:31.16	1:31.97	1:27.70	1:28.11	1:17.93
Stump, Jean 2129 Sydney Athletics Aca	S 41.50 (13)	2:09.31 (9)	3:37.68 (8)	5:05.40 (8)	6:35.13 (8)	8:05.40 (9)	9:35.78 (10)	11:06.11 (9)	12:37.13 (5)	14:09.29 (6)	15:37.24 (5)	17:05.03 (5)	18:26.41 (6)
	L	1:27.81	1:28.37	1:27.72	1:29.73	1:30.27	1:30.38	1:30.33	1:31.02	1:32.16	1:27.95	1:27.79	1:21.38
Newbery, Marjolaine 0 Sutherland District At	S 39.13 (6)	2:03.48 (7)	3:29.69 (7)	4:55.56 (6)	6:23.24 (4)	7:51.81 (4)	9:20.50 (4)	10:53.21 (4)	12:29.08 (4)	14:06.57 (4)	15:47.48 (8)	17:27.32 (10)	18:48.38 (7)
	L	1:24.35	1:26.21	1:25.87	1:27.68	1:28.57	1:28.69	1:32.71	1:35.87	1:37.49	1:40.91	1:39.84	1:21.06
Guo, Jessica 2610 University of Nsw	S 37.60 (2)	2:01.39 (3)	3:26.85 (4)	4:54.46 (3)	6:23.35 (5)	7:55.61 (5)	9:29.59 (6)	11:04.07 (5)	12:37.58 (8)	14:12.68 (9)	15:50.62 (10)	17:26.23 (9)	18:49.31 (8)
	L	1:23.79	1:25.46	1:27.61	1:28.89	1:32.26	1:33.98	1:34.48	1:33.51	1:35.10	1:37.94	1:35.61	1:23.08
Thompson, Lisa 322 Athletics East (Kensi	S 44.86 (22)	2:16.02 (22)	3:48.12 (21)	5:17.71 (20)	6:48.29 (18)	8:19.90 (18)	9:51.50 (17)	11:24.09 (16)	12:55.22 (16)	14:27.70 (15)	15:58.72 (14)	17:29.68 (13)	18:52.79 (9)
	L	1:31.16	1:32.10	1:29.59	1:30.58	1:31.61	1:31.60	1:32.59	1:31.13	1:32.48	1:31.02	1:30.96	1:23.11
Dawes, Jim 492 Randwick Botany Ha	S 42.43 (17)	2:09.05 (8)	3:37.98 (10)	5:05.42 (9)	6:35.18 (9)	8:05.18 (8)	9:35.59 (8)	11:06.20 (10)	12:39.85 (10)	14:15.30 (10)	15:50.15 (9)	17:25.71 (8)	18:54.37 (10)
	L	1:26.62	1:28.93	1:27.44	1:29.76	1:30.00	1:30.41	1:30.61	1:33.65	1:35.45	1:34.85	1:35.56	1:28.66
Blay, Karen 277 Kembla Joggers Inc.	S 41.73 (14)	2:10.80 (16)	3:39.10 (13)	5:06.57 (13)	6:36.11 (12)	8:05.12 (7)	9:35.39 (7)	11:05.64 (7)	12:37.33 (7)	14:09.37 (7)	15:40.74 (7)	17:16.98 (7)	18:54.67 (11)
	L	1:29.07	1:28.30	1:27.47	1:29.54	1:29.01	1:30.27	1:30.25	1:31.69	1:32.04	1:31.37	1:36.24	1:37.69
Wilson, Ken 0 Unattached	S 43.36 (21)	2:15.79 (21)	3:47.91 (20)	5:17.41 (19)	6:48.02 (17)	8:19.65 (17)	9:51.17 (16)	11:23.77 (15)	12:54.91 (15)	14:27.41 (14)	15:58.16 (13)	17:29.20 (12)	18:54.89 (12)
	L	1:32.43	1:32.12	1:29.50	1:30.61	1:31.63	1:31.52	1:32.60	1:31.14	1:32.50	1:30.75	1:31.04	1:25.69
Dominish, Gregory 829 Sydney Striders Roa	S 42.92 (19)	2:10.53 (15)	3:38.73 (12)	5:06.33 (12)	6:36.44 (13)	8:07.20 (12)	9:39.19 (12)	11:12.26 (12)	12:46.14 (11)	14:20.67 (11)	15:53.95 (11)	17:28.30 (11)	18:56.08 (13)
	L	1:27.61	1:28.20	1:27.60	1:30.11	1:30.76	1:31.99	1:33.07	1:33.88	1:34.53	1:33.28	1:34.35	1:27.78

Name	200m	600m	1000m	1400m	1800m	2200m	2600m	3000m	3400m	3800m	4200m	4600m	5000m
Hutton, Peter 1023 Sutherland District At	S 43.00 (20)	2:13.00 (18)	3:42.71 (18)	5:12.15 (17)	6:41.58 (16)	8:12.82 (15)	9:44.97 (14)	11:17.68 (14)	12:50.74 (14)	14:25.06 (13)	15:59.77 (15)	17:35.66 (15)	19:03.75 (14)
	L	1:30.00	1:29.71	1:29.44	1:29.43	1:31.24	1:32.15	1:32.71	1:33.06	1:34.32	1:34.71	1:35.89	1:28.09
Burton, Joshua 500 Nepean District	S 42.30 (16)	2:10.36 (14)	3:39.82 (16)	5:07.52 (15)	6:38.22 (15)	8:08.40 (14)	9:39.75 (13)	11:12.85 (13)	12:46.53 (12)	14:21.92 (12)	15:57.85 (12)	17:34.22 (14)	19:05.34 (15)
	L	1:28.06	1:29.46	1:27.70	1:30.70	1:30.18	1:31.35	1:33.10	1:33.68	1:35.39	1:35.93	1:36.37	1:31.12
O'Connell, Louie 0 Unattached	S 38.81 (5)	2:02.20 (5)	3:27.55 (5)	4:55.87 (7)	6:25.59 (6)	7:56.29 (6)	9:27.54 (5)	11:05.54 (6)	12:50.22 (13)	14:38.12 (16)	16:22.41 (16)	17:59.78 (16)	19:30.73 (16)
	L	1:23.39	1:25.35	1:28.32	1:29.72	1:30.70	1:31.25	1:38.00	1:44.68	1:47.90	1:44.29	1:37.37	1:30.95
Pateman, Chloe 2539 Kembla Joggers Inc.	S 40.96 (12)	2:09.96 (13)	3:39.42 (14)	5:07.10 (14)	6:37.92 (14)	8:14.66 (16)	9:52.74 (18)	11:31.77 (17)	13:11.78 (17)	14:52.16 (17)	16:33.82 (17)	18:13.30 (17)	19:47.28 (17)
	L	1:29.00	1:29.46	1:27.68	1:30.82	1:36.74	1:38.08	1:39.03	1:40.01	1:40.38	1:41.66	1:39.48	1:33.98
Doak, Jenny 18328 Unattached	S 41.95 (15)	2:13.41 (19)	3:45.74 (19)	5:17.73 (21)	6:50.65 (21)	8:26.65 (19)	10:03.82 (19)	11:42.61 (19)	13:21.97 (18)	15:00.78 (18)	16:41.25 (18)	18:19.90 (18)	19:52.32 (18)
	L	1:31.46	1:32.33	1:31.99	1:32.92	1:36.00	1:37.17	1:38.79	1:39.36	1:38.81	1:40.47	1:38.65	1:32.42
Sands, Brendan 0 Unattached	S 45.36 (23)	2:19.80 (23)	3:55.86 (23)	5:32.06 (23)	7:07.26 (23)	8:43.72 (22)	10:20.87 (22)	11:58.81 (21)	13:38.18 (20)	15:18.66 (19)	16:57.85 (19)	18:35.72 (19)	20:13.37 (19)
	L	1:34.44	1:36.06	1:36.20	1:35.20	1:36.46	1:37.15	1:37.94	1:39.37	1:40.48	1:39.19	1:37.87	1:37.65
Christou, Nicola 43001 Asics Wests Track a	S 40.65 (11)	2:14.20 (20)	3:49.43 (22)	5:24.62 (22)	7:00.87 (22)	8:38.81 (21)	10:19.02 (21)	11:58.92 (22)	13:41.79 (21)	15:24.58 (21)	17:06.53 (20)	18:50.62 (20)	20:30.87 (20)
	L	1:33.55	1:35.23	1:35.19	1:36.25	1:37.94	1:40.21	1:39.90	1:42.87	1:42.79	1:41.95	1:44.09	1:40.25
Jakovljevic, Monique 42071 Campbelltown Colleg	S 42.64 (18)	2:11.80 (17)	3:41.28 (17)	5:14.24 (18)	6:49.55 (19)	8:28.38 (20)	10:11.73 (20)	11:56.97 (20)	13:42.37 (22)	15:28.64 (22)	17:16.66 (21)	19:03.38 (21)	20:40.08 (21)
	L	1:29.16	1:29.48	1:32.96	1:35.31	1:38.83	1:43.35	1:45.24	1:45.40	1:46.27	1:48.02	1:46.72	1:36.70
Byrne, Oliver 2091 Randwick Botany Ha	S 37.42 (1)	2:00.60 (1)	3:24.78 (2)	4:55.42 (5)	6:30.22 (7)	8:08.06 (13)	9:48.74 (15)	11:39.32 (18)	13:30.81 (19)	15:20.05 (20)	17:19.94 (22)	19:27.72 (22)	21:20.25 (22)
	L	1:23.18	1:24.18	1:30.64	1:34.80	1:37.84	1:40.68	1:50.58	1:51.49	1:49.24	1:59.89	2:07.78	1:52.53
Lander, Abby 1002 U.T.S Northern Subur	S 40.33 (9)	2:09.60 (12)	3:39.68 (15)	5:11.50 (16)	6:50.26 (20)	9:05.17 (23)	11:18.65 (23)	13:21.31 (23)	15:16.76 (23)	17:13.46 (23)	19:22.33 (23)	21:54.47 (23)	23:45.45 (23)
	L	1:29.27	1:30.08	1:31.82	1:38.76	2:14.91	2:13.48	2:02.66	1:55.45	1:56.70	2:08.87	2:32.14	1:50.98