

# Men 5000 Metres Mens C Race

SOPAC

Saturday, 25 January 2020

## Splits and lap times report



Name		200m	600m	1000m	1400m	1800m	2200m	2600m	3000m	3400m	3800m	4200m	4600m	5000m
Cox, Matthew 0 Unattached	S	34.18 (2)	1:48.93 (1)	3:01.96 (1)	4:14.73 (1)	5:27.39 (1)	6:41.43 (1)	7:58.75 (1)	9:12.33 (1)	10:26.56 (1)	11:41.32 (1)	12:56.60 (1)	14:10.77 (1)	15:18.03 (1)
	L		1:14.75	1:13.03	1:12.77	1:12.66	1:14.04	1:17.32	1:13.58	1:14.23	1:14.76	1:15.28	1:14.17	1:07.26
Berrington, Matthew 0 Act Athletics	S	35.79 (13)	1:50.92 (13)	3:03.31 (7)	4:15.74 (5)	5:28.62 (5)	6:42.91 (5)	7:59.21 (2)	9:12.55 (2)	10:26.83 (2)	11:41.59 (2)	12:56.90 (2)	14:11.34 (2)	15:24.71 (2)
	L		1:15.13	1:12.39	1:12.43	1:12.88	1:14.29	1:16.30	1:13.34	1:14.28	1:14.76	1:15.31	1:14.44	1:13.37
Bullock, Dominic 815 Rejoov Runners	S	36.20 (16)	1:50.84 (12)	3:04.10 (13)	4:17.57 (9)	5:30.58 (6)	6:43.15 (6)	7:59.66 (4)	9:12.84 (3)	10:27.13 (3)	11:41.88 (3)	12:57.56 (3)	14:17.33 (3)	15:31.84 (3)
	L		1:14.64	1:13.26	1:13.47	1:13.01	1:12.57	1:16.51	1:13.18	1:14.29	1:14.75	1:15.68	1:19.77	1:14.51
thompson, angus 0 Act Athletics	S	34.99 (7)	1:50.35 (8)	3:03.49 (9)	4:16.99 (7)	5:31.78 (8)	6:48.70 (9)	8:04.19 (7)	9:20.58 (7)	10:37.91 (7)	11:54.03 (6)	13:10.53 (4)	14:26.56 (4)	15:37.25 (4)
	L		1:15.36	1:13.14	1:13.50	1:14.79	1:16.92	1:15.49	1:16.39	1:17.33	1:16.12	1:16.50	1:16.03	1:10.69
Cantlon, Patrick 1455 Trinity Athletics Club	S	34.39 (3)	1:49.40 (3)	3:02.44 (3)	4:15.15 (3)	5:27.98 (3)	6:42.30 (3)	7:59.49 (3)	9:14.10 (4)	10:32.16 (4)	11:53.02 (5)	13:11.17 (6)	14:28.16 (5)	15:38.05 (5)
	L		1:15.01	1:13.04	1:12.71	1:12.83	1:14.32	1:17.19	1:14.61	1:18.06	1:20.86	1:18.15	1:16.99	1:09.89
Longworth, Hamish 1397 Bankstown Sports S	S	35.07 (8)	1:50.11 (7)	3:02.78 (4)	4:15.45 (4)	5:28.33 (4)	6:42.64 (4)	7:59.95 (6)	9:14.88 (5)	10:33.67 (5)	11:52.75 (4)	13:10.95 (5)	14:28.76 (6)	15:40.97 (6)
	L		1:15.04	1:12.67	1:12.67	1:12.88	1:14.31	1:17.31	1:14.93	1:18.79	1:19.08	1:18.20	1:17.81	1:12.21
Williamson, Mitchell 2462 Orange Senior Athlet	S	36.22 (17)	1:51.85 (17)	3:06.35 (17)	4:21.78 (16)	5:37.24 (15)	6:50.45 (14)	8:05.34 (9)	9:21.34 (9)	10:38.18 (8)	11:55.19 (7)	13:14.48 (7)	14:33.40 (7)	15:44.34 (7)
	L		1:15.63	1:14.50	1:15.43	1:15.46	1:13.21	1:14.89	1:16.00	1:16.84	1:17.01	1:19.29	1:18.92	1:10.94
Hopkins, Flynn 0 Act Athletics	S	34.83 (6)	1:49.99 (5)	3:03.04 (6)	4:16.52 (6)	5:31.24 (7)	6:47.92 (7)	8:04.48 (8)	9:21.10 (8)	10:39.07 (9)	11:56.89 (8)	13:16.82 (8)	14:35.36 (9)	15:45.49 (8)
	L		1:15.16	1:13.05	1:13.48	1:14.72	1:16.68	1:16.56	1:16.62	1:17.97	1:17.82	1:19.93	1:18.54	1:10.13
Land, Andrew 18330 Mingara	S	35.87 (14)	1:51.20 (14)	3:04.18 (14)	4:18.71 (14)	5:33.12 (13)	6:49.93 (12)	8:06.13 (11)	9:23.14 (10)	10:42.00 (10)	12:01.92 (10)	13:19.92 (11)	14:37.45 (10)	15:47.51 (9)
	L		1:15.33	1:12.98	1:14.53	1:14.41	1:16.81	1:16.20	1:17.01	1:18.86	1:19.92	1:18.00	1:17.53	1:10.06
MacMillan, Finn 1549 St George District	S	35.44 (10)	1:51.26 (15)	3:05.85 (15)	4:21.94 (17)	5:37.90 (17)	6:52.74 (16)	8:09.06 (16)	9:26.79 (15)	10:44.66 (14)	12:02.29 (13)	13:19.19 (9)	14:35.24 (8)	15:51.19 (10)
	L		1:15.82	1:14.59	1:16.09	1:15.96	1:14.84	1:16.32	1:17.73	1:17.87	1:17.63	1:16.90	1:16.05	1:15.95
Dixon, Liam 2031 Newcastle Runners	S	34.50 (4)	1:49.66 (4)	3:02.98 (5)	4:17.30 (8)	5:32.64 (11)	6:49.10 (11)	8:06.60 (13)	9:24.63 (13)	10:43.34 (12)	12:02.02 (11)	13:20.87 (13)	14:38.49 (11)	15:52.53 (11)
	L		1:15.16	1:13.32	1:14.32	1:15.34	1:16.46	1:17.50	1:18.03	1:18.71	1:18.68	1:18.85	1:17.62	1:14.04
Jones, Samuel 0 Unattached	S	35.68 (11)	1:51.60 (16)	3:06.08 (16)	4:21.66 (15)	5:37.67 (16)	6:53.17 (17)	8:09.51 (17)	9:26.89 (16)	10:44.38 (13)	12:02.11 (12)	13:20.46 (12)	14:40.61 (13)	15:53.33 (12)
	L		1:15.92	1:14.48	1:15.58	1:16.01	1:15.50	1:16.34	1:17.38	1:17.49	1:17.73	1:18.35	1:20.15	1:12.72
Rockliff, Samuel 2368 Knox Grammar Scho	S	34.16 (1)	1:49.14 (2)	3:02.22 (2)	4:14.93 (2)	5:27.71 (2)	6:42.04 (2)	7:59.84 (5)	9:17.56 (6)	10:37.64 (6)	11:58.12 (9)	13:19.58 (10)	14:40.10 (12)	15:57.98 (13)
	L		1:14.98	1:13.08	1:12.71	1:12.78	1:14.33	1:17.80	1:17.72	1:20.08	1:20.48	1:21.46	1:20.52	1:17.88

Name		200m	600m	1000m	1400m	1800m	2200m	2600m	3000m	3400m	3800m	4200m	4600m	5000m
<b>Khoo, Otto</b> 1675 RunCrew	<b>S</b>	<b>35.71</b> (12)	<b>1:50.56</b> (10)	<b>3:03.60</b> (10)	<b>4:18.22</b> (13)	<b>5:32.31</b> (10)	<b>6:48.81</b> (10)	<b>8:05.40</b> (10)	<b>9:23.52</b> (11)	<b>10:43.15</b> (11)	<b>12:02.82</b> (14)	<b>13:25.08</b> (14)	<b>14:47.10</b> (14)	<b>15:59.35</b> (14)
	<b>L</b>		1:14.85	1:13.04	1:14.62	1:14.09	1:16.50	1:16.59	1:18.12	1:19.63	1:19.67	1:22.26	1:22.02	1:12.25
<b>Morgan, Anthony</b> 1965 Westlakes	<b>S</b>	<b>35.19</b> (9)	<b>1:50.36</b> (9)	<b>3:03.75</b> (11)	<b>4:18.10</b> (11)	<b>5:33.36</b> (14)	<b>6:50.16</b> (13)	<b>8:06.82</b> (14)	<b>9:24.88</b> (14)	<b>10:44.85</b> (15)	<b>12:04.97</b> (15)	<b>13:27.24</b> (15)	<b>14:47.58</b> (15)	<b>15:59.81</b> (15)
	<b>L</b>		1:15.17	1:13.39	1:14.35	1:15.26	1:16.80	1:16.66	1:18.06	1:19.97	1:20.12	1:22.27	1:20.34	1:12.23
<b>Oakes, Lachlan</b> 1772 Delta Running Projec	<b>S</b>	<b>36.47</b> (18)	<b>1:52.21</b> (18)	<b>3:06.90</b> (18)	<b>4:22.18</b> (18)	<b>5:38.70</b> (18)	<b>6:56.05</b> (18)	<b>8:14.17</b> (18)	<b>9:33.25</b> (18)	<b>10:52.78</b> (18)	<b>12:11.39</b> (18)	<b>13:29.71</b> (16)	<b>14:47.90</b> (16)	<b>16:03.55</b> (16)
	<b>L</b>		1:15.74	1:14.69	1:15.28	1:16.52	1:17.35	1:18.12	1:19.08	1:19.53	1:18.61	1:18.32	1:18.19	1:15.65
<b>Johnson, Zachary</b> 1567 RunCrew	<b>S</b>	<b>34.66</b> (5)	<b>1:50.04</b> (6)	<b>3:03.32</b> (8)	<b>4:17.91</b> (10)	<b>5:33.08</b> (12)	<b>6:50.52</b> (15)	<b>8:09.01</b> (15)	<b>9:27.47</b> (17)	<b>10:47.50</b> (17)	<b>12:10.62</b> (17)	<b>13:33.09</b> (18)	<b>14:55.62</b> (18)	<b>16:08.55</b> (17)
	<b>L</b>		1:15.38	1:13.28	1:14.59	1:15.17	1:17.44	1:18.49	1:18.46	1:20.03	1:23.12	1:22.47	1:22.53	1:12.93
<b>Lichtwark, Mike</b> 1970 Delta Running Projec	<b>S</b>	<b>35.97</b> (15)	<b>1:50.65</b> (11)	<b>3:03.84</b> (12)	<b>4:18.18</b> (12)	<b>5:31.98</b> (9)	<b>6:48.44</b> (8)	<b>8:06.37</b> (12)	<b>9:24.39</b> (12)	<b>10:44.95</b> (16)	<b>12:07.87</b> (16)	<b>13:30.60</b> (17)	<b>14:53.58</b> (17)	<b>16:13.88</b> (18)
	<b>L</b>		1:14.68	1:13.19	1:14.34	1:13.80	1:16.46	1:17.93	1:18.02	1:20.56	1:22.92	1:22.73	1:22.98	1:20.30
<b>Fink, Brendan</b> 2358 Delta Running Projec	<b>S</b>	<b>36.72</b> (19)	<b>1:52.72</b> (19)	<b>3:07.11</b> (19)	<b>4:22.64</b> (19)	<b>5:39.03</b> (19)	<b>6:57.83</b> (19)	<b>8:18.22</b> (19)	<b>9:39.47</b> (19)	<b>11:02.71</b> (19)	<b>12:26.65</b> (19)	<b>13:50.28</b> (19)	<b>15:12.37</b> (19)	<b>16:29.63</b> (19)
	<b>L</b>		1:16.00	1:14.39	1:15.53	1:16.39	1:18.80	1:20.39	1:21.25	1:23.24	1:23.94	1:23.63	1:22.09	1:17.26