

Men 5000 Metres Mens D Race

SOPAC

25/01/2020

Splits and lap times report



Name		200m	600m	1000m	1400m	1800m	2200m	2600m	3000m	3400m	3800m	4200m	4600m	5000m
Dixon, Monty 2030 Newcastle Runners	S	35.34 (2)	1:53.31 (2)	3:11.40 (2)	4:27.77 (2)	5:46.51 (2)	7:01.64 (1)	8:17.82 (1)	9:34.02 (1)	10:50.75 (1)	12:07.85 (1)	13:24.18 (1)	14:40.09 (1)	15:53.56 (1)
	L		1:17.97	1:18.09	1:16.37	1:18.74	1:15.13	1:16.18	1:16.20	1:16.73	1:17.10	1:16.33	1:15.91	1:13.47
Redipali, Nikil 18335 Unattached	S	34.58 (1)	1:49.02 (1)	3:07.90 (1)	4:27.39 (1)	5:46.28 (1)	7:02.48 (2)	8:20.80 (2)	9:40.88 (2)	11:03.16 (2)	12:25.67 (2)	13:48.08 (2)	15:09.00 (2)	16:18.04 (2)
	L		1:14.44	1:18.88	1:19.49	1:18.89	1:16.20	1:18.32	1:20.08	1:22.28	1:22.51	1:22.41	1:20.92	1:09.04
Mangili-Vincent, Mich 2147 Athletics East (Kensi	S	39.33 (15)	1:58.02 (8)	3:16.57 (8)	4:34.80 (8)	5:53.72 (8)	7:14.41 (7)	8:35.27 (4)	9:58.51 (4)	11:19.76 (5)	12:41.67 (4)	14:04.60 (3)	15:27.17 (3)	16:41.59 (3)
	L		1:18.69	1:18.55	1:18.23	1:18.92	1:20.69	1:20.86	1:23.24	1:21.25	1:21.91	1:22.93	1:22.57	1:14.42
Liddell, Sam 41690 Mingara	S	38.87 (11)	1:58.99 (12)	3:20.03 (14)	4:41.06 (14)	6:01.93 (14)	7:24.79 (14)	8:48.11 (14)	10:10.69 (14)	11:33.95 (11)	12:55.45 (10)	14:14.94 (8)	15:35.53 (8)	16:45.33 (4)
	L		1:20.12	1:21.04	1:21.03	1:20.87	1:22.86	1:23.32	1:22.58	1:23.26	1:21.50	1:19.49	1:20.59	1:09.80
Brown, Hayden 1421 Bankstown Sports S	S	39.41 (16)	1:59.11 (14)	3:18.54 (9)	4:37.54 (9)	5:57.86 (10)	7:18.62 (10)	8:39.57 (9)	10:00.35 (8)	11:22.18 (8)	12:44.83 (7)	14:07.94 (5)	15:30.65 (5)	16:45.90 (5)
	L		1:19.70	1:19.43	1:19.00	1:20.32	1:20.76	1:20.95	1:20.78	1:21.83	1:22.65	1:23.11	1:22.71	1:15.25
Baddeley, Karl 328 Athletics East (Kensi	S	39.11 (12)	1:59.09 (13)	3:19.94 (13)	4:38.79 (10)	5:57.54 (9)	7:18.11 (9)	8:39.08 (8)	9:58.77 (5)	11:19.48 (4)	12:41.37 (3)	14:04.86 (4)	15:27.87 (4)	16:46.87 (6)
	L		1:19.98	1:20.85	1:18.85	1:18.75	1:20.57	1:20.97	1:19.69	1:20.71	1:21.89	1:23.49	1:23.01	1:19.00
Thompson, Joshua 323 Athletics East (Kensi	S	40.31 (20)	2:00.82 (20)	3:21.31 (20)	4:42.06 (16)	6:02.45 (16)	7:25.55 (16)	8:48.36 (15)	10:10.95 (15)	11:34.23 (12)	12:56.22 (11)	14:17.35 (10)	15:34.94 (7)	16:47.75 (7)
	L		1:20.51	1:20.49	1:20.75	1:20.39	1:23.10	1:22.81	1:22.59	1:23.28	1:21.99	1:21.13	1:17.59	1:12.81
Awad, Jordan 2670 St George District	S	37.37 (4)	1:55.85 (5)	3:14.38 (5)	4:32.56 (5)	5:52.74 (7)	7:14.30 (6)	8:35.54 (5)	9:58.92 (6)	11:20.49 (6)	12:44.63 (6)	14:11.92 (7)	15:36.63 (9)	16:50.85 (8)
	L		1:18.48	1:18.53	1:18.18	1:20.18	1:21.56	1:21.24	1:23.38	1:21.57	1:24.14	1:27.29	1:24.71	1:14.22
Strom, Christopher 18340 Rejoov Runners	S	40.06 (19)	2:00.25 (18)	3:21.01 (19)	4:42.98 (19)	6:06.11 (20)	7:28.99 (20)	8:51.66 (20)	10:14.50 (19)	11:36.59 (16)	12:59.33 (13)	14:21.58 (13)	15:41.76 (12)	16:51.57 (9)
	L		1:20.19	1:20.76	1:21.97	1:23.13	1:22.88	1:22.67	1:22.84	1:22.09	1:22.74	1:22.25	1:20.18	1:09.81
White, Oliver 39288 Sydney Athletics Aca	S	38.84 (10)	1:58.82 (11)	3:19.74 (12)	4:40.80 (13)	6:01.66 (13)	7:24.55 (13)	8:47.83 (13)	10:10.42 (13)	11:33.73 (10)	12:57.01 (12)	14:18.64 (11)	15:37.77 (10)	16:52.06 (10)
	L		1:19.98	1:20.92	1:21.06	1:20.86	1:22.89	1:23.28	1:22.59	1:23.31	1:23.28	1:21.63	1:19.13	1:14.29
Chand, Praneesh 1589 Westfields	S	37.39 (5)	1:55.70 (4)	3:14.17 (3)	4:31.83 (3)	5:50.61 (3)	7:10.36 (3)	8:31.29 (3)	9:52.21 (3)	11:16.31 (3)	12:42.43 (5)	14:09.02 (6)	15:34.20 (6)	16:55.04 (11)
	L		1:18.31	1:18.47	1:17.66	1:18.78	1:19.75	1:20.93	1:20.92	1:24.10	1:26.12	1:26.59	1:25.18	1:20.84
Liaropoulos, Jake 2532 Hills District Athletic	S	38.81 (9)	1:56.49 (7)	3:14.83 (7)	4:33.29 (7)	5:52.45 (5)	7:13.76 (4)	8:36.01 (6)	9:59.27 (7)	11:21.81 (7)	12:47.32 (8)	14:15.44 (9)	15:41.11 (11)	17:04.18 (12)
	L		1:17.68	1:18.34	1:18.46	1:19.16	1:21.31	1:22.25	1:23.26	1:22.54	1:25.51	1:28.12	1:25.67	1:23.07
Johnson, Steve 2594 Randwick Botany Ha	S	40.01 (18)	1:59.92 (17)	3:20.71 (18)	4:42.39 (17)	6:03.46 (17)	7:27.29 (19)	8:50.80 (19)	10:14.05 (17)	11:36.89 (17)	12:59.60 (14)	14:21.93 (14)	15:45.86 (13)	17:07.72 (13)
	L		1:19.91	1:20.79	1:21.68	1:21.07	1:23.83	1:23.51	1:23.25	1:22.84	1:22.71	1:22.33	1:23.93	1:21.86

Name		200m	600m	1000m	1400m	1800m	2200m	2600m	3000m	3400m	3800m	4200m	4600m	5000m
Ribeiro, Tiago 0 RunCrew	S	36.88 (3)	1:55.55 (3)	3:14.19 (4)	4:33.07 (6)	5:52.32 (4)	7:14.06 (5)	8:37.66 (7)	10:02.00 (9)	11:27.95 (9)	12:54.41 (9)	14:20.94 (12)	15:48.13 (14)	17:09.47 (14)
	L		1:18.67	1:18.64	1:18.88	1:19.25	1:21.74	1:23.60	1:24.34	1:25.95	1:26.46	1:26.53	1:27.19	1:21.34
Peeters, Daniel 2121 Campbelltown Colleg	S	38.30 (7)	1:56.11 (6)	3:14.48 (6)	4:32.16 (4)	5:52.61 (6)	7:15.76 (8)	8:41.30 (10)	10:06.86 (11)	11:34.62 (13)	13:00.39 (15)	14:28.00 (15)	15:55.87 (15)	17:13.71 (15)
	L		1:17.81	1:18.37	1:17.68	1:20.45	1:23.15	1:25.54	1:25.56	1:27.76	1:25.77	1:27.61	1:27.87	1:17.84
Fukushima, Hiroshi 0 Unattached	S	40.65 (22)	2:01.41 (22)	3:21.64 (21)	4:43.35 (21)	6:04.26 (18)	7:26.61 (17)	8:50.23 (17)	10:14.16 (18)	11:40.60 (19)	13:07.40 (19)	14:33.19 (18)	15:55.91 (16)	17:14.05 (16)
	L		1:20.76	1:20.23	1:21.71	1:20.91	1:22.35	1:23.62	1:23.93	1:26.44	1:26.80	1:25.79	1:22.72	1:18.14
Owens, Chris 0 Unattached	S	39.72 (17)	1:59.59 (16)	3:20.42 (17)	4:43.13 (20)	6:04.60 (19)	7:26.97 (18)	8:50.51 (18)	10:13.74 (16)	11:38.58 (18)	13:05.45 (18)	14:32.22 (17)	15:58.55 (18)	17:20.49 (17)
	L		1:19.87	1:20.83	1:22.71	1:21.47	1:22.37	1:23.54	1:23.23	1:24.84	1:26.87	1:26.77	1:26.33	1:21.94
Constantine, James 284 Delta Running Projec	S	38.63 (8)	1:58.63 (10)	3:19.66 (11)	4:40.54 (12)	6:01.30 (12)	7:24.35 (12)	8:47.44 (12)	10:10.34 (12)	11:35.13 (14)	13:01.38 (16)	14:28.19 (16)	15:56.24 (17)	17:22.71 (18)
	L		1:20.00	1:21.03	1:20.88	1:20.76	1:23.05	1:23.09	1:22.90	1:24.79	1:26.25	1:26.81	1:28.05	1:26.47
Watchorn, Daniel 209 Sutherland District At	S	39.14 (13)	1:59.35 (15)	3:20.21 (16)	4:41.32 (15)	6:02.09 (15)	7:21.81 (11)	8:42.27 (11)	10:06.12 (10)	11:35.43 (15)	13:04.42 (17)	14:35.94 (19)	16:08.79 (19)	17:27.15 (19)
	L		1:20.21	1:20.86	1:21.11	1:20.77	1:19.72	1:20.46	1:23.85	1:29.31	1:28.99	1:31.52	1:32.85	1:18.36
Kelly, Mitchell 44981 RunCrew	S	40.71 (23)	2:00.87 (21)	3:20.18 (15)	4:39.24 (11)	6:01.07 (11)	7:25.31 (15)	8:48.95 (16)	10:14.68 (20)	11:42.17 (20)	13:12.04 (20)	14:43.64 (20)	16:11.32 (20)	17:32.32 (20)
	L		1:20.16	1:19.31	1:19.06	1:21.83	1:24.24	1:23.64	1:25.73	1:27.49	1:29.87	1:31.60	1:27.68	1:21.00
Wasytkowski, Adam 0 Unattached	S	40.46 (21)	2:02.36 (23)	3:24.48 (24)	4:46.09 (24)	6:09.33 (23)	7:33.23 (23)	8:57.61 (21)	10:23.46 (21)	11:50.08 (21)	13:17.99 (21)	14:48.62 (21)	16:18.31 (21)	17:35.97 (21)
	L		1:21.90	1:22.12	1:21.61	1:23.24	1:23.90	1:24.38	1:25.85	1:26.62	1:27.91	1:30.63	1:29.69	1:17.66
Gregory, Mark 1003 Athletics East (Kensi	S	41.03 (25)	2:03.11 (25)	3:26.94 (25)	4:51.05 (25)	6:16.22 (25)	7:41.60 (25)	9:06.96 (25)	10:32.36 (25)	11:59.48 (24)	13:26.43 (23)	14:52.99 (22)	16:19.12 (22)	17:36.89 (22)
	L		1:22.08	1:23.83	1:24.11	1:25.17	1:25.38	1:25.36	1:25.40	1:27.12	1:26.95	1:26.56	1:26.13	1:17.77
Gatt, Chris 0 Unattached	S	39.23 (14)	2:00.55 (19)	3:22.07 (22)	4:43.74 (22)	6:06.39 (21)	7:31.95 (22)	8:58.55 (22)	10:26.13 (22)	11:54.98 (22)	13:23.74 (22)	14:53.38 (23)	16:21.94 (23)	17:37.32 (23)
	L		1:21.32	1:21.52	1:21.67	1:22.65	1:25.56	1:26.60	1:27.58	1:28.85	1:28.76	1:29.64	1:28.56	1:15.38
Rowe, Joshua 0 Act Athletics	S	40.79 (24)	2:02.56 (24)	3:22.82 (23)	4:45.37 (23)	6:10.20 (24)	7:35.94 (24)	9:03.04 (24)	10:32.09 (24)	11:59.97 (25)	13:29.99 (24)	15:00.73 (24)	16:31.19 (24)	17:56.55 (24)
	L		1:21.77	1:20.26	1:22.55	1:24.83	1:25.74	1:27.10	1:29.05	1:27.88	1:30.02	1:30.74	1:30.46	1:25.36
O'Brien, Earl 937 Blue Mountains	S	38.04 (6)	1:58.36 (9)	3:19.38 (10)	4:42.81 (18)	6:06.75 (22)	7:31.65 (21)	8:59.00 (23)	10:26.62 (23)	11:58.53 (23)	13:31.16 (25)	15:04.94 (25)	16:38.45 (25)	18:01.33 (25)
	L		1:20.32	1:21.02	1:23.43	1:23.94	1:24.90	1:27.35	1:27.62	1:31.91	1:32.63	1:33.78	1:33.51	1:22.88