

Women 5000 Metre 30-39

2020 Illawarra Track Classic

18/01/2020



Splits and lap times report

Name	200m	600m	1000m	1400m	1800m	2200m	2600m	3000m	3400m	3800m	4200m	4600m	5000m
	Williamson, Nicole	48.14 (1)		4:11.03 (1)		7:36.31 (1)		11:10.32 (1)		14:46.73 (1)		18:23.32 (1)	
			1:41.33		1:43.59		1:47.28		1:48.39		1:48.57		1:43.06
2564 Orange Little Athletic		2:29.70 (1)		5:52.72 (1)		9:23.04 (1)		12:58.34 (1)		16:34.75 (1)		20:10.44 (1)	
		1:41.56		1:41.69		1:46.73		1:48.02		1:48.02		1:47.12	