

# Women 3000 Metre U16

2020 Country Championships, Dubbo

Saturday, 18 January 2020



## Splits and lap times report

Name		200m	600m	1000m	1400m	1800m	2200m	2600m	3000m
Penman, Ella 0 Dubbo	S	36.60 (1)	1:56.17 (1)	3:18.56 (1)	4:44.21 (1)	6:13.23 (1)	7:42.44 (1)	9:10.86 (1)	10:27.88 (1)
	L		1:19.57	1:22.39	1:25.65	1:29.02	1:29.21	1:28.42	1:17.02
Murnane, Ella 0 Mudgee	S	36.90 (2)	1:57.21 (2)	3:25.77 (2)	5:01.67 (2)	6:42.24 (2)	8:26.47 (2)	10:10.77 (2)	11:50.88 (2)
	L		1:20.31	1:28.56	1:35.90	1:40.57	1:44.23	1:44.30	1:40.11
Stainton, Brooke 41174 Armidale	S	38.20 (3)	2:08.08 (3)	3:44.63 (3)	5:26.95 (3)	7:08.36 (3)	8:48.90 (3)	10:28.98 (3)	12:05.43 (3)
	L		1:29.88	1:36.55	1:42.32	1:41.41	1:40.54	1:40.08	1:36.45
Penman, Mia 0 Dubbo	S	38.72 (4)	2:13.20 (4)	3:51.77 (4)	5:31.83 (4)	7:14.90 (4)	8:59.14 (4)	10:38.60 (4)	12:16.30 (4)
	L		1:34.48	1:38.57	1:40.06	1:43.07	1:44.24	1:39.46	1:37.70

