

Men 5000 Metre Open

2020 Country Championships, Dubbo
18/01/2020



Splits and lap times report

Name	200m	600m	1000m	1400m	1800m	2200m	2600m	3000m	3400m	3800m	4200m	4600m	5000m
	Williamson, Mitchell	36.26 (1)		3:09.55 (1) 1:17.38		5:44.08 (1) 1:18.03		8:29.48 (1) 1:24.79		11:09.52 (1) 1:18.62		13:48.16 (1) 1:20.36	
2462 Orange Little Athletic			1:52.17 (1) 1:15.91		4:26.05 (1) 1:16.50		7:04.69 (1) 1:20.61		9:50.90 (1) 1:21.42		12:27.80 (1) 1:18.28		15:08.76 (1) 1:20.60
Bilton, Jack	36.55 (2)		3:09.80 (2) 1:17.39		5:44.55 (2) 1:18.23		8:29.79 (2) 1:23.27		11:17.55 (2) 1:25.76		14:14.55 (2) 1:29.38		17:09.39 (2) 1:25.66
2614 Orange Little Athletic			1:52.41 (2) 1:15.86		4:26.32 (2) 1:16.52		7:06.52 (2) 1:21.97		9:51.79 (2) 1:22.00		12:45.17 (2) 1:27.62		15:43.73 (2) 1:29.18
Frizzell, Benjamin	38.22 (3)		3:26.61 (3) 1:26.04		6:18.40 (3) 1:26.83		9:18.97 (3) 1:31.32		12:23.22 (3) 1:32.25		15:32.69 (3) 1:35.45		18:40.99 (3) 1:30.42
1500 Koorungal Wagga			2:00.57 (3) 1:22.35		4:51.57 (3) 1:24.96		7:47.65 (3) 1:29.25		10:50.97 (3) 1:32.00		13:57.24 (3) 1:34.02		17:10.57 (3) 1:37.88
Clark, Ryan	46.41 (4)		4:06.37 (4) 1:40.63		7:28.91 (4) 1:41.62		10:53.63 (4) 1:43.30		14:24.19 (4) 1:47.10		17:55.28 (4) 1:43.85		21:15.71 (4) 1:34.60
2565 Orange Little Athletic			2:25.74 (4) 1:39.33		5:47.29 (4) 1:40.92		9:10.33 (4) 1:41.42		12:37.09 (4) 1:43.46		16:11.43 (4) 1:47.24		19:41.11 (4) 1:45.83
Martin, Tim													DNS
2315 Coffs Harbour Track													