

Men 3000m Steeplecha U/20

2020 Country Championships, Dubbo

Saturday, 18 January 2020



Splits and lap times report

Name		228m	624m	1020m	1416m	1812m	2208m	2604m	3000m
Jones, Sam	S	41.77 (1)	2:03.99 (1)	3:28.53 (1)	4:56.59 (1)	6:25.36 (1)	7:58.74 (1)	9:34.17 (1)	11:01.52 (1)
2540 Armidale	L		1:22.22	1:24.54	1:28.06	1:28.77	1:33.38	1:35.43	1:27.35