

Women 5000 Metres

SOPAC

7/02/2020

Splits and lap times report



Name	200m	1000m	1800m	2600m	3400m	4200m	5000m
	600m	1400m	2200m	3000m	3800m	4600m	
Wegener, Jane	45.92 (2)	3:57.51 (2) 1:37.67	7:12.95 (2) 1:38.47	10:32.62 (2) 1:40.74	13:56.62 (2) 1:43.58	17:26.28 (1) 1:42.82	20:36.32 (1) 1:32.96
2695 RunCrew		2:19.84 (2) 1:33.92	5:34.48 (2) 1:36.97	8:51.88 (2) 1:38.93	12:15.04 (2) 1:42.42	15:43.46 (2) 1:44.84	19:03.36 (1) 1:37.08
Hernando, Linda	45.69 (1)	3:57.19 (1) 1:37.65	7:12.64 (1) 1:38.47	10:32.36 (1) 1:40.78	13:58.34 (1) 1:43.61	17:30.02 (2) 1:46.84	21:02.42 (2) 1:44.17
1061 Up Coaching		2:19.54 (1) 1:33.85	5:34.17 (1) 1:36.98	8:51.58 (1) 1:38.94	12:14.73 (1) 1:42.37	15:43.18 (1) 1:44.84	19:18.25 (2) 1:48.23
Hannah, Sally	51.45 (7)	4:18.36 (5) 1:44.22	7:47.39 (5) 1:44.83	11:15.63 (3) 1:44.79	14:43.34 (3) 1:43.44	18:10.15 (3) 1:43.00	21:23.66 (3) 1:32.73
1592 Athletics East		2:34.14 (5) 1:42.69	6:02.56 (5) 1:44.20	9:30.84 (4) 1:43.45	12:59.90 (3) 1:44.27	16:27.15 (3) 1:43.81	19:50.93 (3) 1:40.78
Gregory, Jude	52.60 (9)	4:19.55 (7) 1:44.75	7:48.56 (7) 1:44.74	11:16.16 (6) 1:44.65	14:43.62 (4) 1:43.04	18:10.48 (4) 1:42.99	21:27.63 (4) 1:36.27
1943 Athletics East		2:34.80 (7) 1:42.20	6:03.82 (7) 1:44.27	9:31.51 (6) 1:42.95	13:00.58 (5) 1:44.42	16:27.49 (4) 1:43.87	19:51.36 (4) 1:40.88
Basman, Robyn	52.15 (8)	4:19.94 (8) 1:44.88	7:48.99 (8) 1:44.79	11:16.48 (7) 1:44.67	14:43.89 (5) 1:43.00	18:11.65 (5) 1:43.80	21:36.89 (5) 1:40.49
1035 Illawong Revesby		2:35.06 (8) 1:42.91	6:04.20 (8) 1:44.26	9:31.81 (7) 1:42.82	13:00.89 (6) 1:44.41	16:27.85 (5) 1:43.96	19:56.40 (5) 1:44.75
Roediger, Rosemary	47.51 (3)	4:11.10 (3) 1:43.30	7:40.30 (3) 1:45.47	11:16.13 (5) 1:48.72	14:52.25 (7) 1:48.64	18:33.32 (6) 1:51.10	22:10.29 (6) 1:45.51
649 Hills District		2:27.80 (3) 1:40.29	5:54.83 (3) 1:43.73	9:27.41 (3) 1:47.11	13:03.61 (7) 1:47.48	16:42.22 (6) 1:49.97	20:24.78 (6) 1:51.46
O'Neill, Imogen	48.40 (4)	4:14.78 (4) 1:43.70	7:46.58 (4) 1:46.30	11:27.16 (8) 1:52.17	15:13.00 (8) 1:53.70	18:56.93 (8) 1:51.37	22:27.25 (7) 1:40.36
2226 Hills District		2:31.08 (4) 1:42.68	6:00.28 (4) 1:45.50	9:34.99 (8) 1:48.41	13:19.30 (8) 1:52.14	17:05.56 (8) 1:52.56	20:46.89 (7) 1:49.96
Wright, Jackie	50.16 (5)	4:19.34 (6) 1:44.79	7:48.18 (6) 1:44.66	11:15.91 (4) 1:44.70	14:48.24 (6) 1:47.98	18:48.91 (7) 2:01.16	22:32.60 (8) 1:40.86
210 Athletics East		2:34.55 (6) 1:44.39	6:03.52 (6) 1:44.18	9:31.21 (5) 1:43.03	13:00.26 (4) 1:44.35	16:47.75 (7) 1:59.51	20:51.74 (8) 2:02.83

Name	200m	1000m	1800m	2600m	3400m	4200m	5000m
	600m	1400m	2200m	3000m	3800m	4600m	
Yarnell, Caroline	51.42 (6)	4:29.31 (9) 1:49.60	8:10.30 (9) 1:51.07	11:54.16 (9) 1:51.15	15:44.78 (9) 1:55.10	19:36.71 (9) 1:55.74	23:20.71 (9) 1:48.65
2710 Sydney Striders		2:39.71 (9) 1:48.29	6:19.23 (9) 1:49.92	10:03.01 (9) 1:52.71	13:49.68 (9) 1:55.52	17:40.97 (9) 1:56.19	21:32.06 (9) 1:55.35
Bond, Angela	54.41 (10)	4:44.78 (10) 1:57.21	8:45.64 (10) 1:59.69	12:53.02 (10) 2:03.34	17:06.58 (10) 2:07.47	21:20.86 (10) 2:06.78	25:27.66 (10) 2:01.00
1523 Nowra Athletics		2:47.57 (10) 1:53.16	6:45.95 (10) 2:01.17	10:49.68 (10) 2:04.04	14:59.11 (10) 2:06.09	19:14.08 (10) 2:07.50	23:26.66 (10) 2:05.80
Siepmann, Dot	1:21.55 (11)	8:30.12 (11) 3:41.00	16:06.74 (11) 3:48.88	23:36.85 (11) 3:45.03	30:55.70 (11) 3:39.26	38:15.51 (11) 3:40.52	45:21.07 (11) 3:30.01
2640 NSW Masters		4:49.12 (11) 3:27.57	12:17.86 (11) 3:47.74	19:51.82 (11) 3:45.08	27:16.44 (11) 3:39.59	34:34.99 (11) 3:39.29	41:51.06 (11) 3:35.55