

Men 5000 Metres Race 1

SOPAC

8/02/2020

Splits and lap times report



Name	200m	600m	1000m	1400m	1800m	2200m	2600m	3000m	3400m	3800m	4200m	4600m	5000m
Wegener, Caleb	38.15 (3)		3:14.58 (3)		5:52.23 (3)		8:21.91 (1)		10:57.11 (1)		13:33.37 (1)		16:07.25 (1)
2696 RunCrew		1:56.75 (3) 1:18.60	1:17.83	4:32.92 (3) 1:18.34	1:19.31	7:05.79 (1) 1:13.56	1:16.12	9:39.04 (1) 1:17.13	1:18.07	12:14.86 (1) 1:17.75	1:18.51	14:52.92 (1) 1:19.55	1:14.33
Costello, David	37.83 (2)		3:14.46 (2)		5:52.04 (2)		8:29.72 (2)		11:08.58 (2)		13:46.06 (2)		16:13.71 (2)
1288 U.T.S Northern Subur		1:56.28 (1) 1:18.45	1:18.18	4:32.69 (2) 1:18.23	1:19.35	7:10.43 (2) 1:18.39	1:19.29	9:48.99 (2) 1:19.27	1:19.59	12:27.38 (2) 1:18.80	1:18.68	15:04.09 (2) 1:18.03	1:09.62
Walker, Nicholas	37.69 (1)		3:14.74 (4)		5:52.46 (5)		8:29.84 (3)		11:08.91 (3)		13:46.40 (3)		16:15.04 (3)
2223 U.T.S Northern Subur		1:56.55 (2) 1:18.86	1:18.19	4:33.17 (5) 1:18.43	1:19.29	7:10.68 (3) 1:18.22	1:19.16	9:49.09 (3) 1:19.25	1:19.82	12:27.85 (3) 1:18.94	1:18.55	15:04.31 (3) 1:17.91	1:10.73
Keane, Jason	38.40 (5)		3:15.19 (7)		5:52.69 (6)		8:30.39 (6)		11:09.24 (4)		13:47.41 (4)		16:25.91 (4)
617 Hills District		1:57.28 (6) 1:18.88	1:17.91	4:33.38 (6) 1:18.19	1:19.31	7:11.05 (6) 1:18.36	1:19.34	9:49.67 (6) 1:19.28	1:19.57	12:28.22 (4) 1:18.98	1:19.19	15:08.23 (4) 1:20.82	1:17.68
Mangili-Vincent, Mich	39.06 (8)		3:14.27 (1)		5:51.89 (1)		8:30.19 (5)		11:10.28 (6)		13:51.53 (6)		16:26.37 (5)
2147 Athletics East (Kensi		1:56.79 (4) 1:17.73	1:17.48	4:32.68 (1) 1:18.41	1:19.21	7:11.01 (5) 1:19.12	1:19.18	9:49.44 (4) 1:19.25	1:20.84	12:30.06 (6) 1:19.78	1:21.47	15:12.88 (5) 1:21.35	1:13.49
Costello, James	38.51 (6)		3:14.83 (5)		5:52.37 (4)		8:30.17 (4)		11:09.71 (5)		13:51.18 (5)		16:29.80 (6)
611 Athletics East		1:57.41 (7) 1:18.90	1:17.42	4:33.01 (4) 1:18.18	1:19.36	7:10.73 (4) 1:18.36	1:19.44	9:49.49 (5) 1:19.32	1:20.22	12:29.75 (5) 1:20.04	1:21.43	15:13.13 (6) 1:21.95	1:16.67
Baddeley, Karl	38.91 (7)		3:16.03 (8)		5:54.96 (8)		8:36.15 (8)		11:18.06 (8)		13:59.34 (8)		16:32.58 (7)
328 Athletics East (Kensi		1:57.67 (8) 1:18.76	1:18.36	4:35.28 (8) 1:19.25	1:19.68	7:14.59 (8) 1:19.63	1:21.56	9:57.04 (8) 1:20.89	1:21.02	12:39.09 (8) 1:21.03	1:20.25	15:19.03 (8) 1:19.69	1:13.55
Reville, Eoin	38.19 (4)		3:15.03 (6)		5:53.00 (7)		8:30.80 (7)		11:10.82 (7)		13:53.82 (7)		16:33.64 (8)
1695 Delta Running		1:57.08 (5) 1:18.89	1:17.95	4:33.65 (7) 1:18.62	1:19.35	7:11.44 (7) 1:18.44	1:19.36	9:50.13 (7) 1:19.33	1:20.69	12:31.44 (7) 1:20.62	1:22.38	15:16.24 (7) 1:22.42	1:17.40
Giles, Thomas	39.41 (10)		3:22.86 (11)		6:04.32 (10)		8:48.33 (10)		11:36.63 (10)		14:24.11 (9)		17:02.86 (9)
1574 Mosman		1:59.34 (10) 1:19.93	1:23.52	4:43.88 (10) 1:21.02	1:20.44	7:25.89 (10) 1:21.57	1:22.44	10:12.70 (10) 1:24.37	1:23.93	13:00.46 (10) 1:23.83	1:23.65	15:45.92 (9) 1:21.81	1:16.94
Alexopoulos, Rousso	40.38 (12)		3:22.52 (10)		6:03.69 (9)		8:47.06 (9)		11:35.40 (9)		14:24.69 (10)		17:12.06 (10)
2702 Asics Wests		2:00.00 (12) 1:19.62	1:22.52	4:43.50 (9) 1:20.98	1:20.19	7:24.81 (9) 1:21.12	1:22.25	10:11.13 (9) 1:24.07	1:24.27	12:59.50 (9) 1:24.10	1:25.19	15:49.94 (10) 1:25.25	1:22.12
Bennie, Marc	39.91 (11)		3:22.32 (9)		6:07.15 (11)		8:58.03 (11)		11:49.45 (11)		14:40.07 (11)		17:21.72 (11)
2608 Nsw Masters Athletic		1:59.66 (11) 1:19.75	1:22.66	4:44.87 (11) 1:22.55	1:22.28	7:32.10 (11) 1:24.95	1:25.93	10:23.19 (11) 1:25.16	1:26.26	13:14.65 (11) 1:25.20	1:25.42	16:03.37 (11) 1:23.30	1:18.35
Gregory, Mark	41.45 (15)		3:27.27 (15)		6:16.49 (14)		9:07.41 (13)		12:00.25 (13)		14:51.16 (13)		17:33.32 (12)
1003 Athletics East		2:03.19 (15) 1:21.74	1:24.08	4:50.99 (15) 1:23.72	1:25.50	7:41.29 (14) 1:24.80	1:26.12	10:33.10 (13) 1:25.69	1:27.15	13:26.09 (13) 1:25.84	1:25.07	16:14.83 (12) 1:23.67	1:18.49
Balnave, Philip	40.87 (14)		3:23.15 (12)		6:07.33 (12)		8:58.28 (12)		11:51.43 (12)		14:46.06 (12)		17:38.47 (13)
1311 Athletics East		2:00.41 (13) 1:19.54	1:22.74	4:44.97 (12) 1:21.82	1:22.36	7:32.24 (12) 1:24.91	1:26.04	10:23.89 (12) 1:25.61	1:27.54	13:18.57 (12) 1:27.14	1:27.49	16:15.55 (13) 1:29.49	1:22.92



Name		200m	600m	1000m	1400m	1800m	2200m	2600m	3000m	3400m	3800m	4200m	4600m	5000m
O'Brien, Earl		40.74 (13)		3:25.16 (14) 1:24.39		6:19.29 (15) 1:28.32		9:18.43 (15) 1:29.40		12:14.27 (15) 1:26.90		15:09.08 (14) 1:26.08		17:54.38 (14) 1:19.35
937	Blue Mountains		2:00.77 (14) 1:20.03	4:50.97 (14) 1:25.81		7:49.03 (15) 1:29.74		10:47.37 (15) 1:28.94		13:43.00 (15) 1:28.73		16:35.03 (14) 1:25.95		
Downs, Anthony		39.39 (9)		3:23.17 (13) 1:24.20		6:13.01 (13) 1:26.36		9:07.86 (14) 1:27.95		12:09.93 (14) 1:31.32		15:09.49 (15) 1:30.15		18:05.17 (15) 1:27.00
1995	Sutherland District At		1:58.97 (9) 1:19.58	4:46.65 (13) 1:23.48		7:39.91 (13) 1:26.90		10:38.61 (14) 1:30.75		13:39.34 (14) 1:29.41		16:38.17 (15) 1:28.68		
Burton, Joshua		41.89 (16)		3:39.02 (16) 1:30.04		6:39.74 (16) 1:30.43		9:43.03 (16) 1:32.38		12:48.66 (16) 1:32.34		15:55.34 (16) 1:33.29		18:54.80 (16) 1:25.74
500	Nepean District		2:08.98 (16) 1:27.09	5:09.31 (16) 1:30.29		8:10.65 (16) 1:30.91		11:16.32 (16) 1:33.29		14:22.05 (16) 1:33.39		17:29.06 (16) 1:33.72		
Scholle, Lindsay		42.82 (17)		3:40.74 (17) 1:29.59		6:40.20 (17) 1:30.32		9:43.83 (17) 1:32.62		12:52.01 (17) 1:34.20		16:03.17 (17) 1:36.22		19:18.80 (17) 1:37.92
976	Asics Wests		2:11.15 (17) 1:28.33	5:09.88 (17) 1:29.14		8:11.21 (17) 1:31.01		11:17.81 (17) 1:33.98		14:26.95 (17) 1:34.94		17:40.88 (17) 1:37.71		
Harris, Andrew		44.49 (19)		3:48.14 (19) 1:32.83		6:56.23 (18) 1:33.93		10:06.71 (18) 1:35.10		13:15.59 (18) 1:33.75		16:25.74 (18) 1:35.77		19:22.16 (18) 1:23.55
2772	Athletics East		2:15.31 (19) 1:30.82	5:22.30 (18) 1:34.16		8:31.61 (18) 1:35.38		11:41.84 (18) 1:35.13		14:49.97 (18) 1:34.38		17:58.61 (18) 1:32.87		
Sands, Brendan		45.62 (20)		3:55.54 (20) 1:36.25		7:06.54 (20) 1:36.13		10:16.01 (19) 1:34.65		13:24.23 (19) 1:34.17		16:33.13 (19) 1:34.48		19:36.09 (19) 1:29.78
2712	Athletics East		2:19.29 (20) 1:33.67	5:30.41 (20) 1:34.87		8:41.36 (19) 1:34.82		11:50.06 (19) 1:34.05		14:58.65 (19) 1:34.42		18:06.31 (19) 1:33.18		
Kratzmann, Trevor		46.19 (21)		3:57.75 (22) 1:36.55		7:12.35 (22) 1:37.47		10:29.36 (21) 1:38.93		13:46.58 (20) 1:38.71		17:02.83 (20) 1:38.10		20:13.76 (20) 1:32.18
483	Dubbo		2:21.20 (21) 1:35.01	5:34.88 (22) 1:37.13		8:50.43 (22) 1:38.08		12:07.87 (20) 1:38.51		15:24.73 (20) 1:38.15		18:41.58 (20) 1:38.75		
Sinibaldi, Tony		43.23 (18)		3:47.56 (18) 1:34.27		7:02.77 (19) 1:37.97		10:29.07 (20) 1:44.34		13:54.21 (21) 1:43.52		17:21.93 (21) 1:43.09		20:36.90 (21) 1:31.97
2092	Bankstown Sports		2:13.29 (18) 1:30.06	5:24.80 (19) 1:37.24		8:44.73 (20) 1:41.96		12:10.69 (21) 1:41.62		15:38.84 (21) 1:44.63		19:04.93 (21) 1:43.00		
Marshall, Alasdair		46.84 (22)		3:56.68 (21) 1:34.76		7:10.79 (21) 1:37.02		10:31.82 (22) 1:42.57		13:57.20 (22) 1:42.06		17:23.82 (22) 1:43.15		20:43.96 (22) 1:37.31
1590	Athletics East		2:21.92 (22) 1:35.08	5:33.77 (21) 1:37.09		8:49.25 (21) 1:38.46		12:15.14 (22) 1:43.32		15:40.67 (22) 1:43.47		19:06.65 (22) 1:42.83		
Dunn, Robert		47.72 (23)		4:02.27 (23) 1:38.54		7:28.20 (23) 1:44.86		11:14.72 (23) 1:54.28		14:57.89 (23) 1:51.14		18:34.02 (23) 1:44.31		21:51.75 (23) 1:30.35
917	Camden		2:23.73 (23) 1:36.01	5:43.34 (23) 1:41.07		9:20.44 (23) 1:52.24		13:06.75 (23) 1:52.03		16:49.71 (23) 1:51.82		20:21.40 (23) 1:47.38		
Mugarula, Godwin													DNS	
1771	Athletics East (Kensi													