

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

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