

Men 5000 Metres Race 2

SOPAC

7/02/2020

Splits and lap times report



Name	200m	1000m	1800m	2600m	3400m	4200m	5000m
	600m	1400m	2200m	3000m	3800m	4600m	
Carvalho, Jose	43.83 (3)	3:39.24 (2) 1:27.49	6:34.99 (2) 1:28.68	9:31.23 (1) 1:27.62	12:22.03 (1) 1:25.78	15:19.34 (1) 1:29.15	18:12.97 (1) 1:25.16
2052 St George		2:11.75 (2) 1:27.92	5:06.31 (2) 1:27.07	8:03.61 (2) 1:28.62	10:56.25 (1) 1:25.02	13:50.19 (1) 1:28.16	16:47.81 (1) 1:28.47
Hutton, Peter	43.53 (2)	3:38.97 (1) 1:27.52	6:34.77 (1) 1:28.60	9:31.32 (2) 1:27.80	12:31.39 (2) 1:30.54	15:34.24 (2) 1:31.03	18:33.53 (2) 1:27.32
1023 Sutherland		2:11.45 (1) 1:27.92	5:06.17 (1) 1:27.20	8:03.52 (1) 1:28.75	11:00.85 (2) 1:29.53	14:03.21 (2) 1:31.82	17:06.21 (2) 1:31.97
Parfitt, Neil	44.79 (4)	3:50.07 (4) 1:33.74	7:04.65 (4) 1:38.30	10:23.93 (4) 1:39.20	13:38.60 (3) 1:38.93	16:55.09 (3) 1:38.98	20:05.42 (3) 1:29.39
2595 Tomaree Trotters		2:16.33 (4) 1:31.54	5:26.35 (4) 1:36.28	8:44.73 (4) 1:40.08	11:59.67 (3) 1:35.74	15:16.11 (3) 1:37.51	18:36.03 (3) 1:40.94
Cowley, Greg	49.91 (9)	4:10.04 (7) 1:38.97	7:28.97 (7) 1:39.76	10:45.22 (6) 1:38.81	14:04.24 (6) 1:39.65	17:20.03 (5) 1:35.73	20:24.67 (4) 1:29.82
2612 Westlakes		2:31.07 (7) 1:41.16	5:49.21 (7) 1:39.17	9:06.41 (6) 1:37.44	12:24.59 (6) 1:39.37	15:44.30 (6) 1:40.06	18:54.85 (4) 1:34.82
Byfield, Mark	53.01 (12)	4:26.24 (12) 1:45.52	7:49.19 (9) 1:40.58	11:06.07 (8) 1:37.37	14:18.15 (8) 1:35.84	17:29.85 (7) 1:35.46	20:29.22 (5) 1:26.55
953 Mingara		2:40.72 (12) 1:47.71	6:08.61 (11) 1:42.37	9:28.70 (8) 1:39.51	12:42.31 (8) 1:36.24	15:54.39 (7) 1:36.24	19:02.67 (6) 1:32.82
Byrne, Peter	43.09 (1)	3:43.76 (3) 1:31.39	6:58.32 (3) 1:38.43	10:23.41 (3) 1:43.92	13:51.58 (4) 1:44.93	17:18.19 (4) 1:43.56	20:32.53 (6) 1:32.16
1017 Hills District		2:12.37 (3) 1:29.28	5:19.89 (3) 1:36.13	8:39.49 (3) 1:41.17	12:06.65 (4) 1:43.24	15:34.63 (4) 1:43.05	19:00.37 (5) 1:42.18
Schwebel, Ron	48.97 (6)	4:08.58 (5) 1:38.78	7:27.03 (5) 1:39.02	10:44.82 (5) 1:38.80	14:03.77 (5) 1:39.58	17:23.18 (6) 1:39.18	20:43.68 (7) 1:39.94
878 Sydney Striders Roa		2:29.80 (5) 1:40.83	5:48.01 (5) 1:39.43	9:06.02 (5) 1:38.99	12:24.19 (5) 1:39.37	15:44.00 (5) 1:40.23	19:03.74 (7) 1:40.56
Grewal, Harsharn Sin	49.59 (8)	4:09.67 (6) 1:38.98	7:28.60 (6) 1:39.75	10:49.97 (7) 1:41.76	14:16.03 (7) 1:44.72	17:45.11 (8) 1:43.30	21:04.67 (8) 1:36.09
966 Nsw Masters Athletic		2:30.69 (6) 1:41.10	5:48.85 (6) 1:39.18	9:08.21 (7) 1:39.61	12:31.31 (7) 1:41.34	16:01.81 (8) 1:45.78	19:28.58 (8) 1:43.47

Name	200m	1000m	1800m	2600m	3400m	4200m	5000m
	600m	1400m	2200m	3000m	3800m	4600m	
Scorzelli, Frank	51.48 ⁽¹¹⁾	4:18.31 ⁽⁸⁾ 1:44.14	7:47.65 ⁽⁸⁾ 1:44.13	11:17.38 ⁽⁹⁾ 1:46.56	14:50.95 ⁽⁹⁾ 1:47.34	18:25.63 ⁽⁹⁾ 1:47.78	21:54.67 ⁽⁹⁾ 1:41.66
1967 St George		2:34.17 ⁽¹⁰⁾ 1:42.69	6:03.52 ⁽⁸⁾ 1:45.21	9:30.82 ⁽⁹⁾ 1:43.17	13:03.61 ⁽⁹⁾ 1:46.23	16:37.85 ⁽⁹⁾ 1:46.90	20:13.01 ⁽⁹⁾ 1:47.38
Rose, Ian	51.15 ⁽¹⁰⁾	4:18.58 ⁽⁹⁾ 1:44.53	7:49.85 ⁽¹⁰⁾ 1:45.59	11:24.68 ⁽¹⁰⁾ 1:47.60	15:06.40 ⁽¹⁰⁾ 1:50.70	18:48.22 ⁽¹⁰⁾ 1:50.73	22:20.52 ⁽¹⁰⁾ 1:52.04
925 NSW Masters		2:34.05 ⁽⁹⁾ 1:42.90	6:04.26 ⁽⁹⁾ 1:45.68	9:37.08 ⁽¹⁰⁾ 1:47.23	13:15.70 ⁽¹⁰⁾ 1:51.02	16:57.49 ⁽¹⁰⁾ 1:51.09	20:28.48 ⁽¹⁰⁾ 1:40.26
Shepherd, Tony	53.63 ⁽¹³⁾	4:29.94 ⁽¹³⁾ 1:48.09	8:09.59 ⁽¹³⁾ 1:50.40	11:52.45 ⁽¹²⁾ 1:51.54	15:36.45 ⁽¹¹⁾ 1:51.63	19:21.51 ⁽¹¹⁾ 1:52.27	23:01.66 ⁽¹¹⁾ 1:47.77
853 Newcastle Veterens		2:41.85 ⁽¹³⁾ 1:48.22	6:19.19 ⁽¹³⁾ 1:49.25	10:00.91 ⁽¹³⁾ 1:51.32	13:44.82 ⁽¹²⁾ 1:52.37	17:29.24 ⁽¹¹⁾ 1:52.79	21:13.89 ⁽¹¹⁾ 1:52.38
Williams, Dennis	53.98 ⁽¹⁴⁾	4:33.92 ⁽¹⁴⁾ 1:50.90	8:15.02 ⁽¹⁴⁾ 1:50.58	12:00.07 ⁽¹⁴⁾ 1:52.59	15:50.60 ⁽¹⁴⁾ 1:55.16	19:39.65 ⁽¹³⁾ 1:53.89	23:20.42 ⁽¹²⁾ 1:47.03
260 Hills District		2:43.02 ⁽¹⁴⁾ 1:49.04	6:24.44 ⁽¹⁴⁾ 1:50.52	10:07.48 ⁽¹⁴⁾ 1:52.46	13:55.44 ⁽¹⁴⁾ 1:55.37	17:45.76 ⁽¹³⁾ 1:55.16	21:33.39 ⁽¹²⁾ 1:53.74
Oldridge, Steve	48.60 ⁽⁵⁾	4:19.93 ⁽¹⁰⁾ 1:46.74	7:57.88 ⁽¹¹⁾ 1:50.19	11:38.47 ⁽¹¹⁾ 1:51.04	15:44.46 ⁽¹²⁾ 2:03.79	19:40.00 ⁽¹⁴⁾ 1:53.34	23:31.79 ⁽¹³⁾ 1:47.90
2596 Campbelltown		2:33.19 ⁽⁸⁾ 1:44.59	6:07.69 ⁽¹⁰⁾ 1:47.76	9:47.43 ⁽¹¹⁾ 1:49.55	13:40.67 ⁽¹¹⁾ 2:02.20	17:46.66 ⁽¹⁴⁾ 2:02.20	21:43.89 ⁽¹⁴⁾ 2:03.89
Krajewski, Witold	49.36 ⁽⁷⁾	4:24.36 ⁽¹¹⁾ 1:49.13	8:06.90 ⁽¹²⁾ 1:51.87	11:54.01 ⁽¹³⁾ 1:54.42	15:46.73 ⁽¹³⁾ 1:56.73	19:39.42 ⁽¹²⁾ 1:56.26	23:36.47 ⁽¹⁴⁾ 1:55.97
0 NSW Masters		2:35.23 ⁽¹¹⁾ 1:45.87	6:15.03 ⁽¹²⁾ 1:50.67	9:59.59 ⁽¹²⁾ 1:52.69	13:50.00 ⁽¹³⁾ 1:55.99	17:43.16 ⁽¹²⁾ 1:56.43	21:40.50 ⁽¹³⁾ 2:01.08
Mackie, Brian	55.76 ⁽¹⁵⁾	4:36.44 ⁽¹⁵⁾ 1:51.85	8:24.87 ⁽¹⁵⁾ 1:55.01	12:18.39 ⁽¹⁵⁾ 1:56.20	16:17.98 ⁽¹⁵⁾ 2:01.29	20:11.08 ⁽¹⁵⁾ 1:55.21	23:55.22 ⁽¹⁵⁾ 1:52.81
1056 Illawong Revesby		2:44.59 ⁽¹⁵⁾ 1:48.83	6:29.86 ⁽¹⁵⁾ 1:53.42	10:22.19 ⁽¹⁵⁾ 1:57.32	14:16.69 ⁽¹⁵⁾ 1:58.30	18:15.87 ⁽¹⁵⁾ 1:57.89	22:02.41 ⁽¹⁵⁾ 1:51.33
Allomes, Graham	1:02.15 ⁽¹⁶⁾	5:42.79 ⁽¹⁶⁾ 2:26.18	10:52.36 ⁽¹⁶⁾ 2:34.08	16:11.69 ⁽¹⁶⁾ 2:39.66	21:38.46 ⁽¹⁶⁾ 2:45.69	27:13.29 ⁽¹⁶⁾ 2:45.83	32:44.85 ⁽¹⁶⁾ 2:41.02
559 Sydney Pacific		3:16.61 ⁽¹⁶⁾ 2:14.46	8:18.28 ⁽¹⁶⁾ 2:35.49	13:32.03 ⁽¹⁶⁾ 2:39.67	18:52.77 ⁽¹⁶⁾ 2:41.08	24:27.46 ⁽¹⁶⁾ 2:49.00	30:03.83 ⁽¹⁶⁾ 2:50.54