

5000 Metres Race Walk

NSW Open Championships

Saturday, 7 March 2020

Splits and lap times report



Name	200m	600m	1000m	1400m	1800m	2200m	2600m	3000m	3400m	3800m	4200m	4600m	5000m
Jones, Tyler	47.16 (2)		4:04.35 (1)		7:16.34 (1)		10:26.64 (1)		13:38.13 (1)		16:54.80 (1)		20:05.20 (1)
69 Mingara		2:26.39 (1)	1:37.96	5:39.79 (1)	1:36.55	8:50.97 (1)	1:35.67	12:01.92 (1)	1:36.21	15:17.10 (1)	1:37.70	18:32.22 (1)	1:32.98
Gibbons, Carl	48.37 (3)		4:04.92 (2)		7:20.52 (2)		10:45.39 (2)		14:07.84 (2)		17:30.44 (2)		20:43.64 (2)
26 Westlakes		2:27.89 (3)	1:37.03	5:41.29 (2)	1:39.23	9:03.14 (2)	1:42.25	12:26.72 (2)	1:41.12	15:49.24 (2)	1:41.20	19:10.64 (2)	1:33.00
Richardson, Dylan	49.25 (4)		4:12.67 (4)		7:37.46 (3)		11:08.16 (3)		14:44.45 (3)		18:19.90 (3)		21:45.58 (3)
73 Mingara		2:31.38 (4)	1:41.29	5:53.84 (3)	1:43.62	9:22.89 (3)	1:45.27	12:55.59 (3)	1:48.86	16:31.92 (3)	1:47.98	20:05.55 (3)	1:40.03
Smith, Beki	49.32 (5)		4:13.41 (5)		7:46.08 (5)		11:26.66 (5)		15:10.48 (5)		18:56.25 (5)		22:32.03 (4)
18497 Asics Wests Track a		2:31.66 (5)	1:41.75	5:57.78 (6)	1:48.30	9:36.24 (5)	1:50.42	13:17.30 (5)	1:53.18	17:03.01 (5)	1:53.24	20:47.13 (5)	1:44.90
McGinniskin, Jack	47.11 (1)		4:08.56 (3)		7:46.34 (6)		11:28.83 (6)		15:16.67 (6)		19:05.50 (6)		22:51.60 (5)
2123 Mingara		2:26.63 (2)	1:41.93	5:55.48 (4)	1:50.86	9:37.17 (6)	1:51.66	13:21.37 (6)	1:55.30	17:11.10 (6)	1:54.40	20:58.50 (6)	1:53.10
Bedford, Kyle	49.62 (6)		4:13.72 (6)		7:43.25 (4)		11:22.17 (4)		15:03.43 (4)		18:47.28 (4)		22:53.99 (6)
1373 Nepean District		2:32.00 (6)	1:41.72	5:57.71 (5)	1:45.54	9:32.25 (4)	1:49.92	13:12.99 (4)	1:50.44	16:54.07 (4)	1:53.21	20:38.63 (4)	2:15.36
Pitcher, Allannah	51.55 (7)		4:32.51 (7)		8:23.35 (7)		12:28.79 (7)		16:40.32 (8)		20:49.97 (8)		24:56.09 (7)
16 Mingara		2:41.40 (7)	1:51.11	6:26.30 (7)	1:57.05	10:24.93 (7)	2:03.86	14:34.56 (8)	2:05.76	18:45.72 (8)	2:04.25	22:54.29 (8)	2:01.80
Bolton, Hannah	52.31 (12)		4:39.35 (10)		8:41.33 (9)		12:53.96 (9)		17:08.32 (9)		21:26.38 (9)		25:33.01 (8)
46194 Mingara		2:42.72 (11)	1:56.63	6:38.84 (10)	2:02.49	10:45.40 (9)	2:08.56	15:01.46 (9)	2:06.86	19:17.28 (9)	2:09.10	23:32.55 (9)	2:00.46
Parker, Hannah	51.60 (8)		4:35.70 (9)		8:41.81 (10)		12:58.04 (10)		17:16.46 (10)		21:36.73 (10)		25:43.91 (9)
1282 RBH		2:41.64 (8)	1:54.06	6:36.58 (9)	2:05.23	10:49.32 (10)	2:08.72	15:08.07 (10)	2:08.39	19:27.99 (10)	2:08.74	23:43.38 (10)	2:00.53
Duguid, India	53.20 (16)		4:48.71 (13)		9:06.77 (13)		13:25.89 (12)		17:52.32 (12)		22:23.81 (12)		26:26.31 (10)
41735 Mingara		2:47.60 (14)	2:01.11	6:56.39 (13)	2:10.38	11:15.35 (12)	2:10.54	15:37.71 (12)	2:14.61	20:09.34 (12)	2:14.47	24:31.32 (12)	1:54.99
mison, hannah	52.56 (13)		4:46.64 (12)		8:52.84 (11)		13:13.14 (11)		17:42.18 (11)		22:12.03 (11)		26:31.88 (11)
2511 Koorngal Wagga		2:46.57 (12)	2:00.07	6:48.40 (12)	2:04.44	11:00.66 (11)	2:12.48	15:28.88 (11)	2:13.30	19:57.02 (11)	2:15.01	24:25.31 (11)	2:06.57
Pengilley, Teegan	51.94 (11)		4:51.43 (14)		9:13.50 (14)		13:39.35 (14)		18:09.77 (13)		22:44.41 (13)		26:59.81 (12)
1266 Bankstown Sports S		2:46.85 (13)	2:04.58	7:00.94 (14)	2:12.56	11:27.65 (15)	2:11.70	15:52.58 (13)	2:17.19	20:27.98 (13)	2:16.43	25:00.94 (13)	1:58.87
O'Neill, Molly	51.73 (9)		4:40.10 (11)		8:56.62 (12)		13:34.05 (13)		18:10.39 (14)		22:48.43 (14)		27:05.54 (13)
0 Mingara		2:42.07 (10)	1:58.03	6:45.70 (11)	2:10.92	11:17.77 (13)	2:16.28	15:53.37 (14)	2:17.02	20:32.31 (14)	2:16.12	25:01.52 (14)	2:04.02



Name	200m	1000m	1800m	2600m	3400m	4200m	5000m
	600m	1400m	2200m	3000m	3800m	4600m	
Walker, Amy	54.29 (17)	4:56.19 (16) 2:03.17	9:17.12 (15) 2:14.58	13:43.59 (15) 2:16.08	18:16.21 (15) 2:15.98	22:52.41 (15) 2:17.66	27:20.83 (14) 2:11.68
2238 Mingara		2:53.02 (17) 1:58.73	7:02.54 (15) 2:06.35	11:27.51 (14) 2:10.39	16:00.23 (15) 2:16.64	20:34.75 (15) 2:18.54	25:09.15 (15) 2:16.74
Bell, Bridget	54.88 (19)	5:05.66 (19) 2:07.71	9:38.08 (17) 2:20.14	14:19.55 (17) 2:21.20	19:07.70 (17) 2:28.26	23:52.42 (17) 2:17.03	28:12.27 (15) 2:00.31
763 Asics Wests Track a		2:57.95 (19) 2:03.07	7:17.94 (17) 2:12.28	11:58.35 (17) 2:20.27	16:39.44 (17) 2:19.89	21:35.39 (17) 2:27.69	26:11.96 (17) 2:19.54
McLoughlin, Chloe	52.97 (15)	4:54.25 (15) 2:05.47	9:25.32 (16) 2:17.64	14:07.48 (16) 2:21.31	18:49.36 (16) 2:20.33	23:32.89 (16) 2:22.16	28:13.73 (16) 2:18.74
236 Mingara		2:48.78 (15) 1:55.81	7:07.68 (16) 2:13.43	11:46.17 (16) 2:20.85	16:29.03 (16) 2:21.55	21:10.73 (16) 2:21.37	25:54.99 (16) 2:22.10
Pitcher, Sienna	54.48 (18)	5:05.29 (18) 2:07.55	9:43.77 (19) 2:22.36	14:36.66 (19) 2:26.92	19:25.84 (18) 2:28.30	24:23.99 (19) 2:30.62	29:08.09 (17) 2:17.43
41453 Mingara		2:57.74 (18) 2:03.26	7:21.41 (19) 2:16.12	12:09.74 (19) 2:25.97	16:57.54 (18) 2:20.88	21:53.37 (18) 2:27.53	26:50.66 (18) 2:26.67
Dunne, Izabella	52.85 (14)	5:01.91 (17) 2:11.21	9:39.47 (18) 2:20.09	14:32.93 (18) 2:28.48	19:26.04 (19) 2:27.84	24:23.88 (18) 2:30.45	29:10.20 (18) 2:19.36
41549 Mingara		2:50.70 (16) 1:57.85	7:19.38 (18) 2:17.47	12:04.45 (18) 2:24.98	16:58.20 (19) 2:25.27	21:53.43 (19) 2:27.39	26:50.84 (19) 2:26.96
Boughton, Milly	51.85 (10)	4:32.73 (8) 1:50.89	8:23.73 (8) 1:57.07	12:29.18 (8) 2:03.89	16:29.62 (7) 2:03.79	20:33.80 (7) 2:00.46	DQ
45391 RBH		2:41.84 (9) 1:49.99	6:26.66 (8) 1:53.93	10:25.29 (8) 2:01.56	14:25.83 (7) 1:56.65	18:33.34 (7) 2:03.72	22:36.03 (7) 2:02.23