

TRC 10K SPLITS

Scott Rantall 30:40.38	400m	800m	1200m	1600m	2000m	2400m	2800m	3200m	3600m	4000m	4400m	4800m	5200m
	01:11.0	02:28.0	03:43.0	04:59.0	06:12.0	07:27.0	08:40.0	09:55.0	11:12.0	12:27.0	13:42.0	14:56.0	16:10.0
	01:11.0	01:17.0	01:15.0	01:16.0	01:13.0	01:15.0	01:13.0	01:15.0	01:17.0	01:15.0	01:15.0	01:14.0	01:14.0
	5600m	6000m	6400m	6800m	7200m	7600m	8000m	8400m	8800m	9200m	9600m	10000m	
	17:28.0	18:42.0	19:57.0	21:11.0	22:25.0	23:38.0	24:52.0	26:04.0	27:15.0	28:28.0	29:38.0	30:40.0	
	01:18.0	01:14.0	01:15.0	01:14.0	01:14.0	01:13.0	01:14.0	01:12.0	01:11.0	01:13.0	01:10.0	01:02.0	
Dane Verway 30:40.83	400m	800m	1200m	1600m	2000m	2400m	2800m	3200m	3600m	4000m	4400m	4800m	5200m
	01:14.0	02:30.0	03:46.0	05:01.0	06:14.0	07:30.0	08:42.0	09:56.0	11:14.0	12:28.0	13:43.0	14:59.0	16:14.0
	01:14.0	01:16.0	01:16.0	01:15.0	01:13.0	01:16.0	01:12.0	01:14.0	01:18.0	01:14.0	01:15.0	01:16.0	01:15.0
	5600m	6000m	6400m	6800m	7200m	7600m	8000m	8400m	8800m	9200m	9600m	10000m	
	17:27.0	18:42.0	19:56.0	21:11.0	22:25.0	23:40.0	24:53.0	26:05.0	27:16.0	28:27.0	29:38.0	30:40.0	
	01:13.0	01:15.0	01:14.0	01:15.0	01:14.0	01:15.0	01:13.0	01:12.0	01:11.0	01:11.0	01:11.0	01:02.0	
Liam Adams 30:41.72	400m	800m	1200m	1600m	2000m	2400m	2800m	3200m	3600m	4000m	4400m	4800m	5200m
	01:10.0	02:27.0	03:43.0	04:58.0	06:13.0	07:27.0	08:40.0	09:56.0	11:13.0	12:27.0	13:41.0	14:57.0	16:13.0
	01:10.0	01:17.0	01:16.0	01:15.0	01:15.0	01:14.0	01:13.0	01:16.0	01:17.0	01:14.0	01:14.0	01:16.0	01:16.0
	5600m	6000m	6400m	6800m	7200m	7600m	8000m	8400m	8800m	9200m	9600m	10000m	
	17:28.0	18:43.0	19:57.0	21:11.0	22:25.0	23:39.0	24:53.0	26:05.0	27:16.0	28:29.0	29:39.0	30:41.0	
	01:15.0	01:15.0	01:14.0	01:14.0	01:14.0	01:14.0	01:14.0	01:12.0	01:11.0	01:13.0	01:10.0	01:02.0	
Brady Threlfall 30:49.30	400m	800m	1200m	1600m	2000m	2400m	2800m	3200m	3600m	4000m	4400m	4800m	5200m
	01:11.0	02:29.0	03:46.0	05:01.0	06:15.0	07:28.0	08:43.0	09:57.0	11:14.0	12:28.0	13:41.0	14:59.0	16:13.0
	01:11.0	01:18.0	01:17.0	01:15.0	01:14.0	01:13.0	01:15.0	01:14.0	01:17.0	01:14.0	01:13.0	01:18.0	01:14.0
	5600m	6000m	6400m	6800m	7200m	7600m	8000m	8400m	8800m	9200m	9600m	10000m	
	17:28.0	18:42.0	19:57.0	21:12.0	22:26.0	23:40.0	24:52.0	26:05.0	27:15.0	28:28.0	29:40.0	30:48.0	
	01:15.0	01:14.0	01:15.0	01:15.0	01:14.0	01:14.0	01:12.0	01:13.0	01:10.0	01:13.0	01:12.0	01:08.0	
Walid A-Kurtu 30:59.79	400m	800m	1200m	1600m	2000m	2400m	2800m	3200m	3600m	4000m	4400m	4800m	5200m
	01:13.0	02:31.0	03:47.0	05:01.0	06:16.0	07:29.0	08:44.0	09:59.0	11:15.0	12:30.0	13:44.0	15:01.0	16:16.0
	01:13.0	01:18.0	01:16.0	01:14.0	01:15.0	01:13.0	01:15.0	01:15.0	01:16.0	01:15.0	01:14.0	01:17.0	01:15.0
	5600m	6000m	6400m	6800m	7200m	7600m	8000m	8400m	8800m	9200m	9600m	10000m	
	17:30.0	18:45.0	19:59.0	21:14.0	22:28.0	23:42.0	24:55.0	26:08.0	27:22.0	28:37.0	29:51.0	30:59.0	
	01:14.0	01:15.0	01:14.0	01:15.0	01:14.0	01:14.0	01:13.0	01:13.0	01:14.0	01:15.0	01:14.0	01:08.0	
Patrick O'Keefe 30:59.85	400m	800m	1200m	1600m	2000m	2400m	2800m	3200m	3600m	4000m	4400m	4800m	5200m
	01:13.0	02:32.0	03:48.0	05:02.0	06:15.0	07:32.0	08:45.0	09:56.0	11:14.0	12:28.0	13:43.0	14:59.0	16:14.0
	01:13.0	01:19.0	01:16.0	01:14.0	01:13.0	01:17.0	01:13.0	01:11.0	01:18.0	01:14.0	01:15.0	01:16.0	01:15.0
	5600m	6000m	6400m	6800m	7200m	7600m	8000m	8400m	8800m	9200m	9600m	10000m	
	17:29.0	18:43.0	19:57.0	21:12.0	22:25.0	23:40.0	24:53.0	26:05.0	27:18.0	28:33.0	29:50.0	30:59.0	
	01:15.0	01:14.0	01:14.0	01:15.0	01:13.0	01:15.0	01:13.0	01:12.0	01:13.0	01:15.0	01:17.0	01:09.0	

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David Carver 31:09.67	400m	800m	1200m	1600m	2000m	2400m	2800m	3200m	3600m	4000m	4400m	4800m	5200m
	01:13.0	02:28.0	03:44.0	04:59.0	06:14.0	07:27.0	08:41.0	09:56.0	11:14.0	12:28.0	13:42.0	14:58.0	16:13.0
	01:13.0	01:15.0	01:16.0	01:15.0	01:15.0	01:13.0	01:14.0	01:15.0	01:18.0	01:14.0	01:14.0	01:16.0	01:15.0
	5600m	6000m	6400m	6800m	7200m	7600m	8000m	8400m	8800m	9200m	9600m	10000m	
	17:28.0	18:43.0	19:57.0	21:11.0	22:26.0	23:40.0	24:54.0	26:06.0	27:22.0	28:38.0	29:54.0	31:09.0	
	01:15.0	01:15.0	01:14.0	01:14.0	01:15.0	01:14.0	01:14.0	01:12.0	01:16.0	01:16.0	01:16.0	01:15.0	
Brett Coleman 31:11.15	400m	800m	1200m	1600m	2000m	2400m	2800m	3200m	3600m	4000m	4400m	4800m	5200m
	01:12.0	02:30.0	03:46.0	05:00.0	06:15.0	07:29.0	08:44.0	09:58.0	11:15.0	12:30.0	13:44.0	15:01.0	16:15.0
	01:12.0	01:18.0	01:16.0	01:14.0	01:15.0	01:14.0	01:15.0	01:14.0	01:17.0	01:15.0	01:14.0	01:17.0	01:14.0
	5600m	6000m	6400m	6800m	7200m	7600m	8000m	8400m	8800m	9200m	9600m	10000m	
	17:30.0	18:45.0	19:59.0	21:15.0	22:29.0	23:45.0	25:01.0	26:18.0	27:35.0	28:49.0	30:02.0	31:11.0	
	01:15.0	01:15.0	01:14.0	01:16.0	01:14.0	01:16.0	01:16.0	01:17.0	01:17.0	01:14.0	01:13.0	01:09.0	
Josh Papanikolaou 31:13.97	400m	800m	1200m	1600m	2000m	2400m	2800m	3200m	3600m	4000m	4400m	4800m	5200m
	01:10.0	02:25.0	03:43.0	04:58.0	06:13.0	07:27.0	08:42.0	09:54.0	11:13.0	12:28.0	13:42.0	14:58.0	16:12.0
	01:10.0	01:15.0	01:18.0	01:15.0	01:15.0	01:14.0	01:15.0	01:12.0	01:19.0	01:15.0	01:14.0	01:16.0	01:14.0
	5600m	6000m	6400m	6800m	7200m	7600m	8000m	8400m	8800m	9200m	9600m	10000m	
	17:28.0	18:42.0	19:57.0	21:12.0	22:26.0	23:42.0	24:56.0	26:11.0	27:26.0	28:43.0	30:00.0	31:13.0	
	01:16.0	01:14.0	01:15.0	01:15.0	01:14.0	01:16.0	01:14.0	01:15.0	01:15.0	01:17.0	01:17.0	01:13.0	
Ashley Watson 31:23.3	400m	800m	1200m	1600m	2000m	2400m	2800m	3200m	3600m	4000m	4400m	4800m	5200m
	01:13.0	02:30.0	03:46.0	05:01.0	06:16.0	07:30.0	08:44.0	09:58.0	11:15.0	12:30.0	13:44.0	15:01.0	16:15.0
	01:13.0	01:17.0	01:16.0	01:15.0	01:15.0	01:14.0	01:14.0	01:14.0	01:17.0	01:15.0	01:14.0	01:17.0	01:14.0
	5600m	6000m	6400m	6800m	7200m	7600m	8000m	8400m	8800m	9200m	9600m	10000m	
	17:30.0	18:45.0	19:59.0	21:14.0	22:27.0	23:42.0	24:59.0	26:17.0	27:34.0	28:52.0	30:08.0	31:23.0	
	01:15.0	01:15.0	01:14.0	01:15.0	01:13.0	01:15.0	01:17.0	01:18.0	01:17.0	01:18.0	01:16.0	01:15.0	
Ryan Christian 31:29.08	400m	800m	1200m	1600m	2000m	2400m	2800m	3200m	3600m	4000m	4400m	4800m	5200m
	01:12.0	02:29.0	03:45.0	05:00.0	06:15.0	07:29.0	08:43.0	09:58.0	11:15.0	12:29.0	13:44.0	15:01.0	16:15.0
	01:12.0	01:17.0	01:16.0	01:15.0	01:15.0	01:14.0	01:14.0	01:15.0	01:17.0	01:14.0	01:15.0	01:17.0	01:14.0
	5600m	6000m	6400m	6800m	7200m	7600m	8000m	8400m	8800m	9200m	9600m	10000m	
	17:29.0	18:43.0	19:59.0	21:14.0	22:27.0	23:41.0	24:56.0	26:13.0	27:30.0	28:48.0	30:08.0	31:29.0	
	01:14.0	01:14.0	01:16.0	01:15.0	01:13.0	01:14.0	01:15.0	01:17.0	01:17.0	01:18.0	01:20.0	01:21.0	
Colin Thornton 31:30.35	400m	800m	1200m	1600m	2000m	2400m	2800m	3200m	3600m	4000m	4400m	4800m	5200m
	01:12.0	02:29.0	03:45.0	05:00.0	06:15.0	07:29.0	08:43.0	09:58.0	11:15.0	12:29.0	13:44.0	15:01.0	16:15.0
	01:12.0	01:17.0	01:16.0	01:15.0	01:15.0	01:14.0	01:14.0	01:15.0	01:17.0	01:14.0	01:15.0	01:17.0	01:14.0
	5600m	6000m	6400m	6800m	7200m	7600m	8000m	8400m	8800m	9200m	9600m	10000m	
	17:29.0	18:43.0	19:59.0	21:14.0	22:27.0	23:41.0	24:56.0	26:13.0	27:30.0	28:48.0	30:08.0	31:29.0	
	01:14.0	01:14.0	01:16.0	01:15.0	01:13.0	01:14.0	01:15.0	01:17.0	01:17.0	01:18.0	01:20.0	01:21.0	

