

# AUCKLAND SPRING 2016 - Final 5k TT Results



First Name	Last Name	First 5k TT	Final 5k TT	Improvement (min:secs)	% Speed Improvement	ESTIMATED FINISHING TIMES FOR OTHER DISTANCES						TRAINING PACES (min/km)					
						1-Mile	3k	5k	10k	Half	Full	Lactate Threshold	VO2Max	Rep Pace 400m	Rep Pace 200m	Easy Pace Max	Easy Pace Min
Aidan	Potter	22:03	19:40	2:23	12.1%	5:40	11:11	19:39	40:49	1:30:59	3:11:28	4:12	3:38	1:20	0:40	4:37	5:24
Allan	Janes	19:04	19:04	N/A	N/A	5:29	10:51	19:03	39:34	1:28:12	3:05:37	4:05	3:32	1:17	0:39	4:30	5:16
Aly	Craigie	23:20	21:45	1:35	7.3%	6:16	12:22	21:44	45:08	1:40:38	3:31:46	4:36	3:58	1:27	0:43	5:03	5:51
Amy	Lamont	25:16	24:30	0:46	3.1%	7:03	13:56	24:29	50:51	1:53:21	3:58:34	5:08	4:26	1:37	0:48	5:37	6:25
Anne	Corbett	22:16	22:04	0:12	0.9%	6:21	12:33	22:03	45:47	1:42:06	3:34:51	4:39	4:01	1:28	0:44	5:08	5:56
Brigid	Du Burgess	23:09	22:27	0:42	3.1%	6:28	12:46	22:26	46:36	1:43:52	3:38:35	4:44	4:04	1:30	0:45	5:12	5:59
Catherine	Orford	23:48	23:22	0:26	1.9%	6:44	13:18	23:21	48:29	1:48:06	3:47:31	4:56	4:15	1:33	0:46	5:23	6:10
Dave	Nunez	20:37	20:14	0:23	1.9%	5:50	11:31	20:14	42:01	1:33:41	3:17:09	4:19	3:43	1:22	0:41	4:44	5:32
David	Fothergill	22:58	21:18	1:40	7.8%	6:08	12:07	21:17	44:12	1:38:33	3:27:23	4:31	3:54	1:25	0:43	4:57	5:45
Emma	Baker	25:45	24:56	0:49	3.3%	7:18	14:11	24:55	51:45	1:55:22	4:02:47	5:13	4:30	1:39	0:49	5:42	6:31
Esther	Bowe		24:43	N/A	N/A	7:10	14:04	24:42	51:18	1:54:22	4:00:41	5:10	4:28	1:38	0:49	5:39	6:28
Gah	Chan	23:34	23:53	N/A	N/A	6:53	13:35	23:52	49:34	1:50:30	3:52:33	5:01	4:19	1:34	0:47	5:28	6:17
Gareth	Evans	27:13	26:35	0:38	2.4%	7:39	15:07	26:34	55:10	2:03:01	4:18:52	5:32	4:46	1:44	0:52	6:04	6:50
Hamish	McGuire	23:59	23:40	0:19	1.3%	6:49	13:28	23:39	49:07	1:49:30	3:50:27	4:59	4:17	1:34	0:47	5:26	6:14
Hilary	Fowler	25:29	23:50	1:39	6.9%	6:52	13:33	23:49	49:28	1:50:16	3:52:04	5:01	4:19	1:34	0:47	5:28	6:16
Jaclyn	Lee	24:30	24:16	0:14	1.0%	6:59	13:48	24:15	50:22	1:52:16	3:56:18	5:05	4:23	1:36	0:48	5:34	6:22
James	Slattery		17:58	N/A	N/A	5:10	10:13	17:57	37:17	1:23:06	2:54:54	3:51	3:20	1:13	0:36	4:18	5:01
Jodee	Tahana	25:32	24:55	0:37	2.5%	7:17	14:10	24:54	51:43	1:55:17	4:02:38	5:13	4:30	1:39	0:49	5:42	6:31
Jonathan	Drake	19:54	20:53	N/A	N/A	6:01	11:53	20:52	43:20	1:36:37	3:23:19	4:26	3:50	1:24	0:42	4:52	5:40
Julie	Moon	30:00	27:54	2:06	7.5%	8:02	15:52	27:53	57:55	2:09:06	4:31:42	5:45	4:59	1:50	0:55	6:20	7:07
Justin	Gregory	26:03	26:02	0:01	0.1%	7:30	14:49	26:01	54:02	2:00:28	4:13:31	5:26	4:41	1:43	0:52	5:57	6:44
Kirsten	McNee	27:54	27:12	0:42	2.6%	7:50	15:28	27:11	56:27	2:05:52	4:24:52	5:40	4:52	1:47	0:53	6:11	6:57
Leroy	Golaboski	23:03	21:55	1:08	5.2%	6:19	12:28	21:54	45:29	1:41:24	3:33:24	4:37	3:59	1:28	0:44	5:06	5:54
Martin	Searle	19:18	17:44	1:34	8.8%	5:06	10:05	17:43	36:48	1:22:01	2:52:38	3:49	3:17	1:12	0:36	4:16	4:59
Michael	Jenkinson	25:28	26:02	N/A	N/A	7:30	14:49	26:01	54:02	2:00:28	4:13:31	5:26	4:41	1:43	0:52	5:57	6:44
Nicole	Archer	23:43	22:48	0:55	4.0%	6:34	12:58	22:47	47:19	1:45:29	3:42:00	4:48	4:08	1:31	0:46	5:16	6:04
Penny	Johnstone	26:59	24:32	2:27	10.0%	7:04	13:57	24:31	50:55	1:53:31	3:58:54	5:08	4:26	1:37	0:49	5:37	6:25
Rebecca	Dow	26:54	23:22	3:32	15.1%	6:44	13:18	23:21	48:29	1:48:06	3:47:31	4:56	4:15	1:33	0:46	5:23	6:10
Sarah	Chapman		22:34	N/A	N/A	6:30	12:50	22:33	46:50	1:44:24	3:39:43	4:46	4:06	1:30	0:45	5:14	6:01
Sarah	Sinclair	24:17	23:58	0:19	1.3%	6:54	13:38	23:57	49:45	1:50:53	3:53:22	5:02	4:20	1:35	0:47	5:29	6:18
Sarah	van Boheem	29:04	27:55	1:09	4.1%	8:02	15:53	27:54	57:57	2:09:10	4:31:51	5:45	4:59	1:50	0:55	6:21	7:07
Stephen	Campbell	22:07	23:55	N/A	N/A	6:53	13:36	23:54	49:38	1:50:39	3:52:53	5:01	4:19	1:35	0:47	5:29	6:18
Susie	Hyatt	25:52	25:04	0:48	3.2%	7:21	14:16	25:03	52:01	1:55:59	4:04:05	5:15	4:31	1:39	0:50	5:44	6:33
Suzanne	Jeffels	26:58	26:02	0:56	3.6%	7:30	14:49	26:01	54:02	2:00:28	4:13:31	5:26	4:41	1:43	0:52	5:57	6:44
Tony	Sutherland	25:45	23:30	2:15	9.6%	6:46	13:22	23:29	48:46	1:48:43	3:48:49	4:58	4:16	1:33	0:46	5:24	6:12
Tracey	Lee	29:47	28:20	1:27	5.1%	8:09	16:07	28:19	58:48	2:11:06	4:35:55	5:52	5:03	1:51	0:56	6:26	7:13
Valerie	Smith	32:49	32:22	0:27	1.4%	9:19	18:25	32:21	07:11	2:29:47	5:15:13	6:41	5:42	2:04	1:02	7:18	8:00
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