

# AUCKLAND RACE PACES



Spring 2016

			RACE PROJECTIONS					
First Name	Last Name	First 5k TT	5k	5k Pace (min/km)	10k	10k Pace (min/km)	Half	Half Pace (min/km)
Aidan	Potter	22:03	22:02	04:24	45:45	04:35	1:42:01	04:50
Alisa	Bennett		#N/A	#N/A	#N/A	#N/A	#N/A	#N/A
Allan	Janes	19:04	19:03	03:49	39:34	03:57	1:28:12	04:11
Aly	Craigie	23:20	23:19	04:40	48:25	04:51	1:47:57	05:07
Amy	Lamont	25:16	25:15	05:03	52:27	05:15	1:56:54	05:32
Amy	Cunningham	25:52	25:51	05:10	53:41	05:22	1:59:41	05:40
Andrew	Capel	22:32	22:31	04:30	46:46	04:41	1:44:15	04:56
Anja	Borchardt	30:00	29:59	06:00	1:02:16	06:14	2:18:49	06:35
Anne	Corbett	22:16	22:15	04:27	46:12	04:37	1:43:01	04:53
Aurelie	Desjardins	23:23	23:22	04:40	48:31	04:51	1:48:11	05:08
Brendon	Johnston	21:01	21:00	04:12	43:37	04:22	1:37:14	04:36
Brigid	Du Burgess	23:09	23:08	04:38	48:03	04:48	1:47:06	05:05
Bryony	Botting	23:49	23:48	04:46	49:26	04:57	1:50:11	05:13
Cameron	Smithson	27:55	27:54	05:35	57:57	05:48	2:09:10	06:07
Carly	Harker		#N/A	#N/A	#N/A	#N/A	#N/A	#N/A
Casey	Armstrong	23:53	23:52	04:46	49:34	04:57	1:50:30	05:14
Catherine	Orford	23:48	23:47	04:45	49:24	04:56	1:50:07	05:13
Darryl	King	20:00	19:59	04:00	41:30	04:09	1:32:31	04:23
Dave	Nunez	20:37	20:36	04:07	42:47	04:17	1:35:23	04:31
David	Fothergill	22:58	22:57	04:35	47:40	04:46	1:46:15	05:02
Emily	Reeves	29:30	29:29	05:54	01:14	06:07	2:16:30	06:28
Emma	Baker	25:45	25:44	05:09	53:27	05:21	1:59:09	05:39
Esther	Bowe		#N/A	#N/A	#N/A	#N/A	#N/A	#N/A
Eva	Sutherland	24:55	24:54	04:59	51:43	05:10	1:55:17	05:28
Gah	Chan	23:34	23:34	04:43	48:56	04:54	1:49:07	05:10
Gareth	Evans	27:13	27:12	05:26	56:29	05:39	2:05:56	05:58
Hamish	McGuire	23:59	23:58	04:48	49:47	04:59	1:50:58	05:16
Hilary	Fowler	25:29	25:28	05:06	52:54	05:17	1:57:55	05:35
Jaclyn	Lee	24:30	24:29	04:54	50:51	05:05	1:53:21	05:22
Jo	Hartley	37:07	37:06	07:25	1:17:03	07:42	2:51:47	08:08
Jodee	Tahana	25:32	25:31	05:06	53:00	05:18	1:58:09	05:36
Jonathan	Drake	19:54	19:53	03:59	41:18	04:08	1:32:04	04:22
Julie	Moon	30:00	29:59	06:00	1:02:16	06:14	2:18:49	06:35
Justin	Gregory	26:03	26:02	05:12	54:04	05:24	2:00:32	05:43
Justine	Herbstreit	26:30	26:29	05:18	55:00	05:30	2:02:37	05:49
Kirsten	McNee	27:54	27:53	05:35	57:55	05:47	2:09:06	06:07
Leroy	Golaboski	23:03	23:02	04:36	47:50	04:47	1:46:38	05:03
Lucy	Mills	24:50	24:49	04:58	51:32	05:09	1:54:54	05:27
Margaret	Reid	28:40	28:39	05:44	59:30	05:57	2:12:39	06:17
Mark	Traveller	22:00	21:59	04:24	45:39	04:34	1:41:47	04:49
Martin	Searle	19:18	19:17	03:51	40:03	04:00	1:29:17	04:14
Mary	Goldfinch		#N/A	#N/A	#N/A	#N/A	#N/A	#N/A
Michael	Jenkinson	25:28	25:27	05:05	52:52	05:17	1:57:50	05:35
Nathan	Telford		#N/A	#N/A	#N/A	#N/A	#N/A	#N/A
Nicole	Archer	23:43	23:42	04:44	49:13	04:55	1:49:44	05:12
Penny	Johnstone	26:59	26:58	05:24	56:00	05:36	2:04:52	05:55
Rebecca	Dow	26:54	26:53	05:23	55:50	05:35	2:04:29	05:54
Samantha	Mildon		#N/A	#N/A	#N/A	#N/A	#N/A	#N/A
Sanchia	Kumalija	27:21	27:20	05:28	56:46	05:41	2:06:33	06:00

Sarah	Sinclair	24:17	24:16	04:51	50:24	05:02	1:52:21	05:19
Sarah	Whitehouse	28:40	28:39	05:44	59:30	05:57	2:12:39	06:17
Sarah	van Boheem	29:04	29:03	05:49	1:00:20	06:02	2:14:30	06:22
Saskia	Batelaan		#N/A	#N/A	#N/A	#N/A	#N/A	#N/A
Stephen	Campbell	22:07	22:06	04:25	45:54	04:35	1:42:20	04:51
Steven	Mcclory	22:08	22:07	04:25	45:56	04:36	1:42:24	04:51
Susie	Hyatt	25:52	25:51	05:10	53:41	05:22	1:59:41	05:40
Suzanne	Jeffels	26:58	26:57	05:23	55:58	05:36	2:04:47	05:55
Tony	Sutherland	25:45	25:44	05:09	53:27	05:21	1:59:09	05:39
Tracey	Lee	29:47	29:46	05:57	1:01:49	06:11	2:17:49	06:32
Valerie	Smith	32:49	32:48	06:34	1:08:07	06:49	2:31:51	07:12
Yun (Allen)	Zhang	22:58	22:57	04:35	47:40	04:46	1:46:15	05:02
<b>First Name</b>	<b>Last Name</b>	<b>First 5k TT</b>	<b>5k</b>	<b>5k Pace (min/km)</b>	<b>10k</b>	<b>10k Pace (min/km)</b>	<b>Half</b>	<b>Half Pace (min/km)</b>
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