

DUNEDIN 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
Angela	Bishop	22:16	21:00	1:16	6.0%	6:03	11:57	20:59	43:35	1:37:09	3:24:27	4:28	3:51	1:24	0:42	4:54	5:42
Dana	Young	27:36	25:33	2:03	8.0%	7:21	14:32	25:32	53:02	1:58:13	4:08:48	5:20	4:35	1:41	0:51	5:50	6:38
Elizabeth	Glen	25:50	25:25	0:25	1.6%	7:21	14:28	25:24	52:45	1:57:36	4:07:30	5:19	4:34	1:41	0:50	5:49	6:37
Hayley	Sincock	28:15	25:37	2:38	10.3%	7:23	14:34	25:36	53:10	1:58:32	4:09:27	5:21	4:36	1:41	0:51	5:51	6:39
Jenny	Corlett	28:23	28:59	N/A	N/A	8:21	16:29	28:58	1:00:10	2:14:07	4:42:15	6:00	5:09	1:53	0:56	6:35	7:20
Kursti	Annison	32:00	30:01	1:59	6.6%	8:39	17:05	30:00	1:02:18	2:18:54	4:52:19	6:13	5:20	1:56	0:58	6:48	7:32
Kylie	James	28:22	25:45	2:37	10.2%	7:25	14:39	25:44	53:27	1:59:09	4:10:45	5:23	4:38	1:42	0:51	5:53	6:41
Lynley	Lemow		26:33	N/A	N/A	7:39	15:06	26:32	55:06	2:02:51	4:18:32	5:31	4:45	1:44	0:52	6:03	6:49
Mark	Shirley	22:48	22:19	0:29	2.2%	6:25	12:42	22:18	46:19	1:43:15	3:37:17	4:42	4:03	1:29	0:45	5:11	5:58
Mark	Oliver	22:43	23:11	N/A	N/A	6:40	13:11	23:10	48:07	1:47:15	3:45:44	4:53	4:13	1:32	0:46	5:21	6:09
Nicola	Hoodless	29:51	27:02	2:49	10.4%	7:47	15:23	27:01	56:06	2:05:06	4:23:15	5:38	4:51	1:46	0:53	6:09	6:55
Rachel	Carr		22:50	N/A	N/A	6:34	12:59	22:49	47:23	1:45:38	3:42:20	4:49	4:09	1:31	0:46	5:17	6:04
Sonia	McGregor	24:27	24:30	N/A	N/A	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
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