

# DUNEDIN 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)
Alison	Newall	28:30.0	28:29	05:42	0:59:09	05:55	2:11:52	06:15
Angela	Bishop	22:16.0	22:15	04:27	0:46:12	04:37	1:43:01	04:53
Carol	Chettleburgh							
Cassidy	Armishaw	31:33.0	31:32	06:18	1:05:29	06:33	2:26:00	06:55
Chelsea	Gorton							
Dana	Young	27:36.0	27:35	05:31	57:17	05:44	2:07:42	06:03
Elizabeth	Glen	25:50.0	25:49	05:10	0:53:37	05:22	1:59:32	05:40
Hayley	Sincock	28:15.0	28:14	05:39	58:38	05:52	2:10:43	06:12
Jenny	Corlett	28:23.0	28:22	05:40	58:54	05:53	2:11:20	06:13
Jo	Nielson							
Josh	McGregor	24:23.0	24:22	04:52	50:36	05:04	1:52:49	05:21
Kirsty	Fairbairn	22:35.0	22:34	04:31	0:46:52	04:41	1:44:29	04:57
Kursti	Annison	32:00.0	31:59	06:24	1:06:26	06:39	2:28:05	07:01
Kylie	James	28:22.0	28:21	05:40	58:52	05:53	2:11:15	06:13
Leah	Watts							
Lynley	Lemow							
Mark	Oliver	22:43.0	22:42	04:32	47:09	04:43	1:45:06	04:59
Mark	Shirley	22:48.0	22:47	04:33	47:19	04:44	1:45:29	05:00
Maxamillian	Shields	22:10.0	22:09	04:26	46:00	04:36	1:42:33	04:52
Millie	Davenport			00:00		00:00		00:00
Nicola	Hoodless	29:51.0	29:50	05:58	1:01:57	06:12	2:18:08	06:33
Rachel	Carr							
Rowena	Davenport							
Sonia	McGregor	24:27.0	24:26	04:53	50:45	05:04	1:53:07	05:22
Stella	Toomey	33:40.0	33:39	06:44	1:09:53	06:59	2:35:48	07:23
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