

# WELLINGTON SPRING 2016 - Final 5k TT Results



		ESTIMATED FINISHING TIMES FOR OTHER DISTANCES										TRAINING PACES (min/km)						
First Name	Last Name	First 5k TT	Final 5k TT	Improvement (min:secs)	% Speed Improvement	1-Mile	3k	5k	10k	Half	Full	Lactate Threshold	VO2Max	Rep Pace 400m	Rep Pace 200m	Easy Pace Max	Easy Pace Min	
<b>KHANDALLAH</b>	<b>KHANDALLAH</b>	<b>KHANDALLAH</b>	<b>KHANDALLAH</b>	<b>KHANDALLAH</b>	<b>KHANDALLAH</b>	<b>KHANDALLAH</b>	<b>KHANDALLAH</b>	<b>KHANDALLAH</b>	<b>KHANDALLAH</b>	<b>KHANDALLAH</b>	<b>KHANDALLAH</b>	<b>KHANDALLAH</b>	<b>KHANDALLAH</b>	<b>KHANDALLAH</b>	<b>KHANDALLAH</b>	<b>KHANDALLAH</b>	<b>KHANDALLAH</b>	<b>KHANDALLAH</b>
Adrian	Thompson	26:32	26:20.0	0:12	0.8%	7:35	14:59	26:19	54:39	2:01:51	4:16:26	5:29	4:44	1:44	0:52	6:01	6:47	
Cameron	Small	30:27	27:00.0	3:27	12.8%	7:46	15:22	26:59	56:02	2:04:56	4:22:55	5:38	4:51	1:46	0:53	6:09	6:55	
Gill	Peoples		28:37.0	N/A	N/A	8:14	16:17	28:36	59:24	2:12:25	4:38:40	5:56	5:06	1:52	0:56	6:29	7:16	
Helen	Rook	33:30	32:25.0	1:05	3.3%	9:20	18:27	32:24	07:18	2:30:00	5:15:42	6:42	5:42	2:05	1:02	7:19	8:00	
Jo	Gell	30:45	30:00.0	0:45	2.5%	8:38	17:04	29:59	02:16	2:18:49	4:52:09	6:13	5:20	1:56	0:58	6:48	7:32	
Lara	Robertson	30:43	30:56.0	N/A	N/A	8:54	17:36	30:55	04:13	2:23:09	5:01:15	6:24	5:28	2:00	1:00	7:00	7:42	
Linda	McArthur	25:34	24:15.0	1:19	5.4%	6:59	13:48	24:14	50:20	1:52:12	3:56:08	5:05	4:23	1:36	0:48	5:33	6:22	
Mary	Callister	41:57	44:22.0	N/A	N/A	12:47	25:15	44:21	32:06	3:25:20	7:12:09	9:01	7:36	2:44	1:22	9:49	10:20	
Nancy	Linton	25:34	24:40.0	0:54	3.6%	7:09	14:02	24:39	51:12	1:54:08	4:00:12	5:10	4:28	1:38	0:49	5:39	6:27	
<b>PORIRUA</b>	<b>PORIRUA</b>	<b>PORIRUA</b>	<b>PORIRUA</b>	<b>PORIRUA</b>	<b>PORIRUA</b>	<b>PORIRUA</b>	<b>PORIRUA</b>	<b>PORIRUA</b>	<b>PORIRUA</b>	<b>PORIRUA</b>	<b>PORIRUA</b>	<b>PORIRUA</b>	<b>PORIRUA</b>	<b>PORIRUA</b>	<b>PORIRUA</b>	<b>PORIRUA</b>	<b>PORIRUA</b>	
Baskar	Vedachalam	25:30	25:14.0	0:16	1.1%	7:21	14:21	25:13	52:22	1:56:45	4:05:43	5:17	4:33	1:40	0:50	5:46	6:35	
Eve	Southan	25:12	23:59.0	1:13	5.1%	6:54	13:39	23:58	49:47	1:50:58	3:53:32	5:02	4:20	1:35	0:47	5:30	6:19	
Helen	Gittins	28:59	28:53.0	0:06	0.3%	8:19	16:26	28:52	59:57	2:13:39	4:41:16	5:59	5:08	1:53	0:56	6:33	7:19	
Rebecca	Whiting	29:01	29:10.0	N/A	N/A	8:24	16:36	29:09	00:33	2:14:58	4:44:02	6:02	5:11	1:53	0:57	6:37	7:22	
Toni	Jack	30:10	30:09.0	0:01	0.1%	8:41	17:09	30:08	02:35	2:19:31	4:53:37	6:14	5:21	1:57	0:58	6:50	7:34	
<b>TAWA</b>	<b>TAWA</b>	<b>TAWA</b>	<b>TAWA</b>	<b>TAWA</b>	<b>TAWA</b>	<b>TAWA</b>	<b>TAWA</b>	<b>TAWA</b>	<b>TAWA</b>	<b>TAWA</b>	<b>TAWA</b>	<b>TAWA</b>	<b>TAWA</b>	<b>TAWA</b>	<b>TAWA</b>	<b>TAWA</b>	<b>TAWA</b>	
Angela	Prestidge		25:43.0	N/A	N/A	7:24	14:38	25:42	53:23	1:59:00	4:10:25	5:22	4:37	1:42	0:51	5:53	6:40	
Anna	Hastie	31:21	30:09.0	1:12	4.0%	8:41	17:09	30:08	02:35	2:19:31	4:53:37	6:14	5:21	1:57	0:58	6:50	7:34	
Anne	Rose	24:27	23:17.0	1:10	5.0%	6:42	13:15	23:16	48:19	1:47:43	3:46:43	4:55	4:14	1:33	0:46	5:22	6:10	
Jo	Murray	27:56	26:25.0	1:31	5.7%	7:36	15:02	26:24	54:50	2:02:14	4:17:15	5:30	4:44	1:44	0:52	6:02	6:48	
John	Langham	19:31	19:03.0	0:28	2.4%	5:29	10:50	19:02	39:32	1:28:07	3:05:27	4:04	3:31	1:17	0:39	4:30	5:15	
Jon	Saunders	23:51	22:51.0	1:00	4.4%	6:35	13:00	22:50	47:25	1:45:43	3:42:29	4:49	4:09	1:31	0:46	5:17	6:05	
Karen	Orr	25:47	25:00.0	0:47	3.1%	7:20	14:13	24:59	51:53	1:55:40	4:03:26	5:14	4:31	1:39	0:49	5:43	6:32	
Megan	Keenan	30:43	27:35.0	3:08	11.4%	7:57	15:42	27:34	57:15	2:07:38	4:28:36	5:43	4:56	1:48	0:54	6:16	7:02	
Stuart	Irvine	25:16	23:45.0	1:31	6.4%	6:50	13:31	23:44	49:17	1:49:53	3:51:15	5:00	4:18	1:34	0:47	5:27	6:15	
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