

WELLINGTON SPRING 2016 - 5k TT Results



		ESTIMATED FINISHING TIMES FOR OTHER DISTANCES							TRAINING PACES (min/km)					
First Name	Last Name	First 5k TT	1-Mile	3k	5k	10k	Half	Full	Lactate Threshold	VO2Max	Rep Pace 400m	Rep Pace 200m	Easy Pace Max	Easy Pace Min
CBD	CBD	CBD	CBD	CBD	CBD	CBD	CBD	CBD	CBD	CBD	CBD	CBD	CBD	CBD
Aleisha	Robertson	26:55	7:45	15:19	26:54	55:52	2:04:33	4:22:07	5:37	4:50	1:46	0:53	6:08	6:54
Andrew	Joel	25:37	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
Caroline	Fyfe	26:20	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
Catherine	Mullen	32:26	9:20	18:27	32:25	07:20	2:30:05	5:15:52	6:42	5:42	2:05	1:02	7:19	8:00
Claire	Debrois	23:00	6:37	13:05	22:59	47:44	1:46:24	3:43:57	4:51	4:11	1:32	0:46	5:19	6:07
Denise	Pilcher	28:20	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
James	Kennedy-God	20:38	5:56	11:44	20:37	42:49	1:35:27	3:20:53	4:23	3:47	1:23	0:42	4:49	5:37
Jo	Badham	22:33	6:29	12:50	22:32	0:46:48	1:44:19	3:39:34	4:45	4:05	1:30	0:45	5:13	6:00
Karyn	Hathaway	29:50	8:35	16:58	29:49	01:55	2:18:03	4:50:32	6:11	5:18	1:55	0:58	6:45	7:30
Lizzie	Mckissock	26:00	7:29	14:48	25:59	53:58	2:00:18	4:13:11	5:26	4:41	1:43	0:51	5:57	6:44
Megan	Walker	30:35	8:48	17:24	30:34	03:29	2:21:32	4:57:50	6:19	5:25	1:58	0:59	6:55	7:39
KHANDALLAH	KHANDALLAH	KHANDALLAH	KHANDALLAH	KHANDALLAH	KHANDALLAH	KHANDALLAH	KHANDALLAH	KHANDALLAH	KHANDALLAH	KHANDALLAH	KHANDALLAH	KHANDALLAH	KHANDALLAH	KHANDALLAH
Adrian	Thompson	26:32	7:38	15:06	26:31	55:04	2:02:47	4:18:23	5:31	4:45	1:44	0:52	6:03	6:49
Alex	MacAvoy	27:16	7:51	15:31	27:15	56:36	2:06:10	4:25:31	5:40	4:53	1:47	0:53	6:12	6:58
Cameron	Small	30:27	8:46	17:20	30:26	03:13	2:20:54	4:56:32	6:17	5:23	1:58	0:59	6:53	7:37
Gill	Peoples													
Helen	Rook	33:30	9:39	19:04	33:29	09:32	2:35:01	5:26:15	6:56	5:54	2:09	1:04	7:32	8:14
Jo	Gell	30:45	8:51	17:30	30:44	03:50	2:22:18	4:59:28	6:21	5:26	1:59	0:59	6:57	7:40
Lara	Robertson	30:43	8:51	17:29	30:42	1:03:46	2:22:09	4:59:08	6:21	5:26	1:59	0:59	6:57	7:40
Linda	McArthur	25:34	7:22	14:33	25:33	53:04	1:58:18	4:08:57	5:21	4:36	1:41	0:51	5:51	6:39
Liz	Gibbs													
Mary	Callister	41:57	12:05	23:52	41:56	27:06	3:14:09	6:48:36	8:34	7:14	2:36	1:18	9:18	9:50
Michelle	Malyon	33:34	9:40	19:06	33:33	09:40	2:35:20	5:26:54	6:57	5:54	2:09	1:05	7:33	8:14
Nancy	Linton	25:34	7:22	14:33	25:33	53:04	1:58:18	4:08:57	5:21	4:36	1:41	0:51	5:51	6:39
Nick	Wood	26:37	7:40	15:09	26:36	55:14	2:03:10	4:19:11	5:32	4:46	1:44	0:52	6:04	6:50
Pam	Longmire													
Ruth	Noakes	27:35	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
Sharon	Wray	27:00	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
PORIRUA	PORIRUA	PORIRUA	PORIRUA	PORIRUA	PORIRUA	PORIRUA	PORIRUA	PORIRUA	PORIRUA	PORIRUA	PORIRUA	PORIRUA	PORIRUA	PORIRUA
Allison	Henderson	25:36	7:22	14:34	25:35	53:08	1:58:27	4:09:17	5:21	4:36	1:41	0:51	5:51	6:39
Annemie	Otto	29:09	8:24	16:35	29:08	1:00:31	2:14:53	4:43:52	6:02	5:10	1:53	0:57	6:37	7:22

			ESTIMATED FINISHING TIMES FOR OTHER DISTANCES						TRAINING PACES (min/km)					
First Name	Last Name	First 5k TT	1-Mile	3k	5k	10k	Half	Full	Lactate Threshold	VO2Max	Rep Pace 400m	Rep Pace 200m	Easy Pace Max	Easy Pace Min
Baskar	Vedachalam	25:30	7:21	14:30	25:29	52:56	1:57:59	4:08:18	5:20	4:35	1:41	0:50	5:50	6:38
Duncan	Murray	26:40	7:41	15:10	26:39	55:21	2:03:24	4:19:41	5:33	4:47	1:45	0:52	6:05	6:51
Eve	Southan	25:12	7:21	14:20	25:11	52:18	1:56:36	4:05:23	5:16	4:32	1:40	0:50	5:46	6:34
Helen	Gittins	28:59	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
Jason	Eade													
Liz	Eade	22:01	6:20	12:31	22:00	45:41	1:41:52	3:34:22	4:38	4:00	1:28	0:44	5:07	5:55
Rebecca	Whiting	29:01	8:21	16:30	29:00	1:00:14	2:14:16	4:42:34	6:00	5:09	1:53	0:57	6:35	7:20
Toni	Jack	30:10	8:41	17:10	30:09	1:02:37	2:19:36	4:53:47	6:15	5:21	1:57	0:58	6:50	7:34
TAWA	TAWA	TAWA	TAWA	TAWA	TAWA	TAWA	TAWA	TAWA	TAWA	TAWA	TAWA	TAWA	TAWA	TAWA
Angela	Prestidge													
Anna	Hastie	31:21	9:02	17:50	31:20	1:05:04	2:25:05	5:05:19	6:29	5:32	2:01	1:01	7:05	7:48
Anne	Rose	24:27	7:02	13:55	24:26	50:45	1:53:07	3:58:05	5:07	4:25	1:37	0:48	5:36	6:24
Belinda	Sheridan													
Cathy	Finnimore	26:23	7:36	15:01	26:22	54:45	2:02:05	4:16:55	5:30	4:44	1:44	0:52	6:01	6:48
Jessica	Karauria	37:15	10:44	21:12	37:14	1:17:20	2:52:24	6:02:47	7:39	6:29	2:21	1:10	8:20	8:55
Jo	Murray	27:56	8:03	15:54	27:55	57:59	2:09:15	4:32:01	5:46	4:59	1:50	0:55	6:21	7:08
John	Langham	19:31	5:37	11:06	19:30	40:30	1:30:17	3:10:00	4:10	3:36	1:19	0:40	4:35	5:22
Jon	Saunders	23:51	6:52	13:34	23:50	49:30	1:50:21	3:52:14	5:01	4:19	1:34	0:47	5:28	6:17
Karen	Orr	25:47	7:25	14:40	25:46	53:31	1:59:18	4:11:04	5:23	4:38	1:42	0:51	5:54	6:41
Megan	Keenan	30:43	8:51	17:29	30:42	1:03:46	2:22:09	4:59:08	6:21	5:26	1:59	0:59	6:57	7:40
Roxanna	Johnston	26:30	7:38	15:05	26:29	55:00	2:02:37	4:18:03	5:31	4:45	1:44	0:52	6:03	6:49
Stuart	Irvine	25:16	7:21	14:22	25:15	52:27	1:56:54	4:06:02	5:17	4:33	1:40	0:50	5:46	6:35
First Name	Last Name	First 5k TT	1-Mile	3k	5k	10k	Half	Full	Lactate Threshold	VO2Max	Rep Pace 400m	Rep Pace 200m	Easy Pace Max	Easy Pace Min
ESTIMATED FINISHING TIMES FOR OTHER DISTANCES									TRAINING PACES (min/km)					