

# AUCKLAND LATE 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	First Name	Last Name	
Aaron	Skilton	21:29	6:11	12:13	21:28	44:35	1:39:24	3:29:10	4:34	3:56	1:26	0:43	5:00	5:48	Aaron	Skilton	
Aidan	Potter	19:20	5:34	11:00	19:19	40:07	1:29:26	3:08:13	4:08	3:34	1:18	0:39	4:33	5:19	Aidan	Potter	
Alisa	Bennett														Alisa	Bennett	
Alison	Titulaer	27:23	7:53	15:35	27:22	56:50	2:06:42	4:26:39	5:42	4:54	1:47	0:54	6:13	6:59	Alison	Titulaer	
Allan	Janes	18:40	5:22	10:37	18:39	38:44	1:26:21	3:01:44	4:00	3:28	1:16	0:38	4:27	5:11	Allan	Janes	
Aly	Craigie	21:47	6:16	12:23	21:46	45:12	1:40:47	3:32:06	4:36	3:58	1:27	0:44	5:04	5:52	Aly	Craigie	
Amy	Lamont	25:03	7:21	14:15	25:02	51:59	1:55:54	4:03:55	5:14	4:31	1:39	0:50	5:43	6:32	Amy	Lamont	
Andrew	Capel	21:00	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	Andrew	Capel	
Anja	Borchardt	24:30	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	Anja	Borchardt	
Anna	Williams	19:58	5:45	11:21	19:57	41:26	1:32:22	3:14:24	4:16	3:41	1:21	0:40	4:40	5:28	Anna	Williams	
Anne	Corbett	22:08	6:22	12:35	22:07	45:56	1:42:24	3:35:30	4:40	4:01	1:28	0:44	5:08	5:56	Anne	Corbett	
Aurelie	Desjardins	22:53	6:35	13:01	22:52	47:29	1:45:52	3:42:49	4:49	4:09	1:31	0:46	5:17	6:05	Aurelie	Desjardins	
Brendon	Johnston	20:18	5:51	11:33	20:18	42:09	1:33:59	3:17:48	4:19	3:44	1:22	0:41	4:45	5:33	Brendon	Johnston	
Brigid	Du Burgess	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	Brigid	Du Burgess	
Cameron	Smithson	26:49	7:43	15:15	26:48	55:39	2:04:05	4:21:08	5:35	4:49	1:45	0:53	6:07	6:53	Cameron	Smithson	
Carl	Rogers	25:40	7:23	14:36	25:39	53:17	1:58:46	4:09:56	5:22	4:37	1:42	0:51	5:52	6:40	Carl	Rogers	
Carly	Harker	29:41	8:33	16:53	29:40	1:37	2:17:21	4:49:04	6:09	5:16	1:55	0:57	6:43	7:29	Carly	Harker	
Caroline	McAleese	23:46	6:51	13:31	23:45	49:19	1:49:57	3:51:25	5:00	4:18	1:34	0:47	5:27	6:15	Caroline	McAleese	
Casey	Armstrong	23:53	6:53	13:35	23:52	49:34	1:50:30	3:52:33	5:01	4:19	1:34	0:47	5:28	6:17	Casey	Armstrong	
Charlotte	MacDonald	28:01	8:04	15:56	28:00	58:09	2:09:38	4:32:50	5:46	5:00	1:50	0:55	6:22	7:09	Charlotte	MacDonald	
Chris	Baker	23:54	6:53	13:36	23:53	49:36	1:50:35	3:52:43	5:01	4:19	1:35	0:47	5:29	6:17	Chris	Baker	
Christopher	Melley	22:00	6:20	12:31	21:59	45:39	1:41:47	3:34:12	4:38	4:00	1:28	0:44	5:07	5:55	Christopher	Melley	
Damian	Hoon	27:10	7:49	15:27	27:09	56:23	2:05:42	4:24:33	5:39	4:52	1:47	0:53	6:11	6:57	Damian	Hoon	
Darryl	King	22:27	6:28	12:46	22:26	46:36	1:43:52	3:38:35	4:44	4:04	1:30	0:45	5:12	5:59	Darryl	King	
Dave	Nunez	27:54	8:02	15:52	27:53	57:55	2:09:06	4:31:42	5:45	4:59	1:50	0:55	6:20	7:07	Dave	Nunez	
David	Fothergill	22:12	6:23	12:38	22:11	46:04	1:42:43	3:36:09	4:41	4:02	1:29	0:44	5:09	5:57	David	Fothergill	
Emily	Reeves	29:30	8:30	16:47	29:29	1:14	2:16:30	4:47:17	6:07	5:14	1:54	0:57	6:41	7:27	Emily	Reeves	
Emma	Baker	24:54	7:17	14:10	24:53	51:41	1:55:13	4:02:28	5:13	4:30	1:39	0:49	5:42	6:30	Emma	Baker	
Emma	Davies	29:30	8:30	16:47	29:29	1:14	2:16:30	4:47:17	6:07	5:14	1:54	0:57	6:41	7:27	Emma	Davies	
Erin	Redwine	26:17	7:34	14:57	26:16	54:33	2:01:37	4:15:57	5:29	4:43	1:44	0:52	6:00	6:47	Erin	Redwine	
Esther	Bowe	26:02	7:30	14:49	26:01	54:02	2:00:28	4:13:31	5:26	4:41	1:43	0:52	5:57	6:44	Esther	Bowe	
Fama	Ndiaye	25:58	7:29	14:46	25:57	53:54	2:00:09	4:12:52	5:25	4:40	1:43	0:51	5:56	6:43	Fama	Ndiaye	
Fraser	Hamilton	19:56	5:44	11:20	19:55	41:22	1:32:13	3:14:04	4:16	3:40	1:21	0:40	4:40	5:28	Fraser	Hamilton	
Fred	Boles	23:49	6:51	13:33	23:48	49:26	1:50:11	3:51:54	5:00	4:18	1:34	0:47	5:28	6:16	Fred	Boles	
Gah	Chan	24:23	7:01	13:52	24:22	50:36	1:52:49	3:57:26	5:06	4:24	1:36	0:48	5:35	6:23	Gah	Chan	
Gareth	Evans	27:22	7:53	15:34	27:21	56:48	2:06:38	4:26:29	5:41	4:54	1:47	0:54	6:13	6:59	Gareth	Evans	
Hayden	Whitecliffe	22:47	6:34	12:58	22:46	47:17	1:45:24	3:41:50	4:48	4:08	1:31	0:46	5:16	6:04	Hayden	Whitecliffe	
Hilary	Fowler	24:20	7:00	13:51	24:19	50:30	1:52:35	3:56:57	5:06	4:24	1:36	0:48	5:34	6:23	Hilary	Fowler	
Jaclyn	Lee	24:30	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	Jaclyn	Lee	
James	Slattery	17:58	5:10	10:13	17:57	37:17	1:23:06	2:54:54	3:51	3:20	1:13	0:36	4:18	5:01	James	Slattery	
Janice	Bunday	32:53	9:28	18:43	32:52	8:15	2:32:10	5:20:15	6:47	5:47	2:06	1:03	7:25	8:05	Janice	Bunday	
Jodee	Tahana	25:25	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	Jodee	Tahana	
Jonathan	Drake	19:54	5:44	11:19	19:53	41:18	1:32:04	3:13:45	4:15	3:40	1:21	0:40	4:40	5:27	Jonathan	Drake	

		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	First Name	Last Name	
Julie	Moon	30:00	8:38	17:04	29:59	2:16	2:18:49	4:52:09	6:13	5:20	1:56	0:58	6:48	7:32	Julie	Moon	
Justin	Gregory	25:46	7:25	14:40	25:45	53:29	1:59:14	4:10:55	5:23	4:38	1:42	0:51	5:53	6:41	Justin	Gregory	
Justine	Herbstreit														Justine	Herbstreit	
Karyn	Sands	30:52	8:53	17:34	30:51	4:04	2:22:50	5:00:36	6:23	5:28	1:59	1:00	6:59	7:41	Karyn	Sands	
Kirsten	McNee	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	Kirsten	McNee	
Lee	Hohaia	28:22	8:10	16:08	28:21	58:52	2:11:15	4:36:14	5:52	5:03	1:51	0:56	6:26	7:13	Lee	Hohaia	
Leroy	Golaboski	21:48	6:17	12:24	21:47	45:14	1:40:52	3:32:15	4:36	3:58	1:27	0:44	5:04	5:52	Leroy	Golaboski	
Luke	Watson														Luke	Watson	
Margaret	Reid	27:12	7:50	15:28	27:11	56:27	2:05:52	4:24:52	5:40	4:52	1:47	0:53	6:11	6:57	Margaret	Reid	
Martin	Searle	19:18	5:33	10:59	19:17	40:03	1:29:17	3:07:53	4:07	3:34	1:18	0:39	4:33	5:19	Martin	Searle	
Mathilde	Lepoutre	28:04	8:05	15:58	28:03	58:15	2:09:52	4:33:19	5:47	5:00	1:50	0:55	6:23	7:10	Mathilde	Lepoutre	
Michael	Jenkinson	24:56	7:18	14:11	24:55	51:45	1:55:22	4:02:47	5:13	4:30	1:39	0:49	5:42	6:31	Michael	Jenkinson	
Michelle	Hearne	24:56	7:18	14:11	24:55	51:45	1:55:22	4:02:47	5:13	4:30	1:39	0:49	5:42	6:31	Michelle	Hearne	
Moira	Barry	27:25	7:54	15:36	27:24	56:54	2:06:51	4:26:59	5:42	4:54	1:48	0:54	6:14	7:00	Moira	Barry	
Nathan	Telford	24:43	7:10	14:04	24:42	51:18	1:54:22	4:00:41	5:10	4:28	1:38	0:49	5:39	6:28	Nathan	Telford	
Nicole	Archer	22:48	6:34	12:58	22:47	47:19	1:45:29	3:42:00	4:48	4:08	1:31	0:46	5:16	6:04	Nicole	Archer	
Nicole	Eichstaedt	23:58	6:54	13:38	23:57	49:45	1:50:53	3:53:22	5:02	4:20	1:35	0:47	5:29	6:18	Nicole	Eichstaedt	
Penny	Johnstone	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	Penny	Johnstone	
Sally	Vernon	30:00	8:38	17:04	29:59	2:16	2:18:49	4:52:09	6:13	5:20	1:56	0:58	6:48	7:32	Sally	Vernon	
Samantha	Arnold	25:41	7:24	14:37	25:40	53:19	1:58:50	4:10:06	5:22	4:37	1:42	0:51	5:52	6:40	Samantha	Arnold	
Samantha	Mildon	27:54	8:02	15:52	27:53	57:55	2:09:06	4:31:42	5:45	4:59	1:50	0:55	6:20	7:07	Samantha	Mildon	
Sanchia	Kumalija	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	Sanchia	Kumalija	
Sarah	Chapman	22:47	6:34	12:58	22:46	47:17	1:45:24	3:41:50	4:48	4:08	1:31	0:46	5:16	6:04	Sarah	Chapman	
Sarah	Sinclair	24:29	7:03	13:56	24:28	50:49	1:53:17	3:58:24	5:08	4:26	1:37	0:48	5:37	6:25	Sarah	Sinclair	
Sarah	van Boheem	28:47	8:17	16:23	28:46	59:45	2:13:11	4:40:18	5:58	5:07	1:53	0:56	6:32	7:18	Sarah	van Boheem	
Saskia	Batelaan	29:20	8:27	16:41	29:19	0:53	2:15:44	4:45:40	6:04	5:12	1:54	0:57	6:39	7:24	Saskia	Batelaan	
Shereen	White	24:30	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	Shereen	White	
Sian	Lilly	29:09	8:24	16:35	29:08	0:31	2:14:53	4:43:52	6:02	5:10	1:53	0:57	6:37	7:22	Sian	Lilly	
Sophie	Burridge	28:22	8:10	16:08	28:21	58:52	2:11:15	4:36:14	5:52	5:03	1:51	0:56	6:26	7:13	Sophie	Burridge	
Sophie	Faulkner	28:22	8:10	16:08	28:21	58:52	2:11:15	4:36:14	5:52	5:03	1:51	0:56	6:26	7:13	Sophie	Faulkner	
Stephen	Campbell	22:25	6:27	12:45	22:24	46:31	1:43:42	3:38:16	4:44	4:04	1:30	0:45	5:12	5:59	Stephen	Campbell	
Susie	Hyatt	25:23	7:21	14:26	25:22	52:41	1:57:27	4:07:10	5:18	4:34	1:40	0:50	5:48	6:36	Susie	Hyatt	
Suzanne	Dennerly	28:07	8:06	16:00	28:06	58:21	2:10:06	4:33:48	5:48	5:01	1:50	0:55	6:23	7:10	Suzanne	Dennerly	
Suzanne	Jeffels	26:58	7:46	15:20	26:57	55:58	2:04:47	4:22:36	5:37	4:50	1:46	0:53	6:08	6:54	Suzanne	Jeffels	
Tom	Locke	21:27	6:10	12:12	21:26	44:31	1:39:14	3:28:51	4:33	3:55	1:26	0:43	4:59	5:47	Tom	Locke	
Tony	Johns	23:45	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	Tony	Johns	
Tracey	Lee	29:47	8:35	16:57	29:46	1:49	2:17:49	4:50:03	6:10	5:17	1:55	0:58	6:45	7:30	Tracey	Lee	
Valerie	Smith	32:13	9:17	18:20	32:12	6:53	2:29:05	5:13:45	6:39	5:41	2:04	1:02	7:16	7:58	Valerie	Smith	
Yano Adhitya	Tri Wibagyo	31:42	9:08	18:02	31:41	5:48	2:26:42	5:08:43	6:33	5:36	2:02	1:01	7:10	7:53	Yano Adhitya	Tri Wibagyo	
Yun (Allen)	Zhang														Yun (Allen)	Zhang	
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	First Name	Last Name	
ESTIMATED FINISHING TIMES FOR OTHER DISTANCES									TRAINING PACES (min/km)								