

AUCKLAND LATE SPRING 2016 - Final 5k TT



		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
Aidan	Potter	19:20	19:49	N/A	N/A	5:42	11:16	19:48	41:07	1:31:40	3:12:56	4:14	3:39	1:20	0:40	4:39	5:26
Aly	Craigie	21:47	21:39	0:08	0.6%	6:14	12:19	21:38	44:56	1:40:10	3:30:48	4:35	3:57	1:27	0:43	5:02	5:50
Andrew	Capel	21:00	20:37	0:23	1.9%	5:56	11:44	20:36	42:47	1:35:23	3:20:43	4:22	3:47	1:23	0:42	4:49	5:36
Anne	Corbett	22:08	21:40	0:28	2.2%	6:14	12:19	21:39	44:58	1:40:15	3:30:58	4:35	3:57	1:27	0:43	5:02	5:50
Brendon	Johnston	20:18	20:00	0:18	1.5%	5:45	11:23	19:59	41:30	1:32:31	3:14:43	4:17	3:41	1:21	0:40	4:41	5:29
Brigid	Du Burgess	23:51	21:46	2:05	9.6%	6:16	12:23	21:45	45:10	1:40:42	3:31:56	4:36	3:58	1:27	0:44	5:03	5:51
Cameron	Smithson	26:49	24:44	2:05	8.4%	7:11	14:04	24:43	51:20	1:54:26	4:00:51	5:11	4:28	1:38	0:49	5:40	6:28
Caroline	McAleese	23:46	23:34	0:12	0.8%	6:47	13:24	23:33	48:54	1:49:02	3:49:28	4:58	4:16	1:33	0:47	5:25	6:13
Charlotte	MacDonald	28:01	26:42	1:19	4.9%	7:41	15:11	26:41	55:25	2:03:33	4:20:00	5:34	4:47	1:45	0:52	6:05	6:51
Damian	Hoon	27:10	26:40	0:30	1.9%	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
Dave	Nunez	20:14	19:56	0:18	1.5%	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
Fred	Boles	23:49	23:02	0:47	3.4%	6:38	13:06	23:01	47:48	1:46:34	3:44:17	4:51	4:11	1:32	0:46	5:19	6:07
Gah	Chan	24:23	23:41	0:42	3.0%	6:49	13:28	23:40	49:09	1:49:34	3:50:36	4:59	4:17	1:34	0:47	5:26	6:14
Gareth	Evans	27:22	27:30	N/A	N/A	7:55	15:39	27:29	57:05	2:07:14	4:27:47	5:43	4:55	1:48	0:54	6:15	7:01
Hayden	Whitecliffe	22:47	22:22	0:25	1.9%	6:26	12:43	22:21	46:25	1:43:29	3:37:46	4:43	4:03	1:29	0:45	5:11	5:58
Hilary	Fowler	24:20	23:06	1:14	5.3%	6:39	13:08	23:05	47:56	1:46:52	3:44:56	4:52	4:12	1:32	0:46	5:20	6:08
James	Slattery	17:58	17:28	0:30	2.9%	5:02	9:56	17:27	36:15	1:20:47	2:50:02	3:45	3:15	1:11	0:35	4:12	4:55
Janice	Bundey	32:53	30:23	2:30	8.2%	8:45	17:17	30:22	1:03:04	2:20:36	4:55:53	6:17	5:23	1:57	0:59	6:52	7:36
Jonathan	Drake	19:54	20:09	N/A	N/A	5:48	11:28	20:08	41:49	1:33:13	3:16:11	4:18	3:42	1:22	0:41	4:43	5:31
Lee	Hohaia	28:22	27:04	1:18	4.8%	7:48	15:24	27:03	56:10	2:05:15	4:23:34	5:38	4:51	1:46	0:53	6:10	6:56
Leroy	Golaboski	21:48	20:54	0:54	4.3%	6:01	11:53	20:53	43:22	1:36:42	3:23:29	4:26	3:50	1:24	0:42	4:53	5:40
Lianne	Curtain		33:11	N/A	N/A	9:33	18:53	33:10	1:08:53	2:33:33	5:23:10	6:51	5:51	2:08	1:04	7:29	8:09
Martin	Searle	19:18	18:03	1:15	6.9%	5:12	10:17	18:03	37:29	1:23:34	2:55:52	3:53	3:21	1:13	0:37	4:20	5:03
Mathilde	Lepoutre	28:04	28:20	N/A	N/A	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
Michael	Jenkinson	24:56	26:53	N/A	N/A	7:44	15:18	26:52	55:47	2:04:24	4:21:47	5:36	4:49	1:45	0:53	6:07	6:53
Michelle	Hearne	24:56	24:32	0:24	1.6%	7:04	13:57	24:31	50:55	1:53:31	3:58:54	5:08	4:26	1:37	0:49	5:37	6:25
Moira	Barry	27:25	25:38	1:47	7.0%	7:23	14:35	25:37	53:12	1:58:36	4:09:36	5:21	4:36	1:41	0:51	5:52	6:39
Nicole	Archer	22:48	22:25	0:23	1.7%	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
Penny	Johnstone	25:36	24:33	1:03	4.3%	7:05	13:58	24:32	50:57	1:53:35	3:59:03	5:08	4:26	1:37	0:49	5:37	6:25
Samantha	Mildon	27:54	26:52	1:02	3.8%	7:44	15:17	26:51	55:45	2:04:19	4:21:37	5:36	4:49	1:45	0:53	6:07	6:53
Sanchia	Kumalija	26:32	25:41	0:51	3.3%	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
Saskia	Batelaan	29:20	27:38	1:42	6.2%	7:57	15:43	27:37	57:21	2:07:51	4:29:05	5:44	4:56	1:48	0:54	6:17	7:03
Scot	Marchant-Ludlow		22:02	N/A	N/A	6:21	12:32	22:01	45:43	1:41:57	3:34:32	4:38	4:00	1:28	0:44	5:07	5:55
Shereen	White	24:30	23:09	1:21	5.8%	6:40	13:10	23:08	48:03	1:47:06	3:45:25	4:53	4:12	1:32	0:46	5:20	6:08
Sophie	Burridge	28:22	27:34	0:48	2.9%	7:56	15:41	27:33	57:13	2:07:33	4:28:26	5:43	4:56	1:48	0:54	6:16	7:02
Sophie	Faulkner	28:22	26:53	1:29	5.5%	7:44	15:18	26:52	55:47	2:04:24	4:21:47	5:36	4:49	1:45	0:53	6:07	6:53
Susie	Hyatt	25:23	24:12	1:11	4.9%	6:58	13:46	24:11	50:14	1:51:58	3:55:38	5:04	4:22	1:36	0:48	5:33	6:21
Suzanne	Dennerly	28:07	26:59	1:08	4.2%	7:46	15:21	26:58	56:00	2:04:52	4:22:46	5:38	4:51	1:46	0:53	6:09	6:55
Tom	Locke	21:27	20:28	0:59	4.8%	5:54	11:39	20:28	42:30	1:34:46	3:19:26	4:21	3:46	1:23	0:41	4:48	5:35
Tony	Coombe		24:15	N/A	N/A	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
Tracey	Lee	29:47	27:58	1:49	6.5%	8:03	15:55	27:57	58:03	2:09:24	4:32:21	5:46	5:00	1:50	0:55	6:21	7:08
Yuriy	Halyskyy		20:58	N/A	N/A	6:02	11:56	20:57	43:31	1:37:00	3:24:08	4:27	3:50	1:24	0:42	4:53	5:41