

# WELLINGTON LATE SPRING 2016 - 3k TT Results



		ESTIMATED FINISHING TIMES FOR OTHER DISTANCES							TRAINING PACES (min/km)					
First Name	Last Name	First 3k TT	1-Mile	3k	5k	10k	Half	Full	Lactate Threshold	VO2Max	Rep Pace 400m	Rep Pace 200m	Easy Pace Max	Easy Pace Min
Adrian	Thompson	13:18	6:44	13:18	23:21	48:29	1:48:06	3:47:31	4:56	4:15	1:33	0:46	5:23	6:10
Alex	MacAvoy	13:29	6:49	13:29	23:41	49:11	1:49:39	3:50:46	4:59	4:17	1:34	0:47	5:26	6:15
Andrew	Joel	13:33	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
Andy	Fenton	15:05	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
Angela	Prestidge	14:33	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
Anna	Hastie	17:32	8:52	17:32	30:48	1:03:58	2:22:36	5:00:07	6:22	5:27	1:59	1:00	6:58	7:41
Belinda	Sheridan	16:53	8:33	16:53	29:39	1:01:35	2:17:17	4:48:55	6:09	5:16	1:55	0:57	6:43	7:29
Brendon	Cornell	11:40	5:54	11:40	20:29	42:32	1:34:50	3:19:35	4:21	3:46	1:23	0:41	4:48	5:35
Cameron	Small	13:59	7:05	13:59	24:33	50:59	1:53:40	3:59:13	5:09	4:27	1:37	0:49	5:38	6:26
Cathy	Finnimore	15:01	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
Gillian	Peoples	16:17	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	15:33	7:52	15:32	27:18	56:42	2:06:24	4:26:00	5:41	4:53	1:47	0:54	6:13	6:59
Jo	Murray	15:08	7:40	15:08	26:35	55:12	2:03:05	4:19:02	5:32	4:46	1:44	0:52	6:04	6:50
John	Langham	10:50	5:29	10:50	19:01	39:30	1:28:03	3:05:18	4:04	3:31	1:17	0:39	4:30	5:15
Jon	Saunders	13:00	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	14:35	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
Lara	Robertson	15:26	7:48	15:26	27:06	56:17	2:05:29	4:24:03	5:39	4:52	1:46	0:53	6:10	6:56
Lee-ann	Coutts	16:04	8:08	16:04	28:13	58:36	2:10:38	4:34:57	5:50	5:02	1:51	0:55	6:25	7:12
Linda	Mcarthur	12:37	6:23	12:37	22:09	46:00	1:42:33	3:35:50	4:40	4:01	1:29	0:44	5:09	5:57
Liz	Eade	12:31	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
Liz	Gibbs	17:14	8:43	17:14	30:16	1:02:52	2:20:08	4:54:55	6:16	5:22	1:57	0:59	6:51	7:35
Liz	van Boheemen	14:50	7:30	14:50	26:03	54:06	2:00:37	4:13:50	5:27	4:41	1:43	0:52	5:58	6:44
Malcolm	Davidson	13:40	6:55	13:40	24:00	49:51	1:51:07	3:53:51	5:02	4:20	1:35	0:47	5:30	6:19
Marie	Dawkins	18:33	9:23	18:33	32:35	1:07:40	2:30:51	5:17:30	6:44	5:44	2:05	1:03	7:21	8:02
Megan	Keenan	16:53	8:33	16:53	29:39	1:01:35	2:17:17	4:48:55	6:09	5:16	1:55	0:57	6:43	7:29
Michelle	Malyon	19:24	9:49	19:24	34:04	1:10:45	2:37:44	5:31:57	7:03	5:59	2:10	1:05	7:40	8:20
Nancy	Linton	14:02	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
Nathan	McEldowney	14:32	7:21	14:32	25:31	53:00	1:58:09	4:08:38	5:20	4:35	1:41	0:51	5:50	6:38
Ruth	Noakes	14:13	7:20	14:13	24:58	51:51	1:55:36	4:03:17	5:14	4:31	1:39	0:49	5:43	6:32
Sara	Blake	16:30	8:21	16:30	28:59	1:00:12	2:14:11	4:42:24	6:00	5:09	1:53	0:56	6:35	7:20
Stuart	Irvine	13:07	6:38	13:07	23:02	47:50	1:46:38	3:44:26	4:51	4:11	1:32	0:46	5:19	6:07
Suzanne	Clarke	18:46	9:30	18:45	32:57	8:26	2:32:33	5:21:04	6:48	5:48	2:07	1:03	7:26	8:05
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