

# AUCKLAND RACE PACE PRACTICE

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

Jonathan	Drake	1:33:13	0:04:25	3:16:11	0:04:39
Julie	Moon	2:18:49	0:06:35	4:52:09	0:06:55
Justin	Gregory	1:59:14	0:05:39	4:10:55	0:05:57
Karyn	Sands	2:22:50	0:06:46	5:00:36	0:07:07
Kirsten	McNee	2:02:37	0:05:49	4:18:03	0:06:07
Lee	Hohaia	2:05:15	0:05:56	4:23:34	0:06:15
Leroy	Golaboski	1:36:42	0:04:35	3:23:29	0:04:49
Lianne	Curtain	2:33:33	0:07:17	5:23:10	0:07:39
Margaret	Reid	2:05:52	0:05:58	4:24:52	0:06:17
Martin	Searle	1:23:34	0:03:58	2:55:52	0:04:10
Mathilde	Lepoutre	2:11:06	0:06:13	4:35:55	0:06:32
Michael	Jenkinson	2:04:24	0:05:54	4:21:47	0:06:12
Michelle	Hearne	1:53:31	0:05:23	3:58:54	0:05:40
Moira	Barry	1:58:36	0:05:37	4:09:36	0:05:55
Nathan	Telford	1:54:22	0:05:25	4:00:41	0:05:42
Nicole	Archer	1:43:42	0:04:55	3:38:16	0:05:10
Nicole	Eichstaedt	1:50:53	0:05:15	3:53:22	0:05:32
Penny	Johnstone	1:53:35	0:05:23	3:59:03	0:05:40
Sally	Vernon	2:18:49	0:06:35	4:52:09	0:06:55
Samantha	Arnold	1:58:50	0:05:38	4:10:06	0:05:56
Samantha	Mildon	2:04:19	0:05:54	4:21:37	0:06:12
Sanchia	Kumalija	1:58:50	0:05:38	4:10:06	0:05:56
Sarah	Chapman	1:45:24	0:05:00	3:41:50	0:05:15
Sarah	Sinclair	1:53:17	0:05:22	3:58:24	0:05:39
Sarah	van Boheem	2:13:11	0:06:19	4:40:18	0:06:39
Saskia	Batelaan	2:07:51	0:06:04	4:29:05	0:06:23
Scot	Marchant-Lu	1:41:57	0:04:50	3:34:32	0:05:05
Shereen	White	1:47:06	0:05:05	3:45:25	0:05:20
Sian	Lilly	2:14:53	0:06:24	4:43:52	0:06:44
Sophie	Ball	2:00:18	0:05:42	4:13:11	0:06:00
Sophie	Faulkner	2:04:24	0:05:54	4:21:47	0:06:12
Sophie	Burridge	2:07:33	0:06:03	4:28:26	0:06:22
Stephen	Campbell	1:49:30	0:05:11	3:50:27	0:05:28
Susie	Hyatt	1:51:58	0:05:18	3:55:38	0:05:35
Suzanne	Jeffels	2:04:47	0:05:55	4:22:36	0:06:13
Suzanne	Dennerly	2:04:52	0:05:55	4:22:46	0:06:14
Tom	Locke	1:34:46	0:04:29	3:19:26	0:04:44
Tony	Johns	1:49:53	0:05:12	3:51:15	0:05:29
Tony	Coombe	1:52:12	0:05:19	3:56:08	0:05:36
Tracey	Lee	2:09:24	0:06:08	4:32:21	0:06:27
Valerie	Smith	2:29:05	0:07:04	5:13:45	0:07:26
Yano Adhitya	Tri Wibagyo	2:26:42	0:06:57	5:08:43	0:07:19
Yuriy	Halytskyy	1:37:00	0:04:36	3:24:08	0:04:50