

HB Relays & Race Paces

First Name	Last Name	1min @ VO2Max Pace			3min @ 5k Race Pace			Progression	
		VO2Max Pace	VO2Max Turnaround (metres)	Total Distance (metres)	5k Race Pace	5k Pace Turnaround (metres)	Total Distance (metres)	10k Race Pace	Half Marathon Pace
Aaron	Thompson	3:58	130	260	4:21	340	680	4:31	4:47
Amanda	Bisley	4:47	100	200	5:20	280	560	5:32	5:51
Annie	Kane	4:04	120	240	4:29	330	660	4:40	4:55
Babs	Roberts-Borchers								
Corinne	Peach	4:58	100	200	5:33	270	540	5:46	6:06
Ethan	Green								
Hilary	Finn	5:17	90	180	5:57	250	500	6:10	6:31
Jason	Petuha	3:31	140	280	3:48	390	780	3:57	4:10
Jeremy	Moore	4:00	130	260	4:24	340	680	4:34	4:49
Mark	Speakman	3:54	130	260	4:16	350	700	4:26	4:41
Nadine	Valentine	5:39	90	180	6:24	230	460	6:39	7:01
Peter	Mareikura	5:18	90	180	5:58	250	500	6:12	6:33
Shane	Bassick	3:49	130	260	4:09	360	720	4:19	4:33
Sue	Watson	5:13	100	200	5:53	250	500	6:07	6:28
Tineka	van den Hoven-Mareikura	5:08	100	200	5:47	260	520	6:00	6:20
Tracy	Stephenson	5:37	90	180	6:22	240	480	6:36	6:59