

HB 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
Aaron	Thompson	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
Amanda	Bisley	26:41	7:41	15:11	26:40	55:23	2:03:28	4:19:50	5:33	4:47	1:45	0:52	6:05	6:51
Annie	Kane	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
Babs	Roberts-Borchers													
Corinne	Peach	27:47	8:00	15:48	27:46	57:40	2:08:33	4:30:33	5:45	4:58	1:49	0:55	6:19	7:05
Ethan	Green													
Hilary	Finn	29:45	8:34	16:56	29:44	1:01:45	2:17:40	4:49:43	6:10	5:17	1:55	0:57	6:44	7:29
Jason	Petuha	19:02	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
Jeremy	Moore	21:59	6:20	12:30	21:58	45:37	1:41:43	3:34:03	4:38	4:00	1:28	0:44	5:07	5:55
Mark	Speakman	21:21	6:09	12:09	21:20	44:18	1:38:47	3:27:52	4:32	3:54	1:25	0:43	4:58	5:46
Nadine	Valentine	32:00	9:13	18:12	31:59	6:26	2:28:05	5:11:38	6:37	5:39	2:03	1:01	7:14	7:56
Peter	Mareikura	29:52	8:36	17:00	29:51	1:01:59	2:18:12	4:50:51	6:11	5:18	1:55	0:58	6:46	7:30
Shane	Bassick	20:47	5:59	11:49	20:46	43:08	1:36:09	3:22:21	4:25	3:49	1:24	0:42	4:51	5:39
Sue	Watson	29:27	8:29	16:45	29:26	1:01:08	2:16:16	4:46:48	6:06	5:13	1:54	0:57	6:40	7:26
Tineka	van den Hov	28:54	8:19	16:27	28:53	59:59	2:13:44	4:41:26	5:59	5:08	1:53	0:56	6:33	7:19
Tracy	Stephenson	31:49	9:10	18:06	31:48	1:06:03	2:27:14	5:09:51	6:35	5:37	2:03	1:01	7:11	7:54