

NAPIER LATE SPRING 2016 - Final 5k TT



First Name	Last Name	First 5k TT	Final 5k TT	Improvement (min:secs)	% Speed Improvement	ESTIMATED FINISHING TIMES FOR OTHER DISTANCES						TRAINING PACES (min/km)					
						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	20:56	0:51	4%	6:02	11:54	20:55	43:27	1:36:51	3:23:48	4:27	3:50	1:24	0:42	4:53	5:41
Amanda	Bisley	26:41	25:42	0:59	4%	7:24	14:37	25:41	53:21	1:58:55	4:10:15	5:22	4:37	1:42	0:51	5:53	6:40
Annie	Kane	22:27	22:24	0:03	0%	6:27	12:45	22:23	46:29	1:43:38	3:38:06	4:43	4:04	1:30	0:45	5:12	5:59
Corinne	Peach	27:47	25:50	1:57	8%	7:26	14:42	25:49	53:37	1:59:32	4:11:34	5:24	4:39	1:42	0:51	5:54	6:42
Hilary	Finn	29:45	28:07	1:38	6%	8:06	16:00	28:06	58:21	2:10:06	4:33:48	5:48	5:01	1:50	0:55	6:23	7:10
Jason	Petuha	19:02	18:47	0:15	1%	5:24	10:41	18:46	38:59	1:26:53	3:02:52	4:01	3:29	1:16	0:38	4:28	5:12
Mark	Speakman	21:21	21:12	0:09	1%	6:06	12:04	21:11	44:00	1:38:05	3:26:24	4:30	3:53	1:25	0:42	4:56	5:44
Nadine	Valentine	32:00	28:18	3:42	13%	8:09	16:06	28:17	58:44	2:10:57	4:35:35	5:51	5:03	1:51	0:56	6:25	7:12
Peter	Mareikura	29:52	28:10	1:42	6%	8:07	16:02	28:09	58:28	2:10:20	4:34:18	5:49	5:01	1:51	0:55	6:24	7:11
Shane	Bassick	20:47	20:08	0:39	3%	5:48	11:27	20:07	41:46	1:33:08	3:16:01	4:18	3:42	1:21	0:41	4:43	5:30
Sue	Watson	29:27	28:18	1:09	4%	8:09	16:06	28:17	58:44	2:10:57	4:35:35	5:51	5:03	1:51	0:56	6:25	7:12
Tineka	van den Hov	28:54	27:18	1:36	6%	7:52	15:32	27:17	56:40	2:06:19	4:25:50	5:41	4:53	1:47	0:54	6:12	6:58
Tracy	Stephenson	31:49	28:45	3:04	11%	8:17	16:21	28:44	59:40	2:13:02	4:39:58	5:57	5:07	1:52	0:56	6:31	7:17