

3k Paced Intervals

First Name	Last Name	3k TT	2min @ 3k Race Pace		
			3k Race Pace	3k Pace Turnaround (metres)	Total Distance (metres)
Alastair	Burns	15:00.0	5:00	200	400
Andrew	Capel	12:15.0	4:05	240	480
Anthony	MacLean	14:40.0	4:53	200	400
Aurelie	Desjardins	13:01.0	4:20	230	460
Brendon	Johnston	11:44.0	3:55	260	520
Esther	Bowe	14:33.0	4:51	210	420
Ewan	Morris	13:30.0	4:30	220	440
Gareth	Evans	15:31.0	5:10	190	380
Hilary	Fowler	14:46.0	4:55	200	400
Jim	Waite	11:29.0	3:50	260	520
Jonathan	Drake	12:06.0	4:02	250	500
Julie	Moon	16:00.0	5:20	190	380
Kirsten	McNee	15:05.0	5:02	200	400
Leroy	Golaboski	11:53.0	3:58	250	500
Margaret	Reid	16:58.0	5:39	180	360
Mariela	Barale Baricco	13:30.0	4:30	220	440
Mathilde	Lepoutre	15:33.0	5:11	190	380
Nicole	Archer	13:02.0	4:21	230	460
Samantha	Mildon	15:17.0	5:06	200	400
Sharon	Lee	16:18.0	5:26	180	360
Steve	Merchant	15:30.0	5:10	190	380
Valerie	Smith	19:58.0	6:39	150	300