

3k Time Trial Results & Training Paces

21-22 Dec 2016



First Name	Last Name	21-22Dec16:	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
Alastair	Burns	14:15.0	7:21	14:14	25:01	51:57	1:55:50	4:03:46	5:14	4:31	1:39	0:50	5:43	6:32
Andrew	Capel	12:15.0	6:12	12:15	21:31	44:41	1:39:38	3:29:40	4:34	3:56	1:26	0:43	5:00	5:48
Anna	Mcrae	11:31.0	5:49	11:31	20:13	41:59	1:33:36	3:17:00	4:19	3:43	1:22	0:41	4:44	5:32
Anthony	MacLean	14:19.0	7:21	14:18	25:08	52:12	1:56:22	4:04:54	5:16	4:32	1:40	0:50	5:45	6:34
Aurelie	Desjardins	13:01.0	6:35	13:00	22:51	47:27	1:45:47	3:42:39	4:49	4:09	1:31	0:46	5:17	6:05
Brendon	Johnston	11:44.0	5:56	11:44	20:36	42:47	1:35:23	3:20:43	4:22	3:47	1:23	0:42	4:49	5:36
Esther	Bowe	14:33.0	7:22	14:33	25:33	53:04	1:58:18	4:08:57	5:21	4:36	1:41	0:51	5:51	6:39
Ewan	Morris	13:21.0	6:45	13:21	23:27	48:42	1:48:34	3:48:30	4:57	4:15	1:33	0:46	5:24	6:12
Gareth	Evans	15:31.0	7:51	15:31	27:15	56:36	2:06:10	4:25:31	5:40	4:53	1:47	0:53	6:12	6:58
Hilary	Fowler	14:46.0	7:28	14:46	25:56	53:52	2:00:04	4:12:42	5:25	4:40	1:43	0:51	5:56	6:43
Jim	Waite	11:21.0	5:45	11:21	19:56	41:24	1:32:17	3:14:14	4:16	3:40	1:21	0:40	4:40	5:28
Jonathan	Drake	12:06.0	6:07	12:06	21:15	44:08	1:38:23	3:27:04	4:31	3:54	1:25	0:42	4:57	5:45
Julie	Moon	16:00.0	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
Kirsten	McNee	15:05.0	7:38	15:05	26:29	55:00	2:02:37	4:18:03	5:31	4:45	1:44	0:52	6:03	6:49
Leroy	Golaboski	11:53.0	6:01	11:53	20:52	43:20	1:36:37	3:23:19	4:26	3:50	1:24	0:42	4:52	5:40
Margaret	Reid	16:17.0	8:14	16:17	28:36	59:24	2:12:25	4:38:40	5:56	5:06	1:52	0:56	6:29	7:16
Mariela	Barale Baricc	13:59.0	7:05	13:59	24:33	50:59	1:53:40	3:59:13	5:09	4:27	1:37	0:49	5:38	6:26
Mathilde	Lepoutre	16:30.0	8:21	16:30	28:59	0:12	2:14:11	4:42:24	6:00	5:09	1:53	0:56	6:35	7:20
Nicole	Archer	12:48.0	6:29	12:48	22:29	46:42	1:44:05	3:39:04	4:45	4:05	1:30	0:45	5:13	6:00
Samantha	Mildon	14:36.0	7:23	14:36	25:38	53:15	1:58:41	4:09:46	5:22	4:37	1:42	0:51	5:52	6:40
Sharon	Lee	15:52.0	8:02	15:52	27:52	57:52	2:09:01	4:31:32	5:45	4:59	1:49	0:55	6:20	7:07
Steve	Merchant	15:30.0	7:50	15:30	27:13	56:31	2:06:01	4:25:12	5:40	4:53	1:47	0:53	6:12	6:58
Suzannah	Howard	18:30.0	9:22	18:30	32:29	7:28	2:30:23	5:16:31	6:43	5:43	2:05	1:02	7:20	8:01
Valerie	Smith	18:41.0	9:27	18:41	32:49	8:09	2:31:56	5:19:46	6:47	5:47	2:06	1:03	7:24	8:04