

# 3k Time Trial Results & Training Paces

7-8 Dec 2016



First Name	Last Name	7-8Dec16: 3k TT	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	15:00.0	7:35	14:59	26:20	54:41	2:01:56	4:16:36	5:29	4:44	1:44	0:52	6:01	6:47
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
Anthony	MacLean	14:40.0	7:25	14:40	25:45	53:29	1:59:14	4:10:55	5:23	4:38	1:42	0:51	5:53	6:41
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	13:30.0	6:50	13:29	23:42	49:13	1:49:44	3:50:56	5:00	4:18	1:34	0:47	5:26	6:15
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	11:29.0	5:49	11:29	20:10	41:53	1:33:22	3:16:30	4:18	3:43	1:22	0:41	4:43	5:31
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	16:58.0	8:35	16:58	29:48	1:53	2:17:58	4:50:22	6:11	5:18	1:55	0:58	6:45	7:30
Mariela	Barale Baricc	13:30.0	6:50	13:29	23:42	49:13	1:49:44	3:50:56	5:00	4:18	1:34	0:47	5:26	6:15
Mathilde	Lepoutre	15:33.0	7:52	15:32	27:18	56:42	2:06:24	4:26:00	5:41	4:53	1:47	0:54	6:13	6:59
Nicole	Archer	13:02.0	6:36	13:02	22:53	47:32	1:45:57	3:42:59	4:50	4:10	1:32	0:46	5:18	6:05
Samantha	Mildon	15:17.0	7:44	15:16	26:50	55:43	2:04:15	4:21:28	5:36	4:49	1:45	0:53	6:07	6:53
Sharon	Lee	16:18.0	8:15	16:17	28:37	59:26	2:12:29	4:38:50	5:56	5:06	1:52	0:56	6:30	7:16
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
Valerie	Smith	19:58.0	10:06	19:58	35:04	12:49	2:42:22	5:41:41	7:14	6:09	2:12	1:06	7:53	8:32