

5k & 3k Paced Intervals

May-17

First Name	Last Name	2min @ 3k Race Pace			3min @ 5k Race Pace			First Name	Last Name
		3k Race Pace	3k Pace Turnaround (metres)	Total Distance (metres)	5k Race Pace	5k Pace Turnaround (metres)	Total Distance (metres)		
Abby	Oey	4:09	240	480	4:23	340	680	Abby	Oey
Andrew	Capel	3:56	250	500	4:09	360	720	Andrew	Capel
Anna	Scarth	4:21	230	460	4:35	330	660	Anna	Scarth
Aurelie	Desjardins	4:36	220	440	4:50	310	620	Aurelie	Desjardins
Brendon	Johnston	3:45	270	540	3:57	380	760	Brendon	Johnston
Cameron	Smithson	4:18	230	460	4:32	330	660	Cameron	Smithson
Esther	Bowe	4:40	210	420	4:55	310	620	Esther	Bowe
Ewan	Morris	3:59	250	500	4:11	360	720	Ewan	Morris
Gah	Chan	4:32	220	440	4:47	310	620	Gah	Chan
Gareth	Evans	5:17	190	380	5:34	270	540	Gareth	Evans
Jackson	Walker	3:33	280	560	3:44	400	800	Jackson	Walker
James	Slattery	3:20	300	600	3:31	430	860	James	Slattery
James	Davies	4:35	220	440	4:50	310	620	James	Davies
Jared	Schulz	4:45	210	420	5:01	300	600	Jared	Schulz
Jim	Waite	3:55	250	500	4:08	360	720	Jim	Waite
Jonathan	Drake	4:05	250	500	4:18	350	700	Jonathan	Drake
Julia	Wong	4:45	210	420	5:01	300	600	Julia	Wong
Julie	Moon	5:18	190	380	5:35	270	540	Julie	Moon
Katharine	Morgan	5:31	180	360	5:49	260	520	Katharine	Morgan
Kathy	Voss	5:25	180	360	5:42	260	520	Kathy	Voss
Kirsten	Hill	5:40	180	360	5:58	250	500	Kirsten	Hill
Margaret	Reid	5:23	190	380	5:41	260	520	Margaret	Reid
Marie	Curtis	5:50	170	340	6:09	240	480	Marie	Curtis
Martin	Searle	3:29	290	580	3:41	410	820	Martin	Searle
Mathilde	Lepoutre	5:09	190	380	5:25	280	560	Mathilde	Lepoutre
Matthew	Pickering	4:23	230	460	4:37	320	640	Matthew	Pickering
Matthieu	Moreaux	3:57	250	500	4:10	360	720	Matthieu	Moreaux
Michael	Jenkinson	4:43	210	420	4:58	300	600	Michael	Jenkinson
Michelle	Hearne	4:40	210	420	4:55	300	600	Michelle	Hearne
Michelle	Turner	6:09	160	320	6:29	230	460	Michelle	Turner
Nicole	Archer	4:15	230	460	4:29	330	660	Nicole	Archer
Rob	Borland	3:39	270	540	3:51	390	780	Rob	Borland
Sarah	Sinclair	4:52	210	420	5:08	290	580	Sarah	Sinclair
Sharon	Lee	5:11	190	380	5:28	270	540	Sharon	Lee
Sophie	Ball	4:49	210	420	5:05	300	600	Sophie	Ball
Stephanie	Boyle	5:01	200	400	5:17	280	560	Stephanie	Boyle
Steve	Merchant	4:56	200	400	5:12	290	580	Steve	Merchant
Sue	Meltzer	4:54	200	400	5:09	290	580	Sue	Meltzer
Susie	Hyatt	4:42	210	420	4:57	300	600	Susie	Hyatt
Suzanne	Jeffels	4:59	200	400	5:15	290	580	Suzanne	Jeffels
Tom	Pollard	3:35	280	560	3:47	400	800	Tom	Pollard
Valerie	Smith	6:05	160	320	6:25	230	460	Valerie	Smith
Yano	Adhitya	5:09	190	380	5:25	280	560	Yano	Adhitya
Yuriy	Halytskyy	3:56	250	500	4:09	360	720	Yuriy	Halytskyy
First Name	Last Name	3k Race Pace	3k Pace Turnaround (metres)	Total Distance (metres)	5k Race Pace	5k Pace Turnaround (metres)	Total Distance (metres)	First Name	Last Name
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