

3k Time Trial Results & Training Paces

24-25 May 2017

Taken from a previous time trial (or estimated).

Time from this week's time trials.



First Name	Last Name	24-25 May17: 3k TT	ESTIMATED FINISHING TIMES FOR OTHER DISTANCES						TRAINING PACES (min/km)						First Name	Last Name
			1-Mile	3k	5k	10k	Half	Full	Lactate Threshold	VO2Max	Rep Pace 400m	Rep Pace 200m	Easy Pace Max	Easy Pace Min		
Abby	Oey	12:28	6:18	12:27	21:53	45:27	1:41:20	3:33:14	4:37	3:59	1:28	0:44	5:05	5:53	Abby	Oey
Andrew	Capel	11:49	5:59	11:49	20:45	43:06	1:36:04	3:22:11	4:25	3:49	1:23	0:42	4:51	5:38	Andrew	Capel
Anna	Scarth	13:02	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	Anna	Scarth
Aurelie	Desjardins	13:47	6:58	13:47	24:12	50:16	1:52:03	3:55:48	5:04	4:22	1:36	0:48	5:33	6:21	Aurelie	Desjardins
Brendon	Johnston	11:16	5:42	11:16	19:47	41:05	1:31:36	3:12:46	4:14	3:39	1:20	0:40	4:38	5:26	Brendon	Johnston
Cameron	Smithson	12:55	6:32	12:55	22:41	47:07	1:45:01	3:41:01	4:47	4:07	1:31	0:45	5:15	6:03	Cameron	Smithson
Esther	Bowe	14:00	7:06	14:00	24:35	51:03	1:53:49	3:59:33	5:09	4:27	1:37	0:49	5:38	6:26	Esther	Bowe
Ewan	Morris	11:56	6:02	11:56	20:57	43:31	1:37:00	3:24:08	4:27	3:50	1:24	0:42	4:53	5:41	Ewan	Morris
Gah	Chan	13:36	6:53	13:36	23:53	49:36	1:50:35	3:52:43	5:01	4:19	1:35	0:47	5:29	6:17	Gah	Chan
Gareth	Evans	15:52	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	Gareth	Evans
Jackson	Walker	10:38	5:23	10:38	18:40	38:46	1:26:25	3:01:53	4:00	3:28	1:16	0:38	4:27	5:11	Jackson	Walker
James	Slattery	10:00	5:04	10:00	17:34	36:29	1:21:20	2:51:10	3:47	3:16	1:11	0:36	4:14	4:57	James	Slattery
James	Davies	13:45	6:57	13:45	24:09	50:10	1:51:49	3:55:19	5:04	4:22	1:36	0:48	5:32	6:21	James	Davies
Jared	Schulz	14:16	7:21	14:16	25:03	52:01	1:55:59	4:04:05	5:15	4:31	1:39	0:50	5:44	6:33	Jared	Schulz
Jim	Waite	11:46	5:57	11:46	20:40	42:55	1:35:41	3:21:22	4:23	3:48	1:23	0:42	4:50	5:37	Jim	Waite
Jonathan	Drake	12:14	6:11	12:14	21:29	44:37	1:39:28	3:29:20	4:34	3:56	1:26	0:43	5:00	5:48	Jonathan	Drake
Julia	Wong	14:16	7:21	14:16	25:03	52:01	1:55:59	4:04:05	5:15	4:31	1:39	0:50	5:44	6:33	Julia	Wong
Julie	Moon	15:54	8:03	15:54	27:55	57:59	2:09:15	4:32:01	5:46	4:59	1:50	0:55	6:21	7:08	Julie	Moon
Katharine	Morgan	16:33	8:22	16:33	29:04	0:22	2:14:35	4:43:13	6:01	5:10	1:53	0:57	6:36	7:21	Katharine	Morgan
Kathy	Voss	16:14	8:13	16:14	28:30	59:11	2:11:57	4:37:42	5:55	5:05	1:52	0:56	6:28	7:15	Kathy	Voss
Kirsten	Hill	17:00	8:36	17:00	29:51	1:59	2:18:12	4:50:51	6:11	5:18	1:55	0:58	6:46	7:30	Kirsten	Hill
Margaret	Reid	16:10	8:11	16:10	28:23	58:57	2:11:25	4:36:34	5:53	5:04	1:52	0:56	6:27	7:14	Margaret	Reid
Marie	Curtis	17:30	8:51	17:30	30:44	3:50	2:22:18	4:59:28	6:21	5:26	1:59	0:59	6:57	7:40	Marie	Curtis
Martin	Searle	10:28	5:18	10:28	18:23	38:11	1:25:07	2:59:08	3:57	3:25	1:15	0:37	4:24	5:07	Martin	Searle
Mathilde	Lepoutre	15:26	7:48	15:26	27:06	56:17	2:05:29	4:24:03	5:39	4:52	1:46	0:53	6:10	6:56	Mathilde	Lepoutre
Matthew	Pickering	13:09	6:39	13:08	23:05	47:56	1:46:52	3:44:56	4:52	4:12	1:32	0:46	5:20	6:08	Matthew	Pickering
Matthieu	Moreaux	11:52	6:00	11:52	20:50	43:16	1:36:28	3:23:00	4:26	3:49	1:24	0:42	4:52	5:40	Matthieu	Moreaux
Michael	Jenkinson	14:09	7:16	14:09	24:51	51:36	1:55:03	4:02:08	5:12	4:30	1:38	0:49	5:41	6:30	Michael	Jenkinson
Michelle	Hearne	14:01	7:08	14:01	24:37	51:07	1:53:58	3:59:52	5:09	4:27	1:37	0:49	5:38	6:27	Michelle	Hearne
Michelle	Turner	18:28	9:21	18:28	32:26	7:22	2:30:10	5:16:02	6:42	5:42	2:05	1:02	7:19	8:00	Michelle	Turner
Nicole	Archer	12:46	6:27	12:46	22:25	46:34	1:43:47	3:38:25	4:44	4:04	1:30	0:45	5:12	5:59	Nicole	Archer
Rob	Borland	10:58	5:33	10:57	19:15	39:59	1:29:08	3:07:34	4:07	3:34	1:18	0:39	4:32	5:18	Rob	Borland
Sarah	Sinclair	14:36	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	Sarah	Sinclair

Sharon	Lee	15:34	7:52	15:34	27:20	56:46	2:06:33	4:26:20	5:41	4:54	1:47	0:54	6:13	6:59	Sharon	Lee
Sophie	Ball	14:28	7:21	14:28	25:24	52:45	1:57:36	4:07:30	5:19	4:34	1:41	0:50	5:49	6:37	Sophie	Ball
Stephanie	Boyle	15:03	7:37	15:03	26:26	54:54	2:02:23	4:17:34	5:30	4:44	1:44	0:52	6:02	6:48	Stephanie	Boyle
Steve	Merchant	14:48	7:29	14:48	25:59	53:58	2:00:18	4:13:11	5:26	4:41	1:43	0:51	5:57	6:44	Steve	Merchant
Sue	Meltzer	14:41	7:26	14:41	25:47	53:33	1:59:23	4:11:14	5:23	4:38	1:42	0:51	5:54	6:41	Sue	Meltzer
Susie	Hyatt	14:06	7:13	14:06	24:46	51:26	1:54:40	4:01:20	5:11	4:29	1:38	0:49	5:40	6:29	Susie	Hyatt
Suzanne	Jeffels	14:58	7:34	14:58	26:17	54:35	2:01:42	4:16:06	5:29	4:43	1:44	0:52	6:00	6:47	Suzanne	Jeffels
Tom	Pollard	10:46	5:27	10:46	18:54	39:15	1:27:30	3:04:10	4:03	3:30	1:17	0:38	4:29	5:14	Tom	Pollard
Valerie	Smith	18:16	9:15	18:16	32:05	6:38	2:28:33	5:12:37	6:38	5:40	2:03	1:02	7:15	7:57	Valerie	Smith
Yano	Adhitya	15:26	7:48	15:26	27:06	56:17	2:05:29	4:24:03	5:39	4:52	1:46	0:53	6:10	6:56	Yano	Adhitya
Yuriy	Halytskyy	11:48	5:58	11:48	20:43	43:01	1:35:55	3:21:52	4:24	3:48	1:23	0:42	4:51	5:38	Yuriy	Halytskyy
First Name	Last Name	24-25 May17: 3k TT	1-Mile	3k	5k	10k	Half	Full	Lactate Threshold	VO2Max	Rep Pace 400m	Rep Pace 200m	Easy Pace Max	Easy Pace Min	First Name	Last Name
ESTIMATED FINISHING TIMES FOR OTHER DISTANCES									TRAINING PACES (min/km)							