

5k Time Trial Results & Training Paces

1-2 Feb 2017



		ESTIMATED FINISHING TIMES FOR OTHER DISTANCES							TRAINING PACES (min/km)							
First Name	Last Name	1-2Feb17: 5k 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
Alastair	Burns	24:07	6:57	13:43	24:06	50:03	1:51:35	3:54:50	5:03	4:21	1:35	0:48	5:31	6:20	Alastair	Burns
Andrew	Capel	20:51	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	Andrew	Capel
Anna	Mcrae	19:45	5:41	11:14	19:44	40:59	1:31:22	3:12:17	4:13	3:38	1:20	0:40	4:38	5:25	Anna	Mcrae
Anthony	MacLean	25:30	7:21	14:30	25:29	52:56	1:57:59	4:08:18	5:20	4:35	1:41	0:50	5:50	6:38	Anthony	MacLean
Aurelie	Desjardins	22:45	6:33	12:56	22:44	47:13	1:45:15	3:41:31	4:48	4:08	1:31	0:45	5:16	6:03	Aurelie	Desjardins
Brendon	Johnston	20:05	5:47	11:25	20:04	41:40	1:32:55	3:15:32	4:18	3:42	1:21	0:41	4:42	5:30	Brendon	Johnston
Cameron	Smithson	24:07	6:57	13:43	24:06	50:03	1:51:35	3:54:50	5:03	4:21	1:35	0:48	5:31	6:20	Cameron	Smithson
Dave	Nunez	20:04	5:47	11:25	20:03	41:38	1:32:50	3:15:22	4:17	3:42	1:21	0:41	4:42	5:30	Dave	Nunez
Esther	Bowe	24:58	7:19	14:12	24:57	51:49	1:55:31	4:03:07	5:13	4:30	1:39	0:49	5:42	6:31	Esther	Bowe
Ewan	Morris	22:40	6:32	12:54	22:39	47:03	1:44:52	3:40:42	4:47	4:07	1:31	0:45	5:15	6:02	Ewan	Morris
Gareth	Evans	25:25	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	Gareth	Evans
Hilary	Fowler	25:51	7:27	14:42	25:50	53:39	1:59:37	4:11:43	5:24	4:39	1:42	0:51	5:55	6:42	Hilary	Fowler
James	Slattery	18:11	5:14	10:21	18:11	37:46	1:24:11	2:57:10	3:54	3:22	1:14	0:37	4:21	5:05	James	Slattery
Jim	Waite	19:56	5:44	11:20	19:55	41:22	1:32:13	3:14:04	4:16	3:40	1:21	0:40	4:40	5:28	Jim	Waite
Joe	Sweeney	20:25	5:53	11:37	20:25	42:24	1:34:32	3:18:56	4:20	3:45	1:23	0:41	4:47	5:34	Joe	Sweeney
Jonathan	Drake	22:11	6:23	12:37	22:10	46:02	1:42:38	3:35:59	4:40	4:02	1:29	0:44	5:09	5:57	Jonathan	Drake
Julia	Wong	27:17	7:51	15:31	27:16	56:38	2:06:15	4:25:41	5:41	4:53	1:47	0:54	6:12	6:58	Julia	Wong
Julie	Moon	27:15	7:51	15:30	27:14	56:33	2:06:05	4:25:21	5:40	4:53	1:47	0:53	6:12	6:58	Julie	Moon
Katie	Smith	18:36	5:22	10:35	18:36	38:38	1:26:07	3:01:14	3:59	3:27	1:15	0:38	4:26	5:10	Katie	Smith
Kirsten	McNee	26:29	7:38	15:04	26:28	54:58	2:02:33	4:17:54	5:31	4:45	1:44	0:52	6:03	6:49	Kirsten	McNee
Kirsten	Hill	29:48	8:35	16:57	29:47	1:51	2:17:54	4:50:12	6:10	5:17	1:55	0:58	6:45	7:30	Kirsten	Hill
Leroy	Golaboski	20:53	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	Leroy	Golaboski
Margaret	Reid	29:03	8:22	16:32	29:02	0:18	2:14:25	4:42:54	6:00	5:09	1:53	0:57	6:35	7:20	Margaret	Reid
Mariela	Barale Baricc	24:32	7:04	13:57	24:31	50:55	1:53:31	3:58:54	5:08	4:26	1:37	0:49	5:37	6:25	Mariela	Barale Baricc
Martin	Searle	18:21	5:17	10:27	18:21	38:06	1:24:57	2:58:48	3:56	3:24	1:14	0:37	4:23	5:07	Martin	Searle
Mathilde	Lepoutre	26:42	7:41	15:11	26:41	55:25	2:03:33	4:20:00	5:34	4:47	1:45	0:52	6:05	6:51	Mathilde	Lepoutre
Michelle	Hearne	24:53	7:16	14:09	24:52	51:38	1:55:08	4:02:18	5:12	4:30	1:38	0:49	5:41	6:30	Michelle	Hearne
Nicole	Archer	23:05	6:39	13:08	23:04	47:54	1:46:48	3:44:46	4:52	4:12	1:32	0:46	5:20	6:08	Nicole	Archer
Sam	Jeffels	24:20	7:00	13:51	24:19	50:30	1:52:35	3:56:57	5:06	4:24	1:36	0:48	5:34	6:23	Sam	Jeffels
Samantha	Mildon	25:49	7:26	14:41	25:48	53:35	1:59:27	4:11:24	5:24	4:39	1:42	0:51	5:54	6:42	Samantha	Mildon
Sarah	Sinclair	24:02	6:55	13:40	24:01	49:53	1:51:12	3:54:01	5:02	4:20	1:35	0:48	5:30	6:19	Sarah	Sinclair
Sharon	Lee	27:15	7:51	15:30	27:14	56:33	2:06:05	4:25:21	5:40	4:53	1:47	0:53	6:12	6:58	Sharon	Lee
Steve	Merchant	25:41	7:24	14:37	25:40	53:19	1:58:50	4:10:06	5:22	4:37	1:42	0:51	5:52	6:40	Steve	Merchant
Susie	Hyatt	24:09	6:57	13:44	24:08	50:08	1:51:44	3:55:09	5:04	4:22	1:36	0:48	5:32	6:21	Susie	Hyatt
Suzannah	Howard	29:30	8:30	16:47	29:29	1:14	2:16:30	4:47:17	6:07	5:14	1:54	0:57	6:41	7:27	Suzannah	Howard
Suzanne	Jeffels	26:18	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
Valerie	Smith	32:10	9:16	18:18	32:09	6:47	2:28:51	5:13:16	6:39	5:40	2:04	1:02	7:16	7:58	Valerie	Smith
Yano	Adhitya	29:27	8:29	16:45	29:26	1:08	2:16:16	4:46:48	6:06	5:13	1:54	0:57	6:40	7:26	Yano	Adhitya
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