

5k Time Trial Results & Training Paces

15-16 Feb 2017

This is the time we will use to calculate your training paces .

This is the time you did on the actual time trial.



First Name	Last Name	15-16Feb17:	Improvement (min:secs)	% Speed Improvement	Training Pace 5k Time	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		
Alastair	Burns	23:19	0:48	3.4%	23:19	6:43	13:16	23:18	48:23	1:47:52	3:47:02	4:55	4:14	1:33	0:46	5:22	6:10	Alastair	Burns
Andrew	Capel	NT	N/A	N/A	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	NT	N/A	N/A	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
Aurelie	Desjardins	23:16	N/A	N/A	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	19:59	0:06	0.5%	19:59	5:45	11:22	19:58	41:28	1:32:27	3:14:33	4:17	3:41	1:21	0:40	4:41	5:29	Brendon	Johnston
Cameron	Smithson	25:35	N/A	N/A	24:07	6:57	13:43	24:06	50:03	1:51:35	3:59:42	5:03	4:21	1:35	0:48	5:31	6:20	Cameron	Smithson
Caroline	McAleese	24:08	N/A	N/A	24:08	6:57	13:44	24:07	50:05	1:51:39	3:54:59	5:03	4:21	1:35	0:48	5:32	6:20	Caroline	McAleese
Dave	Nunez	19:59	0:05	0.4%	19:59	5:45	11:22	19:58	41:28	1:32:27	3:14:33	4:17	3:41	1:21	0:40	4:41	5:29	Dave	Nunez
Esther	Bowe	24:37	0:21	1.4%	24:37	7:07	14:00	24:36	51:05	1:53:54	3:59:42	5:09	4:27	1:37	0:49	5:38	6:26	Esther	Bowe
Ewan	Morris	NT	N/A	N/A	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	26:44	N/A	N/A	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
Gilly	Davy	19:52	N/A	N/A	19:52	5:43	11:18	19:51	41:13	1:31:54	3:13:25	4:15	3:40	1:20	0:40	4:39	5:27	Gilly	Davy
Hilary	Fowler	23:35	2:16	9.6%	23:35	6:47	13:25	23:34	48:56	1:49:07	3:49:38	4:59	4:17	1:33	0:47	5:25	6:13	Hilary	Fowler
James	Slattery	NT	N/A	N/A	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	NT	N/A	N/A	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	NT	N/A	N/A	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	21:30	0:41	3.2%	21:30	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	25:51	1:26	5.5%	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	Julia	Wong
Julie	Moon	NT	N/A	N/A	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
Kate	Hutchings	28:10	N/A	N/A	28:10	8:07	16:02	28:09	58:28	2:10:20	4:34:18	5:49	5:01	1:51	0:55	6:24	7:11	Kate	Hutchings
Katie	Smith	19:28	N/A	N/A	18:36	5:22	10:35	18:36	38:38	1:26:07	3:11:14	3:59	3:27	1:15	0:38	4:26	5:10	Katie	Smith
Kirsten	Hill	30:28	N/A	N/A	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
Liz	Hardley	25:30	N/A	N/A	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	Liz	Hardley
Margaret	Reid	29:32	N/A	N/A	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	NT	N/A	N/A	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	NT	N/A	N/A	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	NT	N/A	N/A	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
Michael	Jenkinson	26:57	N/A	N/A	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	Michael	Jenkinson
Michelle	Hearne	NT	N/A	N/A	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	22:46	0:19	1.4%	22:46	6:33	12:57	22:45	47:15	1:45:19	3:41:41	4:48	4:08	1:31	0:46	5:16	6:03	Nicole	Archer
Penny	Johnstone	25:59	N/A	N/A	25:59	7:29	14:47	25:58	53:56	2:00:14	4:13:01	5:26	4:41	1:43	0:51	5:57	6:44	Penny	Johnstone
Sam	Jeffels	23:07	1:13	5.3%	23:07	6:39	13:09	23:06	47:58	1:46:57	3:45:05	4:52	4:12	1:32	0:46	5:20	6:08	Sam	Jeffels
Samantha	Mildon	NT	N/A	N/A	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	NT	N/A	N/A	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	NT	N/A	N/A	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
Shereen	White	23:39	N/A	N/A	23:00	6:37	13:05	22:59	47:44	1:46:24	3:43:57	4:51	4:11	1:32	0:46	5:19	6:07	Shereen	White
Stephen	Mackisack	NT	N/A	N/A	0:00	#N/A	#N/A	#N/A	#N/A	#N/A	#N/A	#N/A	#N/A	#N/A	#N/A	#N/A	#N/A	Stephen	Mackisack
Steve	Merchant	NT	N/A	N/A	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	24:02	0:07	0.5%	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	Susie	Hyatt
Suzannah	Howard	29:35	N/A	N/A	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	25:05	1:13	4.9%	25:05	7:21	14:16	25:04	52:03	1:56:04	4:04:15	5:15	4:32	1:39	0:50	5:44	6:33	Suzanne	Jeffels
Valerie	Smith	31:31	0:39	2.1%	31:31	9:04	17:56	31:30	5:25	2:25:51	5:06:56	6:31	5:34	2:02	1:01	7:07	7:51	Valerie	Smith
Yano	Adhitya	NT	N/A	N/A	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