

# 5k Time Trial Results & Training Paces

19-20 June 2017



First Name	Last Name	19-20 Jul17: 5k TT	5k Time Used for Calculations	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
Abby	Oey	20:58	20:58	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
Andrew	Capel	NT	20:39	5:57	11:45	20:38	42:51	1:35:32	3:21:03	4:23	3:47	1:23	0:42	4:50	5:37
Anna	Scarth	22:44	22:44	6:33	12:56	22:43	47:11	1:45:10	3:41:21	4:48	4:08	1:31	0:45	5:16	6:03
Aurelie	Desjardins	NT	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
Bronwen	Wills	31:49	31:49	9:10	18:06	31:48	1:06:03	2:27:14	5:09:51	6:35	5:37	2:03	1:01	7:11	7:54
Cameron	Smithson	22:54	22:54	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
Cerise	McCormick	NT	24:44	7:11	14:04	24:43	51:20	1:54:26	4:00:51	5:11	4:28	1:38	0:49	5:40	6:28
Chloe	Griveaud	NT	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
Chris	Maffey	NT	21:45	6:16	12:22	21:44	45:08	1:40:38	3:31:46	4:36	3:58	1:27	0:43	5:03	5:51
Chris	Lawrence	20:07	20:07	5:47	11:27	20:06	41:44	1:33:04	3:15:51	4:18	3:42	1:21	0:41	4:42	5:30
Cynthia	Davis	NT	28:24	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
Dave	Nunez	20:58	20:58	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
Esther	Bowe	24:47	24:47	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
Ewan	Morris	21:23	21:23	6:09	12:10	21:22	44:22	1:38:56	3:28:12	4:32	3:55	1:25	0:43	4:58	5:46
Gah	Chan	24:14	24:14	6:59	13:47	24:13	50:18	1:52:07	3:55:58	5:05	4:23	1:36	0:48	5:33	6:22
Gareth	Evans	27:43	25:34	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
Gareth	Hodges	NT	22:33	6:29	12:50	22:32	46:48	1:44:19	3:39:34	4:45	4:05	1:30	0:45	5:13	6:00
Greta	Hollies	NT	27:28	7:55	15:38	27:27	57:01	2:07:05	4:27:28	5:42	4:55	1:48	0:54	6:14	7:00
Hilary	Fowler	27:25	27:25	7:54	15:36	27:24	56:54	2:06:51	4:26:59	5:42	4:54	1:48	0:54	6:14	7:00
Jacqueline	Kemp	NT	26:05	7:31	14:50	26:04	54:08	2:00:42	4:14:00	5:27	4:42	1:43	0:52	5:58	6:45
Janelle	Nicholas	NT	27:28	7:55	15:38	27:27	57:01	2:07:05	4:27:28	5:42	4:55	1:48	0:54	6:14	7:00
Jared	Schulz	NT	25:03	7:21	14:15	25:02	51:59	1:55:54	4:03:55	5:14	4:31	1:39	0:50	5:43	6:32
Jemma	Logan	NT	27:11	7:50	15:28	27:10	56:25	2:05:47	4:24:42	5:40	4:52	1:47	0:53	6:11	6:57
Jim	Waite	NT	21:10	6:06	12:02	21:09	43:56	1:37:56	3:26:05	4:30	3:53	1:25	0:42	4:56	5:44
Josh	Helm	NT	19:47	5:42	11:15	19:46	41:03	1:31:31	3:12:36	4:14	3:39	1:20	0:40	4:38	5:26
Julia	Wong	NT	24:42	7:10	14:03	24:41	51:16	1:54:17	4:00:31	5:10	4:28	1:38	0:49	5:39	6:28
Julie	Moon	NT	26:40	7:41	15:10	26:39	55:21	2:03:24	4:19:41	5:33	4:47	1:45	0:52	6:05	6:51
Katharine	Morgan	NT	29:04	8:22	16:32	29:03	1:00:20	2:14:30	4:43:03	6:01	5:10	1:53	0:57	6:36	7:21
Kathy	Voss	NT	28:30	8:12	16:13	28:29	59:09	2:11:52	4:37:32	5:55	5:05	1:52	0:56	6:28	7:15
Luke	Watson	22:20	22:20	6:26	12:42	22:19	46:21	1:43:19	3:37:27	4:42	4:03	1:29	0:45	5:11	5:58
Margaret	Reid	30:16	30:16	8:43	17:13	30:15	1:02:50	2:20:03	4:54:45	6:15	5:22	1:57	0:59	6:51	7:35
Marie	Curtis	NT	29:23	8:28	16:43	29:22	1:00:59	2:15:58	4:46:09	6:05	5:13	1:54	0:57	6:39	7:25
Martin	Searle	18:35	18:35	5:21	10:35	18:35	38:36	1:26:02	3:01:05	3:59	3:27	1:15	0:38	4:26	5:10

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				1-Mile	3k	5k	10k	Half	Full	Lactate Threshold	VO2Max	Rep Pace 400m	Rep Pace 200m	Easy Pace Max	Easy Pace Min
Mathilde	Lepoutre	26:09	26:09	7:32	14:53	26:08	54:17	2:01:00	4:14:39	5:27	4:42	1:43	0:52	5:59	6:45
Matthew	Pickering	NT	22:37	6:31	12:52	22:36	46:56	1:44:38	3:40:13	4:46	4:06	1:30	0:45	5:14	6:01
Matthieu	Moreaux	NT	21:01	6:03	11:57	21:00	43:37	1:37:14	3:24:37	4:28	3:51	1:24	0:42	4:54	5:42
Michael	Jenkinson	NT	24:51	7:15	14:08	24:50	51:34	1:54:59	4:01:59	5:12	4:29	1:38	0:49	5:41	6:30
Michelle	Hearne	24:34	24:34	7:05	13:59	24:33	50:59	1:53:40	3:59:13	5:09	4:27	1:37	0:49	5:38	6:26
Nicole	Archer	NT	22:25	6:27	12:45	22:24	46:31	1:43:42	3:38:16	4:44	4:04	1:30	0:45	5:12	5:59
Pauline	Fleitz	NT	27:11	7:50	15:28	27:10	56:25	2:05:47	4:24:42	5:40	4:52	1:47	0:53	6:11	6:57
Rebecca	Cox	NT	31:42	9:08	18:02	31:41	1:05:48	2:26:42	5:08:43	6:33	5:36	2:02	1:01	7:10	7:53
Rob	Borland	NT	18:34	5:21	10:34	18:34	38:33	1:25:58	3:00:55	3:59	3:27	1:15	0:38	4:26	5:10
Robert	Dimond	NT	19:22	5:34	11:01	19:21	40:11	1:29:35	3:08:32	4:08	3:35	1:18	0:39	4:33	5:20
Sarah	Henriksen	NT	31:52	9:11	18:08	31:51	1:06:09	2:27:28	5:10:20	6:35	5:37	2:03	1:01	7:12	7:54
Sarah	Sinclair	23:09	23:09	6:40	13:10	23:08	48:03	1:47:06	3:45:25	4:53	4:12	1:32	0:46	5:20	6:08
Sharon	Lee	25:55	25:55	7:28	14:45	25:54	53:48	1:59:55	4:12:22	5:25	4:40	1:43	0:51	5:56	6:43
Sophie	Ball	NT	25:08	7:21	14:18	25:07	52:10	1:56:17	4:04:44	5:15	4:32	1:39	0:50	5:45	6:33
Sophie	Burridge	NT	31:03	8:56	17:40	31:02	1:04:27	2:23:41	5:02:23	6:25	5:29	2:00	1:00	7:01	7:44
Stephanie	Boyle	27:15	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
Steve	Merchant	NT	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
Sue	Meltzer	NT	25:52	7:27	14:43	25:51	53:41	1:59:41	4:11:53	5:24	4:39	1:42	0:51	5:55	6:42
Susie	Hyatt	NT	25:35	7:22	14:33	25:34	53:06	1:58:23	4:09:07	5:21	4:36	1:41	0:51	5:51	6:39
Suzanne	Jeffels	NT	26:17	7:34	14:57	26:16	54:33	2:01:37	4:15:57	5:29	4:43	1:44	0:52	6:00	6:47
Troy	Taylor	NT	25:10	7:21	14:19	25:09	52:14	1:56:27	4:05:04	5:16	4:32	1:40	0:50	5:45	6:34
Yano	Adhitya	NT	27:06	7:48	15:25	27:05	56:15	2:05:24	4:23:54	5:39	4:52	1:46	0:53	6:10	6:56
Yuriy	Halytskyy	NT	19:33	5:38	11:07	19:32	40:34	1:30:26	3:10:20	4:10	3:36	1:19	0:40	4:35	5:22
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