

5k Time Trial Results & Training Paces

21-Sep-17

Taken from a previous time trial (or estimated).

Time from this week's time trials.



First Name	Last Name	21 Sep 17: 5k TT	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	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
Alexandra	Troughton	29:07	8:23	16:34	29:06	1:00:26	2:14:44	4:43:33	6:01	5:10	1:53	0:57	6:36	7:21
Andrew	Capel	20:41	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
Anna	Scarth	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	22:57	6:36	13:03	22:56	47:38	1:46:10	3:43:28	4:50	4:10	1:32	0:46	5:18	6:06
Bridget	Lawrence	24:48	7:13	14:06	24:47	51:28	1:54:45	4:01:29	5:11	4:29	1:38	0:49	5:40	6:29
Cameron	Smithson	21:22	6:09	12:09	21:21	44:20	1:38:51	3:28:02	4:32	3:55	1:25	0:43	4:58	5:46
Carl	Andersson	23:27	6:45	13:20	23:26	48:40	1:48:29	3:48:20	4:57	4:15	1:33	0:46	5:23	6:11
Cerise	McCormick	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	24:24	7:01	13:53	24:23	50:39	1:52:54	3:57:36	5:07	4:25	1:37	0:48	5:35	6:24
Chris	Lawrence	18:26	5:19	10:30	18:26	38:17	1:25:20	2:59:37	3:57	3:25	1:15	0:37	4:24	5:08
Cris	Barker	27:34	7:56	15:41	27:33	57:13	2:07:33	4:28:26	5:43	4:56	1:48	0:54	6:16	7:02
Cynthia	Davis	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
Dan	Organ	28:25	8:11	16:10	28:24	58:59	2:11:29	4:36:44	5:53	5:04	1:52	0:56	6:27	7:14
Danni	Taylor	26:16	7:34	14:57	26:15	54:31	2:01:33	4:15:47	5:28	4:43	1:43	0:52	6:00	6:46
Dave	Nunez	20:33	5:55	11:42	20:33	42:40	1:35:09	3:20:14	4:22	3:47	1:23	0:42	4:49	5:36
Elizabeth	Harding	NT												
Ewan	Morris	20:43	5:58	11:47	20:42	42:59	1:35:51	3:21:42	4:24	3:48	1:23	0:42	4:50	5:38
Gah	Chan	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	24:24	7:01	13:53	24:23	50:39	1:52:54	3:57:36	5:07	4:25	1:37	0:48	5:35	6:24
Gareth	Hodges	21:52	6:18	12:26	21:51	45:22	1:41:10	3:32:54	4:37	3:59	1:27	0:44	5:05	5:53
Hannah	Fletcher	NT												
Helen	Bunter	NT												
Ingrid	McClymont	29:19	8:26	16:41	29:18	1:00:51	2:15:39	4:45:30	6:04	5:12	1:54	0:57	6:39	7:24
Janelle	Nicholas	29:21	8:27	16:42	29:20	1:00:55	2:15:49	4:45:49	6:05	5:12	1:54	0:57	6:39	7:25
Jim	Waite	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
John	Helm	21:40	6:14	12:19	21:39	44:58	1:40:15	3:30:58	4:35	3:57	1:27	0:43	5:02	5:50
Josh	Helm	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
Julie	Moon	26:51	7:44	15:16	26:50	55:43	2:04:15	4:21:28	5:36	4:49	1:45	0:53	6:07	6:53
Kate	Smith	NT												
Katrin	Gottschalk	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

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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
Leah	Vidak	26:13	7:33	14:55	26:12	54:25	2:01:19	4:15:18	5:28	4:43	1:43	0:52	5:59	6:46
Libby	Oed	NT												
Liz	Johns	33:22	9:36	18:59	33:21	1:09:15	2:34:24	5:24:57	6:54	5:53	2:08	1:04	7:30	8:12
Loes	St.Ather	NT												
Luke	Watson	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	30:15	8:43	17:13	30:14	1:02:47	2:19:59	4:54:35	6:15	5:22	1:57	0:58	6:51	7:35
Marie	Curtis	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	18:05	5:13	10:18	18:05	37:33	1:23:43	2:56:12	3:53	3:21	1:13	0:37	4:20	5:03
Melissa	Fourie	NT												
Michael	Jenkinson	25:37	7:23	14:34	25:36	53:10	1:58:32	4:09:27	5:21	4:36	1:41	0:51	5:51	6:39
Natalie	Gallant	22:32	6:29	12:49	22:31	46:46	1:44:15	3:39:24	4:45	4:05	1:30	0:45	5:13	6:00
Rachelle	Young	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
Raewyn	Brown	NT												
Robert	Buchanan	20:45	5:58	11:48	20:44	43:03	1:36:00	3:22:01	4:24	3:48	1:23	0:42	4:51	5:38
Roni	Playle	NT												
Safra	Bacchus	28:38	8:15	16:17	28:37	59:26	2:12:29	4:38:50	5:56	5:06	1:52	0:56	6:30	7:16
Sandra	Hansen	26:06	7:31	14:51	26:05	54:10	2:00:46	4:14:10	5:27	4:42	1:43	0:52	5:58	6:45
Sarah	Sinclair	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
Shannon	Kelly	34:37	9:58	19:42	34:36	1:11:51	2:40:12	5:37:08	7:08	6:04	2:11	1:06	7:47	8:25
Sharon	Lee	26:02	7:30	14:49	26:01	54:02	2:00:28	4:13:31	5:26	4:41	1:43	0:52	5:57	6:44
Shereen	White	NT												
Stephanie	Boyle	26:48	7:43	15:15	26:47	55:37	2:04:01	4:20:58	5:35	4:48	1:45	0:53	6:06	6:52
Sue	Meltzer	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
Svetlana	Naumova	30:22	8:45	17:17	30:21	1:03:02	2:20:31	4:55:43	6:16	5:23	1:57	0:59	6:52	7:36
Tim	Kirkpatrick	20:34	5:56	11:42	20:34	42:42	1:35:14	3:20:24	4:22	3:47	1:23	0:42	4:49	5:36
Tom	Locke	20:03	5:46	11:24	20:02	41:36	1:32:45	3:15:12	4:17	3:41	1:21	0:41	4:41	5:29
Tracey	Lee	30:01	8:39	17:05	30:00	1:02:18	2:18:54	4:52:19	6:13	5:20	1:56	0:58	6:48	7:32
Troy	Taylor	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	29:47	8:35	16:57	29:46	1:01:49	2:17:49	4:50:03	6:10	5:17	1:55	0:58	6:45	7:30
Yuriy	Halytskyy	19:34	5:38	11:08	19:33	40:36	1:30:31	3:10:29	4:11	3:37	1:19	0:40	4:36	5:23
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