

5k Time Trial Results & Training Paces

24-Aug-17



First Name	Last Name	28 Aug 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	29:03	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
Andrew	Capel	20:35	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
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	22:36	6:30	12:51	22:35	46:54	1:44:33	3:40:03	4:46	4:06	1:30	0:45	5:14	6:01
Bridget	Lawrence	24:25	7:02	13:53	24:24	50:41	1:52:58	3:57:45	5:07	4:25	1:37	0:48	5:36	6:24
Cameron	Smithson	21:44	6:15	12:22	21:43	45:06	1:40:33	3:31:37	4:36	3:58	1:27	0:43	5:03	5:51
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	Barker	27:48	8:00	15:49	27:47	57:42	2:08:38	4:30:43	5:45	4:58	1:49	0:55	6:19	7:06
Chris	Lawrence	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
Cynthia	Davis	27:07	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
Dan	Organ	27:46	8:00	15:48	27:45	57:38	2:08:28	4:30:24	5:45	4:58	1:49	0:55	6:18	7:05
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
Ewan	Morris	21:02	6:03	11:58	21:01	43:39	1:37:19	3:24:47	4:28	3:51	1:24	0:42	4:54	5:42
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	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
Gareth	Evans	24:28	7:03	13:55	24:27	50:47	1:53:12	3:58:15	5:07	4:25	1:37	0:48	5:36	6:24
Gilly	Davy	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
Hilary	Fowler	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
Ingrid	McClymont	29:53	8:36	17:00	29:52	2:01	2:18:17	4:51:01	6:11	5:18	1:55	0:58	6:46	7:31
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
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
Katharine	Morgan	29:04	8:22	16:32	29:03	0:20	2:14:30	4:43:03	6:01	5:10	1:53	0:57	6:36	7:21
Kathy	Voss	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
Leah	Vidak	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
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	30:16	8:43	17:13	30:15	2:50	2:20:03	4:54:45	6:15	5:22	1:57	0:59	6:51	7:35
Marie	Curtis	29:23	8:28	16:43	29:22	0:59	2:15:58	4:46:09	6:05	5:13	1:54	0:57	6:39	7:25
Martin	Searle	18:07	5:13	10:19	18:07	37:37	1:23:52	2:56:31	3:53	3:21	1:13	0:37	4:20	5:04

		ESTIMATED FINISHING TIMES FOR OTHER DISTANCES							TRAINING PACES (min/km)					
First Name	Last Name	28 Aug 17: 5k TT	1-Mile	3k	5k	10k	Half	Full	Lactate Threshold	VO2Max	Rep Pace 400m	Rep Pace 200m	Easy Pace Max	Easy Pace Min
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
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
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	26:41	7:41	15:11	26:40	55:23	2:03:28	4:19:50	5:33	4:47	1:45	0:52	6:05	6:51
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
Sharon	Lee	26:26	7:37	15:02	26:25	54:52	2:02:19	4:17:24	5:30	4:44	1:44	0:52	6:02	6:48
Sophie	Burridge	31:03	8:56	17:40	31:02	4:27	2:23:41	5:02:23	6:25	5:29	2:00	1:00	7:01	7:44
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
Steve	Merchant	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	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
Tom	Locke	21:12	6:06	12:04	21:11	44:00	1:38:05	3:26:24	4:30	3:53	1:25	0:42	4:56	5:44
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
Yuriy	Halytskyy	19:51	5:43	11:17	19:50	41:11	1:31:50	3:13:15	4:15	3:39	1:20	0:40	4:39	5:27
First Name	Last Name	28 Aug 17: 5k TT	1-Mile	3k	5k	10k	Half	Full	Lactate Threshold	VO2Max	Rep Pace 400m	Rep Pace 200m	Easy Pace Max	Easy Pace Min
ESTIMATED FINISHING TIMES FOR OTHER DISTANCES							TRAINING PACES (min/km)							