

5k Time Trial Results & Training Paces

26-27 April 2017

Taken from a previous time trial (or estimated).

Time from this week's time trials.



		26-27Apr17: 5k TT	ESTIMATED FINISHING TIMES FOR OTHER DISTANCES						TRAINING PACES (min/km)						First Name	Last Name
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		
Abby	Oey	21:00	6:03	11:57	20:59	43:35	1:37:09	3:24:27	4:28	3:51	1:24	0:42	4:54	5:42	Abby	Oey
Andrew	Capel	20:30	5:54	11:40	20:30	42:34	1:34:55	3:19:45	4:21	3:46	1:23	0:42	4:48	5:35	Andrew	Capel
Aurelie	Desjardins	23:34	6:47	13:24	23:33	48:54	1:49:02	3:49:28	4:58	4:16	1:33	0:47	5:25	6:13	Aurelie	Desjardins
Brendon	Johnston	19:49	5:42	11:16	19:48	41:07	1:31:40	3:12:56	4:14	3:39	1:20	0:40	4:39	5:26	Brendon	Johnston
Cameron	Smithson	23:03	6:38	13:07	23:02	47:50	1:46:38	3:44:26	4:51	4:11	1:32	0:46	5:19	6:07	Cameron	Smithson
Dave	Nunez	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	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	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	Ewan	Morris
Gah	Chan	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	Gah	Chan
Gareth	Evans	25:01	7:21	14:14	25:00	51:55	1:55:45	4:03:36	5:14	4:31	1:39	0:49	5:43	6:32	Gareth	Evans
Gilly	Davy	19:55	5:44	11:20	19:54	41:20	1:32:08	3:13:54	4:16	3:40	1:21	0:40	4:40	5:28	Gilly	Davy
James	Slattery	17:35	5:04	10:00	17:34	36:29	1:21:20	2:51:10	3:47	3:16	1:11	0:36	4:14	4:57	James	Slattery
James	Davies	24:11	6:58	13:45	24:10	50:12	1:51:53	3:55:29	5:04	4:22	1:36	0:48	5:32	6:21	James	Davies
Jared	Schulz	24:43	7:10	14:04	24:42	51:18	1:54:22	4:00:41	5:10	4:28	1:38	0:49	5:39	6:28	Jared	Schulz
Jim	Waite	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	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	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	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	27:08	7:49	15:26	27:07	56:19	2:05:33	4:24:13	5:39	4:52	1:46	0:53	6:10	6:56	Julie	Moon
Katharine	Morgan	29:05	8:22	16:33	29:04	0:22	2:14:35	4:43:13	6:01	5:10	1:53	0:57	6:36	7:21	Katharine	Morgan
Katie	Smith	17:59.0	5:11	10:14	17:58	37:19	1:23:11	2:55:04	3:52	3:20	1:13	0:36	4:19	5:02	Katie	Smith
Kirsten	Hill	29:57	8:37	17:02	29:56	2:10	2:18:35	4:51:40	6:12	5:19	1:56	0:58	6:47	7:31	Kirsten	Hill
Margaret	Reid	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	Margaret	Reid
Marie	Curtis	30:00	8:38	17:04	29:59	2:16	2:18:49	4:52:09	6:13	5:20	1:56	0:58	6:48	7:32	Marie	Curtis
Martin	Searle	18:15	5:15	10:23	18:15	37:54	1:24:30	2:57:49	3:55	3:23	1:14	0:37	4:22	5:06	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
Matthew	Pickering	24:50	7:15	14:08	24:49	51:32	1:54:54	4:01:49	5:12	4:29	1:38	0:49	5:41	6:29	Matthew	Pickering
Michael	Jenkinson	24:04	6:56	13:41	24:03	49:57	1:51:21	3:54:20	5:03	4:21	1:35	0:48	5:31	6:20	Michael	Jenkinson
Michelle	Hearne	24:29	7:03	13:56	24:28	50:49	1:53:17	3:58:24	5:08	4:26	1:37	0:48	5:37	6:25	Michelle	Hearne
Nicole	Archer	22:27	6:28	12:46	22:26	46:36	1:43:52	3:38:35	4:44	4:04	1:30	0:45	5:12	5:59	Nicole	Archer
Sally	Vernon	NT													Sally	Vernon
Sam	Jeffels	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
Sarah	Sinclair	23:31	6:46	13:23	23:30	48:48	1:48:48	3:48:59	4:58	4:16	1:33	0:47	5:24	6:12	Sarah	Sinclair

Sharon	Lee	27:47	8:00	15:48	27:46	57:40	2:08:33	4:30:33	5:45	4:58	1:49	0:55	6:19	7:05	Sharon	Lee	
Sophie	Ball	24:33	7:05	13:58	24:32	50:57	1:53:35	3:59:03	5:08	4:26	1:37	0:49	5:37	6:25	Sophie	Ball	
Stephanie	Boyle	26:36	7:40	15:08	26:35	55:12	2:03:05	4:19:02	5:32	4:46	1:44	0:52	6:04	6:50	Stephanie	Boyle	
Steve	Merchant	26:00	7:29	14:48	25:59	53:58	2:00:18	4:13:11	5:26	4:41	1:43	0:51	5:57	6:44	Steve	Merchant	
Susie	Hyatt	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	Susie	Hyatt	
Suzanne	Jeffels	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	
Will	Sellar	19:22.0	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	Will	Sellar	
Yano	Adhitya	26:19	7:35	14:58	26:18	54:37	2:01:46	4:16:16	5:29	4:43	1:44	0:52	6:01	6:47	Yano	Adhitya	
Yuriy	Halytskyy	20:18	5:51	11:33	20:18	42:09	1:33:59	3:17:48	4:19	3:44	1:22	0:41	4:45	5:33	Yuriy	Halytskyy	
First Name	Last Name	26-27Apr17: 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	
ESTIMATED FINISHING TIMES FOR OTHER DISTANCES									TRAINING PACES (min/km)								