

VO2max & Race Paced Workouts

Feb-17

First Name	Last Name	5k	5k Pace	10k	10k Pace	Half	Half Marathon Pace	Full	Full Marathon Pace	VO2Max (min/km)	VO2Max Turnaround (metres)	Total Distance (metres)	First Name	Last Name
Alastair	Burns	23:18	4:40	48:23	4:50	1:47:52	5:07	3:47:02	5:23	4:14	120	240	Alastair	Burns
Andrew	Capel	20:50	4:10	43:16	4:20	1:36:28	4:34	3:23:00	4:49	3:49	130	260	Andrew	Capel
Aurelie	Desjardins	22:44	4:33	47:13	4:43	1:45:15	4:59	3:41:31	5:15	4:08	120	240	Aurelie	Desjardins
Brendon	Johnston	19:58	4:00	41:28	4:09	1:32:27	4:23	3:14:33	4:37	3:41	140	280	Brendon	Johnston
Cameron	Smithson	24:06	4:49	50:03	5:00	1:51:35	5:17	3:54:50	5:34	4:21	110	220	Cameron	Smithson
Caroline	McAleese	24:07	4:49	50:05	5:01	1:51:39	5:18	3:54:59	5:34	4:21	110	220	Caroline	McAleese
Dave	Nunez	19:58	4:00	41:28	4:09	1:32:27	4:23	3:14:33	4:37	3:41	140	280	Dave	Nunez
Esther	Bowe	24:36	4:55	51:05	5:07	1:53:54	5:24	3:59:42	5:41	4:27	110	220	Esther	Bowe
Ewan	Morris	22:39	4:32	47:03	4:42	1:44:52	4:58	3:40:42	5:14	4:07	120	240	Ewan	Morris
Gareth	Evans	25:24	5:05	52:45	5:17	1:57:36	5:34	4:07:30	5:52	4:34	110	220	Gareth	Evans
Gilly	Davy	19:51	3:58	41:13	4:07	1:31:54	4:21	3:13:25	4:35	3:40	140	280	Gilly	Davy
Hilary	Fowler	23:34	4:43	48:56	4:54	1:49:07	5:10	3:49:38	5:26	4:17	120	240	Hilary	Fowler
James	Davies	24:18	4:52	50:28	5:03	1:52:30	5:20	3:56:47	5:37	4:24	110	220	James	Davies
James	Slattery	18:11	3:38	37:46	3:47	1:24:11	3:59	2:57:10	4:12	3:22	150	300	James	Slattery
Jim	Waite	19:55	3:59	41:22	4:08	1:32:13	4:22	3:14:04	4:36	3:40	140	280	Jim	Waite
Joe	Sweeney	20:25	4:05	42:24	4:14	1:34:32	4:29	3:18:56	4:43	3:45	130	260	Joe	Sweeney
Jonathan	Drake	21:29	4:18	44:37	4:28	1:39:28	4:43	3:29:20	4:58	3:56	130	260	Jonathan	Drake
Julia	Wong	25:50	5:10	53:39	5:22	1:59:37	5:40	4:11:43	5:58	4:39	110	220	Julia	Wong
Julie	Moon	27:14	5:27	56:33	5:39	2:06:05	5:59	4:25:21	6:17	4:53	100	200	Julie	Moon
Kate	Hutchings	28:09	5:38	58:28	5:51	2:10:20	6:11	4:34:18	6:30	5:01	100	200	Kate	Hutchings
Kirsten	Hill	29:47	5:57	1:01:51	6:11	2:17:54	6:32	4:50:12	6:53	5:17	90	180	Kirsten	Hill
Margaret	Reid	29:02	5:48	1:00:18	6:02	2:14:25	6:22	4:42:54	6:42	5:09	100	200	Margaret	Reid
Mariela	Barale Baricc	24:31	4:54	50:55	5:06	1:53:31	5:23	3:58:54	5:40	4:26	110	220	Mariela	Barale Baricc
Martin	Searle	18:21	3:40	38:06	3:49	1:24:57	4:02	2:58:48	4:14	3:24	150	300	Martin	Searle
Mathilde	Lepoutre	26:41	5:20	55:25	5:32	2:03:33	5:51	4:20:00	6:10	4:47	100	200	Mathilde	Lepoutre
Matt	Pickering	23:34	4:43	48:56	4:54	1:49:07	5:10	3:49:38	5:26	4:17	120	240	Matt	Pickering
Michael	Jenkinson	25:29	5:06	52:56	5:18	1:57:59	5:36	4:08:18	5:53	4:35	110	220	Michael	Jenkinson
Michelle	Hearne	24:52	4:58	51:38	5:10	1:55:08	5:27	4:02:18	5:45	4:30	110	220	Michelle	Hearne
Nicole	Archer	22:45	4:33	47:15	4:44	1:45:19	5:00	3:41:41	5:15	4:08	120	240	Nicole	Archer
Penny	Johnstone	25:58	5:12	53:56	5:24	2:00:14	5:42	4:13:01	6:00	4:41	110	220	Penny	Johnstone
Sam	Jeffels	23:06	4:37	47:58	4:48	1:46:57	5:04	3:45:05	5:20	4:12	120	240	Sam	Jeffels
Samantha	Mildon	25:48	5:10	53:35	5:22	1:59:27	5:40	4:11:24	5:57	4:39	110	220	Samantha	Mildon

Sarah	Sinclair	24:01	4:48	49:53	4:59	1:51:12	5:16	3:54:01	5:33	4:20	120	240	Sarah	Sinclair
Sharon	Lee	27:14	5:27	56:33	5:39	2:06:05	5:59	4:25:21	6:17	4:53	100	200	Sharon	Lee
Shereen	White	22:59	4:36	47:44	4:46	1:46:24	5:03	3:43:57	5:18	4:11	120	240	Shereen	White
Steve	Merchant	25:40	5:08	53:19	5:20	1:58:50	5:38	4:10:06	5:56	4:37	110	220	Steve	Merchant
Susie	Hyatt	24:01	4:48	49:53	4:59	1:51:12	5:16	3:54:01	5:33	4:20	120	240	Susie	Hyatt
Suzannah	Howard	29:29	5:54	1:01:14	6:07	2:16:30	6:28	4:47:17	6:48	5:14	100	200	Suzannah	Howard
Suzanne	Jeffels	25:04	5:01	52:03	5:12	1:56:04	5:30	4:04:15	5:47	4:32	110	220	Suzanne	Jeffels
Valerie	Smith	31:30	6:18	1:05:25	6:32	2:25:51	6:55	5:06:56	7:16	5:34	90	180	Valerie	Smith
Yano	Adhitya	29:26	5:53	1:01:08	6:07	2:16:16	6:28	4:46:48	6:48	5:13	100	200	Yano	Adhitya
First Name	Last Name	5k	5k Pace	10k	10k Pace	Half	Half Marathon Pace	Full	Full Marathon Pace	VO2Max (min/km)	VO2Max Turnaround (metres)	Total Distance (metres)	First Name	Last Name