

5k & 3k Paced Intervals

18-19 Jan 2017

First Name	Last Name	3k Time	2min @ 3k Race Pace			5k Time	3min @ 5k Race Pace		
			3k Race Pace	3k Pace Turnaround (metres)	Total Distance (metres)		5k Race Pace	5k Pace Turnaround (metres)	Total Distance (metres)
Alastair	Burns	13:36	4:32	220	440	23:53	4:47	310	620
Andrew	Capel	12:21	4:07	240	480	21:41	4:20	350	700
Anna	Mcrae	11:51	3:57	250	500	20:49	4:10	360	720
Anthony	MacLean	14:31	4:50	210	420	25:30	5:06	290	580
Aurelie	Desjardins	13:41	4:34	220	440	24:03	4:49	310	620
Brendon	Johnston	11:55	3:58	250	500	20:56	4:11	360	720
Cameron	Smithson	14:12	4:44	210	420	24:56	4:59	300	600
Dave	Nunez	11:55	3:58	250	500	20:56	4:11	360	720
Esther	Bowe	14:09	4:43	210	420	24:51	4:58	300	600
Ewan	Morris	12:38	4:13	240	480	22:12	4:26	340	680
Gareth	Evans	15:19	5:06	200	400	26:54	5:23	280	560
Hilary	Fowler	14:43	4:54	200	400	25:51	5:10	290	580
Jim	Waite	11:35	3:52	260	520	20:21	4:04	370	740
Joe	Sweeney	11:37	3:52	260	520	20:25	4:05	370	740
Jonathan	Drake	14:39	4:53	200	400	25:44	5:09	290	580
Julie	Moon	16:08	5:23	190	380	28:20	5:40	260	520
Kirsten	Hill	17:19	5:46	170	340	30:25	6:05	250	500
Kirsten	McNee	15:05	5:02	200	400	26:29	5:18	280	560
Leroy	Golaboski	11:53	3:58	250	500	20:53	4:11	360	720
Margaret	Reid	16:40	5:33	180	360	29:16	5:51	260	520
Mariela	Barale Baricc	13:58	4:39	210	420	24:32	4:54	310	620
Mathilde	Lepoutre	15:54	5:18	190	380	27:56	5:35	270	540
Michelle	Hearne	14:05	4:42	210	420	24:44	4:57	300	600
Nicole	Archer	12:48	4:16	230	460	22:30	4:30	330	660
Sam	Jeffels	12:38	4:13	240	480	22:12	4:26	340	680
Samantha	Mildon	15:19	5:06	200	400	26:54	5:23	280	560
Sarah	Sinclair	12:58	4:19	230	460	22:47	4:33	330	660
Sharon	Lee	16:22	5:27	180	360	28:45	5:45	260	520
Steve	Merchant	15:28	5:09	190	380	27:11	5:26	280	560
Susie	Hyatt	15:05	5:02	200	400	26:29	5:18	280	560
Suzannah	Howard	17:55	5:58	170	340	31:28	6:18	240	480
Suzanne	Jeffels	15:48	5:16	190	380	27:46	5:33	270	540
Valerie	Smith	18:04	6:01	170	340	31:45	6:21	240	480
First Name	Last Name	3k Time	3k Race Pace	3k Pace Turnaround (metres)	Total Distance (metres)	5k Time	5k Race Pace	5k Pace Turnaround (metres)	Total Distance (metres)
2min @ 3k Race Pace						3min @ 5k Race Pace			