

# Mile Time Trial Results & Training Paces

14-15 June 2017



First Name	Last Name	14-15 Jun17: Mile TT	ESTIMATED FINISHING TIMES FOR OTHER DISTANCES						TRAINING PACES (min/km)						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	06:21	6:21	12:33	22:02	45:45	1:42:01	3:34:41	4:38	4:00	1:28	0:44	5:07	5:55	Abby	Oey
Andrew	Capel	05:57	5:57	11:45	20:39	42:53	1:35:37	3:21:13	4:23	3:48	1:23	0:42	4:50	5:37	Andrew	Capel
Aurelie	Desjardins	06:57	6:57	13:44	24:07	50:05	1:51:39	3:54:59	5:03	4:21	1:35	0:48	5:32	6:20	Aurelie	Desjardins
Cameron	Smithson	06:27	6:27	12:45	22:23	46:29	1:43:38	3:38:06	4:43	4:04	1:30	0:45	5:12	5:59	Cameron	Smithson
Cerise	McCormick	07:12	7:12	14:05	24:44	51:22	1:54:31	4:01:00	5:11	4:28	1:38	0:49	5:40	6:28	Cerise	McCormick
Chloe	Griveaud	07:24	7:24	14:37	25:41	53:21	1:58:55	4:10:15	5:22	4:37	1:42	0:51	5:53	6:40	Chloe	Griveaud
Chris	Maffey	06:16	6:16	12:23	21:45	45:10	1:40:42	3:31:56	4:36	3:58	1:27	0:44	5:03	5:51	Chris	Maffey
Chris	Lawrence	05:24	5:24	10:40	18:44	38:54	1:26:44	3:02:32	4:01	3:28	1:16	0:38	4:27	5:12	Chris	Lawrence
Cynthia	Davis	08:11	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	Cynthia	Davis
Ewan	Morris	06:06	6:06	12:03	21:10	43:58	1:38:00	3:26:15	4:30	3:53	1:25	0:42	4:56	5:44	Ewan	Morris
Gah	Chan	07:07	7:06	14:00	24:35	51:03	1:53:49	3:59:33	5:09	4:27	1:37	0:49	5:38	6:26	Gah	Chan
Gareth	Evans	07:22	7:22	14:33	25:34	53:06	1:58:23	4:09:07	5:21	4:36	1:41	0:51	5:51	6:39	Gareth	Evans
Gareth	Hodges	06:30	6:30	12:50	22:33	46:50	1:44:24	3:39:43	4:46	4:06	1:30	0:45	5:14	6:01	Gareth	Hodges
Greta	Hollies	07:55	7:55	15:38	27:28	57:03	2:07:10	4:27:38	5:43	4:55	1:48	0:54	6:15	7:01	Greta	Hollies
Janelle	Nicholas	07:55	7:55	15:38	27:28	57:03	2:07:10	4:27:38	5:43	4:55	1:48	0:54	6:15	7:01	Janelle	Nicholas
Jemma	Logan	07:50	7:50	15:28	27:11	56:27	2:05:52	4:24:52	5:40	4:52	1:47	0:53	6:11	6:57	Jemma	Logan
Josh	Helm	05:42	5:42	11:16	19:47	41:05	1:31:36	3:12:46	4:14	3:39	1:20	0:40	4:38	5:26	Josh	Helm
Julia	Wong	07:26	7:26	14:41	25:48	53:35	1:59:27	4:11:24	5:24	4:39	1:42	0:51	5:54	6:42	Julia	Wong
Julie	Moon	07:41	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	Julie	Moon
Luke	Watson	06:19	6:19	12:29	21:55	45:31	1:41:29	3:33:33	4:37	3:59	1:28	0:44	5:06	5:54	Luke	Watson
Marie	Curtis	08:28	8:28	16:44	29:23	1:01:02	2:16:03	4:46:19	6:05	5:13	1:54	0:57	6:40	7:25	Marie	Curtis
Mathilde	Lepoutre	07:51	7:51	15:30	27:14	56:33	2:06:05	4:25:21	5:40	4:53	1:47	0:53	6:12	6:58	Mathilde	Lepoutre
Pauline	Fleitz	07:50	7:50	15:28	27:11	56:27	2:05:52	4:24:52	5:40	4:52	1:47	0:53	6:11	6:57	Pauline	Fleitz
Rebecca	Cox	09:17	9:17	18:20	32:13	1:06:55	2:29:10	5:13:55	6:40	5:41	2:04	1:02	7:17	7:58	Rebecca	Cox
Rob	Borland	05:21	5:21	10:34	18:34	38:33	1:25:58	3:00:55	3:59	3:27	1:15	0:38	4:26	5:10	Rob	Borland
Robert	Dimond	05:35	5:35	11:01	19:22	40:13	1:29:40	3:08:42	4:08	3:35	1:18	0:39	4:34	5:20	Robert	Dimond
Sarah	Henriksen	09:11	9:11	18:08	31:52	1:06:11	2:27:33	5:10:30	6:35	5:38	2:03	1:01	7:12	7:55	Sarah	Henriksen
Sarah	Sinclair	07:09	7:09	14:02	24:39	51:12	1:54:08	4:00:12	5:10	4:28	1:38	0:49	5:39	6:27	Sarah	Sinclair
Sharon	Lee	07:41	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	Sharon	Lee
Sophie	Burridge	08:57	8:57	17:41	31:03	1:04:29	2:23:46	5:02:33	6:26	5:30	2:00	1:00	7:02	7:44	Sophie	Burridge
Sue	Meltzer	07:39	7:39	15:07	26:33	55:08	2:02:56	4:18:42	5:32	4:46	1:44	0:52	6:04	6:50	Sue	Meltzer
Susie	Hyatt	06:57	6:57	13:44	24:07	50:05	1:51:39	3:54:59	5:03	4:21	1:35	0:48	5:32	6:20	Susie	Hyatt
Tom	Pollard	05:14	5:14	10:21	18:10	37:44	1:24:06	2:57:01	3:54	3:22	1:14	0:37	4:21	5:04	Tom	Pollard
Yuriy	Halytskyy	05:38	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	Yuriy	Halytskyy
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