

# Mile Time Trial Results & Training Paces

18-19 Jan 2017



		ESTIMATED FINISHING TIMES FOR OTHER DISTANCES							TRAINING PACES (min/km)					
First Name	Last Name	18-19Jan17: Mile TT	1-Mile	3k	5k	10k	Half	Full	Lactate Threshold	VO2Max	Rep Pace 400m	Rep Pace 200m	Easy Pace Max	Easy Pace Min
Alastair	Burns	6:53	6:53	13:36	23:53	49:36	1:50:35	3:52:43	5:01	4:19	1:35	0:47	5:29	6:17
Andrew	Capel	6:15	6:15	12:21	21:41	45:02	1:40:24	3:31:17	4:35	3:57	1:27	0:43	5:03	5:51
Anna	Mcrae	6:00	6:00	11:51	20:49	43:14	1:36:23	3:22:50	4:25	3:49	1:24	0:42	4:52	5:39
Anthony	MacLean	7:21	7:21	14:31	25:30	52:58	1:58:04	4:08:28	5:20	4:35	1:41	0:51	5:50	6:38
Aurelie	Desjardins	6:56	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
Brendon	Johnston	6:02	6:02	11:55	20:56	43:29	1:36:55	3:23:58	4:27	3:50	1:24	0:42	4:53	5:41
Cameron	Smithson	7:19	7:19	14:12	24:56	51:47	1:55:26	4:02:57	5:13	4:30	1:39	0:49	5:42	6:31
Dave	Nunez	6:02	6:02	11:55	20:56	43:29	1:36:55	3:23:58	4:27	3:50	1:24	0:42	4:53	5:41
Esther	Bowe	7:16	7:16	14:09	24:51	51:36	1:55:03	4:02:08	5:12	4:30	1:38	0:49	5:41	6:30
Ewan	Morris	6:24	6:24	12:38	22:12	46:06	1:42:47	3:36:19	4:41	4:02	1:29	0:44	5:09	5:57
Gareth	Evans	7:45	7:45	15:19	26:54	55:52	2:04:33	4:22:07	5:37	4:50	1:46	0:53	6:08	6:54
Hilary	Fowler	7:27	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
Jim	Waite	5:52	5:52	11:35	20:21	42:15	1:34:13	3:18:17	4:20	3:45	1:22	0:41	4:46	5:33
Joe	Sweeney	5:53	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
Jonathan	Drake	7:25	7:25	14:39	25:44	53:27	1:59:09	4:10:45	5:23	4:38	1:42	0:51	5:53	6:41
Julie	Moon	8:10	8:10	16:08	28:20	58:50	2:11:11	4:36:05	5:52	5:03	1:51	0:56	6:26	7:13
Kirsten	Hill	8:46	8:46	17:19	30:25	1:03:11	2:20:50	4:56:22	6:17	5:23	1:58	0:59	6:53	7:37
Kirsten	McNee	7:38	7:38	15:05	26:29	55:00	2:02:37	4:18:03	5:31	4:45	1:44	0:52	6:03	6:49
Leroy	Golaboski	6:01	6:01	11:53	20:53	43:22	1:36:42	3:23:29	4:26	3:50	1:24	0:42	4:53	5:40
Margaret	Reid	8:26	8:26	16:40	29:16	1:00:47	2:15:30	4:45:10	6:04	5:12	1:54	0:57	6:38	7:24
Mariela	Barale Baricco	7:05	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
Mathilde	Lepoutre	8:03	8:03	15:54	27:56	58:01	2:09:19	4:32:11	5:46	4:59	1:50	0:55	6:21	7:08
Michelle	Hearne	7:12	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
Nicole	Archer	6:29	6:29	12:48	22:30	46:44	1:44:10	3:39:14	4:45	4:05	1:30	0:45	5:13	6:00
Sam	Jeffels	6:24	6:24	12:38	22:12	46:06	1:42:47	3:36:19	4:41	4:02	1:29	0:44	5:09	5:57
Samantha	Mildon	7:45	7:45	15:19	26:54	55:52	2:04:33	4:22:07	5:37	4:50	1:46	0:53	6:08	6:54
Sarah	Sinclair	6:34	6:34	12:58	22:47	47:19	1:45:29	3:42:00	4:48	4:08	1:31	0:46	5:16	6:04
Sharon	Lee	8:17	8:17	16:22	28:45	59:42	2:13:06	4:40:08	5:58	5:07	1:53	0:56	6:31	7:17
Steve	Merchant	7:50	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
Susie	Hyatt	7:38	7:38	15:05	26:29	55:00	2:02:37	4:18:03	5:31	4:45	1:44	0:52	6:03	6:49
Suzannah	Howard	9:04	9:04	17:55	31:28	1:05:21	2:25:42	5:06:37	6:31	5:34	2:02	1:01	7:07	7:50
Suzanne	Jeffels	8:00	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
Valerie	Smith	9:09	9:09	18:04	31:45	1:05:56	2:27:01	5:09:22	6:34	5:37	2:02	1:01	7:10	7:53
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