

# Auckland VO2max Relays & Race Pace

2-Oct-17

First Name	Last Name	Half	5k Pace	Full	Half Pace	VO2Max	VO2Max Turnaround (metres)	Total Distance (metres)
Abby	Oey	1:37:00	4:36	3:24:08	4:50	3:50	130	260
Alexandra	Troughton	2:14:44	6:23	4:43:33	6:43	5:10	100	200
Andrew	Capel	1:35:41	4:32	3:21:22	4:46	3:48	130	260
Anna	Scarth	1:45:10	4:59	3:41:21	5:15	4:08	120	240
Aurelie	Desjardins	1:46:10	5:02	3:43:28	5:18	4:10	120	240
Bridget	Lawrence	1:54:45	5:26	4:01:29	5:43	4:29	110	220
Cameron	Smithson	1:38:51	4:41	3:28:02	4:56	3:55	130	260
Carl	Andersson	1:48:29	5:09	3:48:20	5:25	4:15	120	240
Cerise	McCormick	1:54:26	5:25	4:00:51	5:42	4:28	110	220
Chloe	Griveaud	1:52:54	5:21	3:57:36	5:38	4:25	110	220
Chris	Lawrence	1:25:20	4:03	2:59:37	4:15	3:25	150	300
Cris	Barker	2:07:33	6:03	4:28:26	6:22	4:56	100	200
Cynthia	Davis	2:07:05	6:01	4:27:28	6:20	4:55	100	200
Dan	Organ	2:11:29	6:14	4:36:44	6:33	5:04	100	200
Danni	Taylor	2:01:33	5:46	4:15:47	6:04	4:43	110	220
Dave	Nunez	1:35:09	4:31	3:20:14	4:45	3:47	130	260
Elizabeth	Harding							0
Ewan	Morris	1:35:51	4:33	3:21:42	4:47	3:48	130	260
Gah	Chan	1:52:07	5:19	3:55:58	5:35	4:23	110	220
Gareth	Evans	1:52:54	5:21	3:57:36	5:38	4:25	110	220
Gareth	Hodges	1:41:10	4:48	3:32:54	5:03	3:59	130	260
Hannah	Fletcher							0
Helen	Bunter							0
Ingrid	McClymont	2:15:39	6:26	4:45:30	6:46	5:12	100	200
Janelle	Nicholas	2:15:49	6:26	4:45:49	6:46	5:12	100	200
Jim	Waite	1:37:56	4:38	3:26:05	4:53	3:53	130	260
John	Helm	1:40:15	4:45	3:30:58	5:00	3:57	130	260
Josh	Helm	1:31:31	4:20	3:12:36	4:34	3:39	140	280
Julie	Moon	2:04:15	5:53	4:21:28	6:12	4:49	100	200
Kate	Smith							0
Katrin	Gottschalk	1:36:37	4:35	3:23:19	4:49	3:50	130	260
Leah	Vidak	2:01:19	5:45	4:15:18	6:03	4:43	110	220
Libby	Oed							0
Liz	Johns	2:34:24	7:19	5:24:57	7:42	5:53	90	180
Loes	St.Ather							0
Luke	Watson	1:43:19	4:54	3:37:27	5:09	4:03	120	240
Margaret	Reid	2:19:59	6:38	4:54:35	6:59	5:22	90	180
Marie	Curtis	2:15:58	6:27	4:46:09	6:47	5:13	100	200
Martin	Searle	1:23:43	3:58	2:56:12	4:11	3:21	150	300
Melissa	Fourie							0
Michael	Jenkinson	1:58:32	5:37	4:09:27	5:55	4:36	110	220
Natalie	Gallant	1:44:15	4:56	3:39:24	5:12	4:05	120	240
Rachelle	Young	2:05:47	5:58	4:24:42	6:16	4:52	100	200
Raewyn	Brown							0
Robert	Buchanan	1:36:00	4:33	3:22:01	4:47	3:48	130	260
Roni	Playle							0
Safra	Bacchus	2:12:29	6:17	4:38:50	6:36	5:06	100	200
Sandra	Hansen	2:00:46	5:43	4:14:10	6:01	4:42	110	220
Sarah	Sinclair	1:47:06	5:05	3:45:25	5:20	4:12	120	240
Shannon	Kelly	2:40:12	7:36	5:37:08	7:59	6:04	80	160
Sharon	Lee	2:00:28	5:43	4:13:31	6:00	4:41	110	220
Shereen	White							0
Stephanie	Boyle	2:04:01	5:53	4:20:58	6:11	4:48	100	200
Sue	Meltzer	1:59:41	5:40	4:11:53	5:58	4:39	110	220
Svetlana	Naumova	2:20:31	6:40	4:55:43	7:00	5:23	90	180
Tim	Kirkpatrick	1:35:14	4:31	3:20:24	4:45	3:47	130	260
Tom	Locke	1:32:45	4:24	3:15:12	4:38	3:41	140	280
Tracey	Lee	2:18:54	6:35	4:52:19	6:56	5:20	90	180
Troy	Taylor	1:56:27	5:31	4:05:04	5:48	4:32	110	220
Yano	Adhitya	2:17:49	6:32	4:50:03	6:52	5:17	90	180
Yuriy	Halytskyy	1:30:31	4:17	3:10:29	4:31	3:37	140	280
First Name	Last Name	Half	5k Pace	Full	Half Pace	VO2Max	VO2Max Turnaround (metres)	Total Distance (metres)