

Wgtn 3k Time Trial Results & Training Paces

13-Apr-17

			ESTIMATED FINISHING TIMES FOR OTHER DISTANCES						TRAINING PACES (min/km)					
First Name	Last Name	3k TT 13/4	1-Mile	3k	5k	10k	Half	Full	Lactate Threshold	VO2Max	Rep Pace 400m	Rep Pace 200m	Easy Pace Max	Easy Pace Min
Adrian	Thompson	13:24.0	6:47	13:24	23:32	48:52	1:48:57	3:49:18	4:58	4:16	1:33	0:47	5:24	6:12
Alastair	Henshaw	14:20.0	7:21	14:20	25:10	52:16	1:56:31	4:05:13	5:16	4:32	1:40	0:50	5:45	6:34
Angela	Prestidge	15:09.0	7:40	15:09	26:36	55:14	2:03:10	4:19:11	5:32	4:46	1:44	0:52	6:04	6:50
Anna	Hastie	16:16.0	8:14	16:16	28:34	59:19	2:12:16	4:38:21	5:56	5:06	1:52	0:56	6:29	7:16
Cathy	Finnimore	14:15.0	7:21	14:14	25:01	51:57	1:55:50	4:03:46	5:14	4:31	1:39	0:50	5:43	6:32
Eoin	Davidson	14:25.0	7:21	14:25	25:19	52:35	1:57:13	4:06:41	5:18	4:34	1:40	0:50	5:47	6:36
John	Langham	11:51.0	6:00	11:50	20:48	43:12	1:36:18	3:22:40	4:25	3:49	1:24	0:42	4:52	5:39
Liz	McKenna	14:00.0	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
Megan	Keenan	16:24.0	8:18	16:24	28:48	59:49	2:13:20	4:40:37	5:58	5:07	1:53	0:56	6:32	7:18
Neven	MacEwan	13:08.0	6:39	13:08	23:04	47:54	1:46:48	3:44:46	4:52	4:12	1:32	0:46	5:20	6:08
Stephen	Bates	13:27.0	6:48	13:27	23:37	49:03	1:49:20	3:50:07	4:59	4:17	1:33	0:47	5:25	6:14
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