

WELLINGTON: 5k Time Trial Results & Training Paces

10-11 May 2017

Taken from a previous time trial (or estimated).

Time from this week's time trials.



First Name	Last Name	10-11 May 17: 5k 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		
Adrian	Thompson	23:45.0	6:50	13:31	23:44	49:17	1:49:53	3:51:15	5:00	4:18	1:34	0:47	5:27	6:15	Adrian	Thompson
Alastair	Henshaw	25:51.0	7:27	14:42	25:50	53:39	1:59:37	4:11:43	5:24	4:39	1:42	0:51	5:55	6:42	Alastair	Henshaw
Alex	MacAvoy	NT													Alex	MacAvoy
Angela	Prestidge	26:34.0	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	Angela	Prestidge
Annie	Van Herck	27:22.0	7:53	15:34	27:21	56:48	2:06:38	4:26:29	5:41	4:54	1:47	0:54	6:13	6:59	Annie	Van Herck
Bridget	Thomson	29:13.0	8:25	16:37	29:12	0:39	2:15:12	4:44:31	6:03	5:11	1:53	0:57	6:37	7:23	Bridget	Thomson
Cathy	Finnimore	25:01.0	7:21	14:14	25:00	51:55	1:55:45	4:03:36	5:14	4:31	1:39	0:49	5:43	6:32	Cathy	Finnimore
Eoin	Davidson	26:38.0	7:40	15:09	26:37	55:16	2:03:14	4:19:21	5:33	4:46	1:44	0:52	6:04	6:50	Eoin	Davidson
John	Langham	18:49.0	5:25	10:42	18:48	39:03	1:27:02	3:03:11	4:02	3:29	1:16	0:38	4:28	5:13	John	Langham
Jon	Saunders	23:13.0	6:41	13:12	23:12	48:11	1:47:25	3:46:04	4:54	4:13	1:32	0:46	5:21	6:09	Jon	Saunders
Julie	Collow	23:40.0	6:49	13:28	23:39	49:07	1:49:30	3:50:27	4:59	4:17	1:34	0:47	5:26	6:14	Julie	Collow
Kate	Davey	26:30.0	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	Kate	Davey
Kirsty	Macgregor	27:55.0	8:02	15:53	27:54	57:57	2:09:10	4:31:51	5:45	4:59	1:50	0:55	6:21	7:07	Kirsty	Macgregor
Lee-ann	Coutts	NT													Lee-ann	Coutts
Linda	Mcarthur	21:40.0	6:14	12:19	21:39	44:58	1:40:15	3:30:58	4:35	3:57	1:27	0:43	5:02	5:50	Linda	Mcarthur
Liz	McKenna	24:36.0	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	Liz	McKenna
Malcolm	Davidson	23:45.0	6:50	13:31	23:44	49:17	1:49:53	3:51:15	5:00	4:18	1:34	0:47	5:27	6:15	Malcolm	Davidson
Megan	Keenan	28:53.0	8:19	16:26	28:52	59:57	2:13:39	4:41:16	5:59	5:08	1:53	0:56	6:33	7:19	Megan	Keenan
Nancy	Linton	22:36.0	6:30	12:51	22:35	46:54	1:44:33	3:40:03	4:46	4:06	1:30	0:45	5:14	6:01	Nancy	Linton
Neven	MacEwan	NT													Neven	MacEwan
Nicola	Beentjes	32:03.0	9:14	18:14	32:02	6:32	2:28:19	5:12:08	6:37	5:39	2:03	1:02	7:14	7:56	Nicola	Beentjes
Polly	Schaverien	27:07.0	7:48	15:26	27:06	56:17	2:05:29	4:24:03	5:39	4:52	1:46	0:53	6:10	6:56	Polly	Schaverien
Rebecca	McAtamney	26:50.0	7:44	15:16	26:49	55:41	2:04:10	4:21:18	5:35	4:49	1:45	0:53	6:07	6:53	Rebecca	McAtamney
Ruth	Noakes	25:13.0	7:21	14:21	25:12	52:20	1:56:41	4:05:33	5:16	4:33	1:40	0:50	5:46	6:34	Ruth	Noakes
Sara	Blake	27:11.0	7:50	15:28	27:10	56:25	2:05:47	4:24:42	5:40	4:52	1:47	0:53	6:11	6:57	Sara	Blake
Stephen	Bates	NT													Stephen	Bates
Tanya	Dunlop	34:40.0	9:59	19:44	34:39	11:58	2:40:26	5:37:38	7:09	6:04	2:11	1:06	7:48	8:26	Tanya	Dunlop
Victoria	Wilks	27:52.0	8:01	15:51	27:51	57:50	2:08:56	4:31:22	5:45	4:58	1:49	0:55	6:20	7:07	Victoria	Wilks
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ESTIMATED FINISHING TIMES FOR OTHER DISTANCES									TRAINING PACES (min/km)							