

WELLINGTON: 5k Time Trial Results & Training Paces

7-8 June 2017



First Name	Last Name	5k TT 7-9Jun17	Improvement (min:secs)	% Speed Improvement	ESTIMATED FINISHING TIMES FOR OTHER DISTANCES						TRAINING PACES (min/km)					
					1-Mile	3k	5k	10k	Half	Full	Lactate Threshold	VO2Max	Rep Pace 400m	Rep Pace 200m	Easy Pace Max	Easy Pace Min
Adrian	Thompson	23:22.0	0:23	1.6%	6:44	13:18	23:21	48:29	1:48:06	3:47:31	4:56	4:15	1:33	0:46	5:23	6:10
Alastair	Henshaw	25:27.0	0:24	1.6%	7:21	14:29	25:26	52:50	1:57:45	4:07:49	5:19	4:34	1:41	0:50	5:49	6:37
Angela	Prestidge	25:41.0	0:53	3.4%	7:24	14:37	25:40	53:19	1:58:50	4:10:06	5:22	4:37	1:42	0:51	5:52	6:40
Annie	Van Herck	26:59.0	0:23	1.4%	7:46	15:21	26:58	56:00	2:04:52	4:22:46	5:38	4:51	1:46	0:53	6:09	6:55
Bridget	Thomson	28:32.0	0:41	2.4%	8:13	16:14	28:31	59:13	2:12:02	4:37:52	5:55	5:05	1:52	0:56	6:28	7:15
Cathy	Finnimore	25:21.0	N/A	N/A	7:21	14:25	25:20	52:37	1:57:18	4:06:51	5:18	4:34	1:40	0:50	5:48	6:36
Eoin	Davidson	25:18.0	1:20	5.3%	7:21	14:24	25:17	52:31	1:57:04	4:06:21	5:17	4:33	1:40	0:50	5:47	6:35
Jo	Murray	27:32.0	N/A	N/A	7:56	15:40	27:31	57:09	2:07:24	4:28:07	5:43	4:55	1:48	0:54	6:15	7:01
John	Langham	19:02.0	N/A	N/A	5:29	10:50	19:01	39:30	1:28:03	3:05:18	4:04	3:31	1:17	0:39	4:30	5:15
Jon	Saunders	23:38.0	N/A	N/A	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
Julie	Collow	22:25.0	1:15	5.6%	6:27	12:45	22:24	46:31	1:43:42	3:38:16	4:44	4:04	1:30	0:45	5:12	5:59
Kate	Davey	24:24.0	2:06	8.6%	7:01	13:53	24:23	50:39	1:52:54	3:57:36	5:07	4:25	1:37	0:48	5:35	6:24
Linda	Mcarthur	21:00.0	0:40	3.2%	6:03	11:57	20:59	43:35	1:37:09	3:24:27	4:28	3:51	1:24	0:42	4:54	5:42
Megan	Keenan	27:50.0	1:03	3.8%	8:01	15:50	27:49	57:46	2:08:47	4:31:03	5:45	4:58	1:49	0:55	6:19	7:06
Neven	MacEwan	20:44.0	N/A	N/A	5:58	11:48	20:43	43:01	1:35:55	3:21:52	4:24	3:48	1:23	0:42	4:51	5:38
Nicola	Beentjes	30:03.0	2:00	6.7%	8:39	17:06	30:02	1:02:22	2:19:03	4:52:38	6:13	5:20	1:56	0:58	6:48	7:32
Polly	Schaverien	25:33.0	1:34	6.1%	7:21	14:32	25:32	53:02	1:58:13	4:08:48	5:20	4:35	1:41	0:51	5:50	6:38
Rebecca	McAtamney	25:13.0	1:37	6.4%	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	24:38.0	0:35	2.4%	7:08	14:01	24:37	51:07	1:53:58	3:59:52	5:09	4:27	1:37	0:49	5:38	6:27
Sara	Blake	26:25.0	0:46	2.9%	7:36	15:02	26:24	54:50	2:02:14	4:17:15	5:30	4:44	1:44	0:52	6:02	6:48
Victoria	Wilks	25:44.0	2:08	8.3%	7:25	14:38	25:43	53:25	1:59:04	4:10:35	5:23	4:38	1:42	0:51	5:53	6:41
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