

5k Time Trial Results & Training Paces

29-30 Feb 2017

This is the time we will use to calculate your training paces .

Time from this week's time trials.



		ESTIMATED FINISHING TIMES FOR OTHER DISTANCES							TRAINING PACES (min/km)								
First Name	Last Name	Training Pace 5k Time	1-Mile	3k	5k	10k	Half	Full	Lactate Threshold	VO2Max	Rep Pace 400m	Rep Pace 200m	Easy Pace Max	Easy Pace Min	First Name	Last Name	
Alastair	Burns	23:19	6:43	13:16	23:18	48:23	1:47:52	3:47:02	4:55	4:14	1:33	0:46	5:22	6:10	Alastair	Burns	
Allan	Bullot	22:19	6:25	12:42	22:18	46:19	1:43:15	3:37:17	4:42	4:03	1:29	0:45	5:11	5:58	Allan	Bullot	
Andrew	Capel	20:51	6:00	11:52	20:50	43:16	1:36:28	3:23:00	4:26	3:49	1:24	0:42	4:52	5:40	Andrew	Capel	
Andrew	Kerr	18:20	5:17	10:26	18:20	38:04	1:24:53	2:58:38	3:56	3:24	1:14	0:37	4:23	5:07	Andrew	Kerr	
Anna	Mcrae	20:20	5:51	11:35	20:20	42:13	1:34:09	3:18:08	4:20	3:44	1:22	0:41	4:46	5:33	Anna	Mcrae	
Aurelie	Desjardins	23:02	6:38	13:06	23:01	47:48	1:46:34	3:44:17	4:51	4:11	1:32	0:46	5:19	6:07	Aurelie	Desjardins	
Brendon	Johnston	19:49	5:42	11:16	19:48	41:07	1:31:40	3:12:56	4:14	3:39	1:20	0:40	4:39	5:26	Brendon	Johnston	
Cameron	Smithson	23:48	6:51	13:32	23:47	49:24	1:50:07	3:51:44	5:00	4:18	1:34	0:47	5:27	6:16	Cameron	Smithson	
Caroline	McAleese	24:08	6:57	13:44	24:07	50:05	1:51:39	3:54:59	5:03	4:21	1:35	0:48	5:32	6:20	Caroline	McAleese	
Esther	Bowe	24:37	7:07	14:00	24:36	51:05	1:53:54	3:59:42	5:09	4:27	1:37	0:49	5:38	6:26	Esther	Bowe	
Ewan	Morris	22:00	6:20	12:31	21:59	45:39	1:41:47	3:34:12	4:38	4:00	1:28	0:44	5:07	5:55	Ewan	Morris	
Fleur	Walter	19:24	5:35	11:02	19:23	40:16	1:29:45	3:08:52	4:09	3:35	1:19	0:39	4:34	5:20	Fleur	Walter	
Gah	Chan	23:50	6:52	13:33	23:49	49:28	1:50:16	3:52:04	5:01	4:19	1:34	0:47	5:28	6:16	Gah	Chan	
Gareth	Evans	25:25	7:21	14:28	25:24	52:45	1:57:36	4:07:30	5:19	4:34	1:41	0:50	5:49	6:37	Gareth	Evans	
Gilly	Davy	19:55	5:44	11:20	19:54	41:20	1:32:08	3:13:54	4:16	3:40	1:21	0:40	4:40	5:28	Gilly	Davy	
Hilary	Fowler	23:35	6:47	13:25	23:34	48:56	1:49:07	3:49:38	4:59	4:17	1:33	0:47	5:25	6:13	Hilary	Fowler	
James	Davies	24:11	6:58	13:45	24:10	50:12	1:51:53	3:55:29	5:04	4:22	1:36	0:48	5:32	6:21	James	Davies	
James	Slattery	17:35	5:04	10:00	17:34	36:29	1:21:20	2:51:10	3:47	3:16	1:11	0:36	4:14	4:57	James	Slattery	
Jared	Schulz	26:33	7:39	15:06	26:32	55:06	2:02:51	4:18:32	5:31	4:45	1:44	0:52	6:03	6:49	Jared	Schulz	
Jim	Waite	20:41	5:57	11:46	20:40	42:55	1:35:41	3:21:22	4:23	3:48	1:23	0:42	4:50	5:37	Jim	Waite	
Joe	Sweeney	20:25	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	Joe	Sweeney	
Jonathan	Drake	21:30	6:11	12:14	21:29	44:37	1:39:28	3:29:20	4:34	3:56	1:26	0:43	5:00	5:48	Jonathan	Drake	
Julia	Wong	25:51	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	Julia	Wong	
Julie	Moon	27:08	7:49	15:26	27:07	56:19	2:05:33	4:24:13	5:39	4:52	1:46	0:53	6:10	6:56	Julie	Moon	
Kate	Hutchings	28:10	8:07	16:02	28:09	58:28	2:10:20	4:34:18	5:49	5:01	1:51	0:55	6:24	7:11	Kate	Hutchings	
Katie	Smith	18:36	5:22	10:35	18:36	38:38	1:26:07	3:01:14	3:59	3:27	1:15	0:38	4:26	5:10	Katie	Smith	
Kirsten	Hill	31:14	9:00	17:46	31:13	1:04:50	2:24:32	5:04:11	6:28	5:31	2:01	1:00	7:04	7:46	Kirsten	Hill	
Margaret	Reid	29:03	8:22	16:32	29:02	1:00:18	2:14:25	4:42:54	6:00	5:09	1:53	0:57	6:35	7:20	Margaret	Reid	
Marie	Curtis	30:50	8:53	17:33	30:49	1:04:00	2:22:41	5:00:17	6:22	5:27	1:59	1:00	6:58	7:41	Marie	Curtis	
Mariela	Barale Baricco	24:32	7:04	13:57	24:31	50:55	1:53:31	3:58:54	5:08	4:26	1:37	0:49	5:37	6:25	Mariela	Barale Baricco	
Martin	Searle	18:47	5:24	10:41	18:46	38:59	1:26:53	3:02:52	4:01	3:29	1:16	0:38	4:28	5:12	Martin	Searle	
Mathilde	Lepoutre	26:42	7:41	15:11	26:41	55:25	2:03:33	4:20:00	5:34	4:47	1:45	0:52	6:05	6:51	Mathilde	Lepoutre	
Matthew	Pickering	24:50	7:15	14:08	24:49	51:32	1:54:54	4:01:49	5:12	4:29	1:38	0:49	5:41	6:29	Matthew	Pickering	

Michael	Jenkinson	25:22	7:21	14:26	25:21	52:39	1:57:22	4:07:00	5:18	4:34	1:40	0:50	5:48	6:36	Michael	Jenkinson	
Michelle	Hearne	24:53	7:16	14:09	24:52	51:38	1:55:08	4:02:18	5:12	4:30	1:38	0:49	5:41	6:30	Michelle	Hearne	
Michelle	Paulin	22:07	6:22	12:35	22:06	45:54	1:42:20	3:35:20	4:39	4:01	1:28	0:44	5:08	5:56	Michelle	Paulin	
Nicole	Archer	22:27	6:28	12:46	22:26	46:36	1:43:52	3:38:35	4:44	4:04	1:30	0:45	5:12	5:59	Nicole	Archer	
Paul	Wilson	25:20	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	Paul	Wilson	
Penny	Johnstone	25:59	7:29	14:47	25:58	53:56	2:00:14	4:13:01	5:26	4:41	1:43	0:51	5:57	6:44	Penny	Johnstone	
Rebecca	Mairs	25:54	7:27	14:44	25:53	53:46	1:59:51	4:12:13	5:25	4:40	1:43	0:51	5:55	6:43	Rebecca	Mairs	
Sam	Jeffels	23:07	6:39	13:09	23:06	47:58	1:46:57	3:45:05	4:52	4:12	1:32	0:46	5:20	6:08	Sam	Jeffels	
Sarah	Sinclair	24:02	6:55	13:40	24:01	49:53	1:51:12	3:54:01	5:02	4:20	1:35	0:48	5:30	6:19	Sarah	Sinclair	
Sharon	Lee	26:59	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	Sharon	Lee	
Shereen	White	23:00	6:37	13:05	22:59	47:44	1:46:24	3:43:57	4:51	4:11	1:32	0:46	5:19	6:07	Shereen	White	
Stephanie	Boyle	27:33	7:56	15:40	27:32	57:11	2:07:28	4:28:17	5:43	4:55	1:48	0:54	6:15	7:02	Stephanie	Boyle	
Steve	Merchant	25:43	7:24	14:38	25:42	53:23	1:59:00	4:10:25	5:22	4:37	1:42	0:51	5:53	6:40	Steve	Merchant	
Sue	Lowe	25:48	7:26	14:41	25:47	53:33	1:59:23	4:11:14	5:23	4:38	1:42	0:51	5:54	6:41	Sue	Lowe	
Susie	Hyatt	24:44	7:11	14:04	24:43	51:20	1:54:26	4:00:51	5:11	4:28	1:38	0:49	5:40	6:28	Susie	Hyatt	
Suzanne	Jeffels	25:05	7:21	14:16	25:04	52:03	1:56:04	4:04:15	5:15	4:32	1:39	0:50	5:44	6:33	Suzanne	Jeffels	
Valerie	Smith	32:07	9:15	18:16	32:06	1:06:40	2:28:38	5:12:47	6:38	5:40	2:03	1:02	7:15	7:57	Valerie	Smith	
Yano	Adhitya	27:21	7:52	15:34	27:20	56:46	2:06:33	4:26:20	5:41	4:54	1:47	0:54	6:13	6:59	Yano	Adhitya	
First Name	Last Name	Training Pace 5k Time	1-Mile	3k	5k	10k	Half	Full	Lactate Threshold	VO2Max	Rep Pace 400m	Rep Pace 200m	Easy Pace Max	Easy Pace Min	First Name	Last Name	
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