

# DUNEDIN SPRING 2016 - 5k TT Results



			ESTIMATED FINISHING TIMES FOR OTHER DISTANCES						TRAINING PACES (min/km)					
First Name	Last Name	First 5k TT	1-Mile	3k	5k	10k	Half	Full	Lactate Threshold	VO2Max	Rep Pace 400m	Rep Pace 200m	Easy Pace Max	Easy Pace Min
Alison	Newall	28:30.0	8:12	16:13	28:29	0:59:09	2:11:52	4:37:32	5:55	5:05	1:52	0:56	6:28	7:15
Angela	Bishop	22:16.0	6:25	12:40	22:15	0:46:12	1:43:01	3:36:48	4:42	4:03	1:29	0:45	5:10	5:58
Carol	Chettleburgh													
Cassidy	Armishaw	31:33.0	9:05	17:57	31:32	1:05:29	2:26:00	5:07:15	6:31	5:34	2:02	1:01	7:07	7:51
Chelsea	Gorton													
Dana	Young	27:36.0	7:57	15:42	27:35	57:17	2:07:42	4:28:46	5:43	4:56	1:48	0:54	6:16	7:02
Elizabeth	Glen	25:50.0	7:26	14:42	25:49	0:53:37	1:59:32	4:11:34	5:24	4:39	1:42	0:51	5:54	6:42
Hayley	Sincock	28:15.0	8:08	16:04	28:14	58:38	2:10:43	4:35:06	5:50	5:02	1:51	0:55	6:25	7:12
Jenny	Corlett	28:23.0	8:10	16:09	28:22	58:54	2:11:20	4:36:24	5:53	5:04	1:51	0:56	6:26	7:13
Jo	Nielson													
Josh	McGregor	24:23.0	7:01	13:52	24:22	50:36	1:52:49	3:57:26	5:06	4:24	1:36	0:48	5:35	6:23
Kirsty	Fairbairn	22:35.0	6:30	12:51	22:34	0:46:52	1:44:29	3:39:53	4:46	4:06	1:30	0:45	5:14	6:01
Kursti	Annisson	32:00.0	9:13	18:12	31:59	1:06:26	2:28:05	5:11:38	6:37	5:39	2:03	1:01	7:14	7:56
Kylie	James	28:22.0	8:10	16:08	28:21	58:52	2:11:15	4:36:14	5:52	5:03	1:51	0:56	6:26	7:13
Leah	Watts													
Lynley	Lemow													
Mark	Oliver	22:43.0	6:32	12:55	22:42	47:09	1:45:06	3:41:11	4:47	4:07	1:31	0:45	5:15	6:03
Mark	Shirley	22:48.0	6:34	12:58	22:47	47:19	1:45:29	3:42:00	4:48	4:08	1:31	0:46	5:16	6:04
Maxamillian	Shields	22:10.0	6:23	12:37	22:09	46:00	1:42:33	3:35:50	4:40	4:01	1:29	0:44	5:09	5:57
Millie	Davenport													
Nicola	Hoodless	29:51.0	8:36	16:59	29:50	1:01:57	2:18:08	4:50:42	6:11	5:18	1:55	0:58	6:46	7:30
Rachel	Carr													
Rowena	Davenport													
Sonia	McGregor	24:27.0	7:02	13:55	24:26	50:45	1:53:07	3:58:05	5:07	4:25	1:37	0:48	5:36	6:24
Stella	Toomey	33:40.0	9:42	19:09	33:39	1:09:53	2:35:48	5:27:53	6:58	5:55	2:09	1:05	7:34	8:15
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