

WELLINGTON LATE SPRING 2016 - 3k TT Results



											ESTIMATED FINISHING TIMES FOR OTHER DISTANCES						TRAINING PACES (min/km)					
First Name	Last Name	First 3k TT	Final 3k TT	Improvement (min:secs)	Hour	First 3k TT (p)	First 3k TT (s)	Last 3k TT (p)	Last 3k TT (s)	% Speed Improvement	1-Mile	3k	5k	10k	Half	Full	Lactate Threshold	VO2Max	Rep Pace 400m	Rep Pace 200m	Easy Pace Max	Easy Pace Min
Adrian	Thompson	13:18	12:45.0	0:33	00:00	04:26	13.5	04:15	14.1	4%	6:27	12:45	22:23	46:29	1:43:38	3:38:06	4:43	4:04	1:30	0:45	5:12	5:59
Alex	MacAvoy	13:29	12:46	0:43	00:00	04:30	13.3	04:15	14.1	6%	6:27	12:46	22:25	46:34	1:43:47	3:38:25	4:44	4:04	1:30	0:45	5:12	5:59
Andrew	Joel	13:33	12:57.0	0:36	00:00	04:31	13.3	04:19	13.9	5%	6:33	12:56	22:44	47:13	1:45:15	3:41:31	4:48	4:08	1:31	0:45	5:16	6:03
Angela	Prestidge	14:33	14:20.0	0:13	00:00	04:51	12.4	04:47	12.6	2%	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
Belinda	Sheridan	16:53	15:28.0	1:25	00:00	05:38	10.7	05:09	11.6	9%	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
Brendon	Cornell	11:40	11:19.0	0:21	00:00	03:53	15.4	03:46	15.9	3%	5:43	11:19	19:52	41:15	1:31:59	3:13:35	4:15	3:40	1:20	0:40	4:39	5:27
Cathy	Finnimore	15:01	14:56.0	0:05	00:00	05:00	12.0	04:59	12.1	1%	7:33	14:55	26:13	54:27	2:01:23	4:15:28	5:28	4:43	1:43	0:52	6:00	6:46
Jo	Murray	15:08	15:03.0	0:05	00:00	05:03	11.9	05:01	12.0	1%	7:37	15:03	26:26	54:54	2:02:23	4:17:34	5:30	4:44	1:44	0:52	6:02	6:48
June	Gibbons		15:44.0	N/A	00:00	00:00	#DIV/0!	05:15	11.4	N/A	7:58	15:44	27:38	57:24	2:07:56	4:29:15	5:44	4:56	1:49	0:54	6:17	7:03
Karen	Orr	14:35	14:43.0	N/A	00:00	04:52	12.3	04:54	12.2	N/A	7:27	14:43	25:51	53:41	1:59:41	4:11:53	5:24	4:39	1:42	0:51	5:55	6:42
Lara	Robertson	15:26	13:56.0	1:30	00:00	05:09	11.7	04:39	12.9	11%	7:03	13:56	24:28	50:49	1:53:17	3:58:24	5:08	4:26	1:37	0:48	5:37	6:25
Lee-ann	Coutts	16:04	15:05.0	0:59	00:00	05:21	11.2	05:02	11.9	7%	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
Linda	Mcarthur	12:37	11:49	0:48	00:00	04:12	14.3	03:56	15.2	7%	5:59	11:49	20:45	43:06	1:36:04	3:22:11	4:25	3:49	1:23	0:42	4:51	5:38
Liz	Eade	12:31	12:23.0	0:08	00:00	04:10	14.4	04:08	14.5	1%	6:16	12:23	21:45	45:10	1:40:42	3:31:56	4:36	3:58	1:27	0:44	5:03	5:51
Liz	van Boheemen	14:50	14:28.0	0:22	00:00	04:57	12.1	04:49	12.4	3%	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
Nancy	Linton	14:02	12:30.0	1:32	00:00	04:41	12.8	04:10	14.4	12%	6:19	12:30	21:57	45:35	1:41:38	3:33:53	4:38	4:00	1:28	0:44	5:06	5:54
Ruth	Noakes	14:13	13:25.0	0:48	00:00	04:44	12.7	04:28	13.4	6%	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
Sara	Blake	16:30	15:04.0	1:26	00:00	05:30	10.9	05:01	11.9	10%	7:38	15:04	26:28	54:58	2:02:33	4:17:54	5:31	4:45	1:44	0:52	6:03	6:49
Stuart	Irvine	13:07	12:56.0	0:11	00:00	04:22	13.7	04:19	13.9	1%	6:33	12:56	22:43	47:11	1:45:10	3:41:21	4:48	4:08	1:31	0:45	5:16	6:03
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