



First Name	Last Name	19 Oct 17: 5k TT	1-Mile	3k	5k	10k	Half	Full	Lactate Threshold	VO2Max	Rep Pace 400m	Rep Pace 200m	Easy Pace Max	Easy Pace Min
Leah	Vidak	26:13	7:33	14:55	26:12	0:54:25	2:01:19	4:15:18	5:28	4:43	1:43	0:52	5:59	6:46
Libby	Oed	NT												
Liz	Johns	33:22	9:36	18:59	33:21	1:09:15	2:34:24	5:24:57	6:54	5:53	2:08	1:04	7:30	8:12
Loes	St.Ather	25:50	7:26	14:42	25:49	53:37	1:59:32	4:11:34	5:24	4:39	1:42	0:51	5:54	6:42
Margaret	Reid	30:15	8:43	17:13	30:14	1:02:47	2:19:59	4:54:35	6:15	5:22	1:57	0:58	6:51	7:35
Marie	Curtis	29:23	8:28	16:43	29:22	1:00:59	2:15:58	4:46:09	6:05	5:13	1:54	0:57	6:39	7:25
Martin	Searle	17:58	5:10	10:13	17:57	37:17	1:23:06	2:54:54	3:51	3:20	1:13	0:36	4:18	5:01
Melissa	Fourie	NT												
Michael	Jenkinson	25:37	7:23	14:34	25:36	0:53:10	1:58:32	4:09:27	5:21	4:36	1:41	0:51	5:51	6:39
Michelle	Kobewka	21:16	6:07	12:06	21:15	44:08	1:38:23	3:27:04	4:31	3:54	1:25	0:42	4:57	5:45
Natalie	Gallant	22:01	6:20	12:31	22:00	45:41	1:41:52	3:34:22	4:38	4:00	1:28	0:44	5:07	5:55
Rachelle	Young	26:53	7:44	15:18	26:52	55:47	2:04:24	4:21:47	5:36	4:49	1:45	0:53	6:07	6:53
Raewyn	Brown	NT												
Robert	Buchanan	20:45	5:58	11:48	20:44	0:43:03	1:36:00	3:22:01	4:24	3:48	1:23	0:42	4:51	5:38
Roni	Playle	NT												
Safra	Bacchus	28:38	8:15	16:17	28:37	0:59:26	2:12:29	4:38:50	5:56	5:06	1:52	0:56	6:30	7:16
Sandra	Hansen	26:06	7:31	14:51	26:05	0:54:10	2:00:46	4:14:10	5:27	4:42	1:43	0:52	5:58	6:45
Sarah	Sinclair	23:09	6:40	13:10	23:08	0:48:03	1:47:06	3:45:25	4:53	4:12	1:32	0:46	5:20	6:08
Sharon	Lee	26:02	7:30	14:49	26:01	0:54:02	2:00:28	4:13:31	5:26	4:41	1:43	0:52	5:57	6:44
Shereen	White	23:33	6:47	13:24	23:32	48:52	1:48:57	3:49:18	4:58	4:16	1:33	0:47	5:24	6:12
Stephanie	Boyle	26:48	7:43	15:15	26:47	0:55:37	2:04:01	4:20:58	5:35	4:48	1:45	0:53	6:06	6:52
Sue	Meltzer	25:00	7:20	14:13	24:59	51:53	1:55:40	4:03:26	5:14	4:31	1:39	0:49	5:43	6:32
Svetlana	Naumova	29:01	8:21	16:30	29:00	1:00:14	2:14:16	4:42:34	6:00	5:09	1:53	0:57	6:35	7:20
Tim	Kirkpatrick	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
Tom	Locke	19:30	5:37	11:05	19:29	40:28	1:30:12	3:09:50	4:10	3:36	1:19	0:39	4:35	5:22
Tracey	Lee	30:01	8:39	17:05	30:00	1:02:18	2:18:54	4:52:19	6:13	5:20	1:56	0:58	6:48	7:32
Troy	Taylor	25:10	7:21	14:19	25:09	0:52:14	1:56:27	4:05:04	5:16	4:32	1:40	0:50	5:45	6:34
Yano	Adhitya	29:47	8:35	16:57	29:46	1:01:49	2:17:49	4:50:03	6:10	5:17	1:55	0:58	6:45	7:30
Yuriy	Halytskyy	19:27	5:36	11:04	19:26	40:22	1:29:58	3:09:21	4:09	3:35	1:19	0:39	4:34	5:21
First Name	Last Name	19 Oct 17: 5k TT	1-Mile	3k	5k	10k	Half	Full	Lactate Threshold	VO2Max	Rep Pace 400m	Rep Pace 200m	Easy Pace Max	Easy Pace Min
ESTIMATED FINISHING TIMES FOR OTHER DISTANCES									TRAINING PACES (min/km)					