



5 km

#	Name	Time	pace min/km	Notes	Race Time Predictions		
					10 km	21.1 km	42.2 km
1	Shavneel	20:02	04:00		41:42	1:32:06	3:14:26
2	Victor	21:25	04:17		44:35	1:38:27	3:27:52
3	Serusi	21:27	04:17	(short course)			
4	Minoru	23:08	04:38		48:09	1:44:44	3:37:43
5	Unaia	23:26	04:41		48:47	1:47:44	3:47:26
6	Stuart	24:30	04:54		50:59	1:50:56	3:50:35
7	Joanna	26:19	05:16	(short course)			
8	Sandeep	27:49	05:34		57:53	2:05:54	4:23:34
9	Marita	28:31	05:42		58:26	2:06:47	4:22:17
10	Bronwyn	28:32	05:42		58:28	2:06:51	4:22:26
11	Moses	28:46	05:45		59:51	2:12:10	4:39:03
12	Tomasi	28:47	05:45		59:53	2:12:14	4:39:12
13	Sanjay	33:57	06:47		1:10:39	2:33:39	5:21:41
14	Merewai	34:50	06:58		1:11:26	2:34:59	5:18:50
15	Makareta	34:51	06:58		1:11:28	2:35:04	5:18:59

Note

The race time predictions are *estimates* of what a runner might achieve, if they train appropriately for the distance. It does not mean, for example, that if you train for a 5km and achieve a good time, then you will automatically achieve the corresponding time at the marathon distance.

It shows what you *could* achieve at that distance, if you train properly, given what you have achieved at another distance.