

5k TT time	Average Pace	LSR		Death Valley	Threshold		Threshold+	
13:00	2:36	3:52	3:37		2:55	2:46	2:46	2:30
13:10	2:38	3:55	3:39	2:57	2:49	2:49	2:32	
13:20	2:40	3:58	3:42	2:59	2:51	2:51	2:34	
13:30	2:42	4:01	3:45	3:02	2:53	2:53	2:36	
13:40	2:44	4:04	3:48	3:04	2:55	2:55	2:37	
13:50	2:46	4:07	3:50	3:06	2:57	2:57	2:39	
14:10	2:50	4:13	3:56	3:11	3:01	3:01	2:43	
14:20	2:52	4:16	3:59	3:13	3:04	3:04	2:45	
14:30	2:54	4:18	4:02	3:15	3:06	3:06	2:47	
14:40	2:56	4:21	4:04	3:17	3:08	3:08	2:49	
14:50	2:58	4:24	4:07	3:19	3:10	3:10	2:51	
15:00	3:00	4:27	4:10	3:22	3:12	3:12	2:53	
15:10	3:02	4:30	4:13	3:24	3:14	3:14	2:55	
15:20	3:04	4:33	4:15	3:26	3:16	3:16	2:57	
15:30	3:06	4:36	4:18	3:28	3:19	3:19	2:59	
15:40	3:08	4:39	4:21	3:31	3:21	3:21	3:01	
15:50	3:10	4:42	4:24	3:33	3:23	3:23	3:02	
16:00	3:12	4:45	4:27	3:35	3:25	3:25	3:04	
16:10	3:14	4:48	4:29	3:37	3:27	3:27	3:06	
16:20	3:16	4:51	4:32	3:40	3:29	3:29	3:08	
16:30	3:18	4:54	4:35	3:42	3:31	3:31	3:10	
16:40	3:20	4:57	4:38	3:44	3:34	3:34	3:12	
16:50	3:22	5:00	4:40	3:46	3:36	3:36	3:14	
17:00	3:24	5:03	4:43	3:49	3:38	3:38	3:16	
17:10	3:26	5:06	4:46	3:51	3:40	3:40	3:18	
17:20	3:28	5:09	4:49	3:53	3:42	3:42	3:20	
17:30	3:30	5:12	4:52	3:55	3:44	3:44	3:22	
17:40	3:32	5:15	4:54	3:58	3:46	3:46	3:24	
17:50	3:34	5:18	4:57	4:00	3:48	3:48	3:26	
18:00	3:36	5:21	5:00	4:02	3:51	3:51	3:28	