**Time Trial**

The time trial target time is based upon the logarithmic average of your fastest for one mile – the clubs fastest mile recorded, this is then extrapolated into giving an approximation (target) time for the given race distance. Your fastest mile is taken from the previous 12 months records of any races, this is then divined down to give average time per mile. The formula used is as follows:

Race distance\*((club fastest time for one mile +0.75\*(your fastest for one mile - fastest one mile for the club))+LOG(race distance ))

As an example your 5m TT target can be calculated as follows:

19.57 PB which is an average pace of 6.31 m/m

For the 5m Time Trial the target time with the above criteria would be as follows:

5\*((4.5 +0.75\*(6.251- 4.5))+LOG(5)) = 32.50