

SWIMMING WOMEN SWIM[MEN) CSS results Nov 2014

	first 100 of 400 swim	400 time	Av 100 time	Av for last 3 100's	Drop off/100		first 100 of 200 swim	2nd 100 of 200 swim	200 time	CSS TIME	set beeper time per 25	PREVIOUS Testing ->	400	200	CSS
Amanda Burges 2	01:21	05:28	01:22	01:22	00:01		01:17	01:17	02:34	01:26	21:72				
Amanda Burges	01:22	05:29	01:22	01:22	00:00		01:20	01:19	02:39	01:25	21:25	June 13	6.06	2.55	1.36
Mick Scott	01:21	05:47	01:27	01:29	00:08		01:22	01:22	02:44	01:31	22.83				
Helen Lee	01:28	06:09	01:32	01:34	00:06		01:23	01:29	02:52	01:38	24:62	June 13	07.20	3.26	1.57
Jenny Barr	01:29	06:10	01:33	01:34	00:05		01:25	01:27	02:52	01:39	24:75	June 13	06.47	3.08	1.50
Lucy Scott	01:31	06:11	01:33	01:33	00:02		01:26	01:32	02:58	01:36	24:12	June 13	6.12	2.59	1.37
Richard Rowe	01:39	06:42	01:40	01:41	00:02		01:32	01:35	03:07	01:47	26.8				
Lisa Chandler	01:37	06:48	01:42	01:44	00:07		01:37	01:42	03:19	01:45	26:12				
Caitie Wilcox	01:39	06:52	01:43	01:44	00:05		01:36	01:39	03:15	01:48	27:13	June 13	7.27	03.34	1.57
Deb Salkeld	01:35	06:56	01:44	01:47	00:12		01:33	01:44	03:17	01:49	27:38				
Jasmine Sgroi	01:34	06:58	01:45	01:48	00:14		01:37	01:51	03:28	01:44	26:17				
Deb George	01:40	07:16	01:49	01:52	00:12		01:42	01:51	03:33	01:51	27:87				
Wah 2	01:45	07:21	01:50	01:52	00:07		01:45	01:53	03:38	01:51	27:86				
Linda	01:47	07:37	01:54	01:57	00:10		01:48	01:54	03:42	01:57	29:37				
Wah	01:47	07:38	01:54	01:57	00:10		01:50	01:57	03:47	01:55	28:87	June 13	8.16	3.55	2.11
Stuart Barr	01:43	07:38	01:54	01:58	00:15		01:40	01:44	03:24	02:07	31.75				
Brendan Evans	01:56	07:52	01:58	01:59	00:03		01:45	01:45	03:30	02:10	32:67	march 14	9:05:00	4:10	2:26
Wendy Mitchell	01:53	08:00	02:00	02:02	00:09		01:44	01:56	03:40	02:09	32:45	July 13	9.48	5.10	2.33
peta 2	01:53	08:04	02:01	02:04	00:11		01:52	01:56	03:48	02:07	31:99				
Peta	01:59	08:09	02:02	02:03	00:04		01:49	02:01	03:50	02:08	32:35	Made 10 lengths! In March 14			average 2.45/10
Shannon	02:01	08:10	02:02	02:03	00:02		01:59	02:04	04:03	02:03	30:91	made 10 Lengths in March 14			average 2:45/10
Shannon 2	01:54	08:12	02:03	02:06	00:12		01:54	01:56	03:50	02:11	32:73				
Mel Somerset	01:53	08:13	02:03	02:07	00:14		01:57	02:06	04:03	02:05	31.26	July 13	9.11	4.16	2.28
Alex	01:52	08:20	02:05	02:09	00:17		01:49	02:03	03:52	02:13	33:43				
Jamie	01:53	08:47	02:12	02:18	00:25	crashed finger				+fins		March 14	Made 8L		
Pam	02:06	08:53	02:13	02:16	00:10		02:06	02:09	04:15	02:19	34.75				
Janet Smith	02:05	08:55	02:14	02:17	00:12		02:14	02:12	04:26	02:14	33.61				
Gary Gibbon	02:00	09:04	02:16	02:21	00:21		02:17	02:10	04:27	02:18	34.63	March 14	10:15	0:04:51	0:02:42
Claire Strong	01:56	09:45	02:26	02:36	00:40		02:18	02:26	04:44	02:30	37.60				
Natalie	02:26	09:57	02:29	02:30	00:04		02:24	02:34	04:58	02:29	37.34				
Moz	02:25	10:00	02:30	02:32	00:07		02:30	02:30	05:00	02:30	37.52	made 8L average 2.45			
Maria	02:59	12:30	03:08	03:10	00:11		02:57	03:10	06:07	03:11	47:87				
Courtenay	02:12		00:00												

