

	Time for first 100m of 400m	Time 400m Timetrial	Average Pace /100m	Average Pace /100m for last 300m	Pacing drop-off: First 100m vs. last 300m	Distance in m behind "virtual" self based on first 100m	Time 200m Timetrial		CSS Pace /100m	% Aerobic / Anaerobic Drop-off	Petrol or Diesel?	Beeper for 25m on CSS	Beeper for 50 on GO pace
Anna-Lise Murch	01:41.0	07:11.0	01:47.8	01:50.0	00:09.0	25.0	03:26.0		01:52.5	4.41%	PETROL	00:28.1	00:56.3
Anne Marsh/ 12:50?	02:58.4	14:40.0	03:40.0	03:53.9	00:55.5	75.7	06:32.7		04:03.7	10.75%	PETROL	01:00.9	02:01.8
Barbara Harris	01:59.0	09:35.0	02:23.8	02:32.0	00:33.0	68.8	04:02.0		02:46.5	15.82%	PETROL	00:41.6	01:23.2
Brendan Evans	01:44.6	07:23.9	01:51.0	01:53.1	00:08.5	22.9	03:22.9		02:00.5	8.58%	PETROL	00:30.1	01:00.2
Caroline Rolf	01:24.0	05:59.0	01:29.8	01:31.7	00:07.7	25.6	02:40.0		01:39.5	10.86%	PETROL	00:24.9	00:49.8
Cate Chater	02:00.6	08:34.0	02:08.5	02:11.1	00:10.5	24.6	04:05.6		02:14.2	4.44%	PETROL	00:33.6	01:07.1
Cate Chater	02:03.0	08:39.6	02:09.9	02:12.2	00:09.1	21.1	03:54.3		02:22.7	9.81%	PETROL	00:35.7	01:11.3
Cath James	02:00.0	10:20.0	02:35.0	02:46.7	00:46.7	90.3	04:34.0		02:53.0	11.61%	PETROL	00:43.3	01:26.5
Claire Spence	01:39.0	07:04.0	01:46.0	01:48.3	00:09.3	26.4	03:23.0		01:50.5	4.24%	PETROL	00:27.6	00:55.2
Deb George	01:56.4	08:13.0	02:03.3	02:06.9	00:14.4	35.2	03:42.3		02:15.3	9.80%	PETROL	00:33.8	01:07.7
Elaine Symonds	02:36.4	10:59.0	02:44.8	02:47.5	00:11.1	20.2	05:22.7		02:48.2	2.07%	DIESEL	00:42.0	01:24.1
Emma Barsden	01:26.0	07:16.0	01:49.0	01:56.7	00:30.7	84.4	03:17.0		01:59.5	9.63%	PETROL	00:29.9	00:59.8
Freya Hohnen	01:54.9	08:23.4	02:05.9	02:09.5	00:14.6	34.7	04:02.2		02:10.6	3.77%	DIESEL	00:32.7	01:05.3
Gary Gibbon	01:52.1	07:41.0	01:55.2	01:56.3	00:04.1	10.7	03:43.8		01:58.6	2.92%	DIESEL	00:29.7	00:59.3
Georgina Wilkinson	01:56.4	08:23.3	02:05.8	02:09.0	00:12.6	30.0	04:06.1		02:08.6	2.21%	DIESEL	00:32.2	01:04.3
Hannah McDonald	01:45.0	08:27.0	02:06.8	02:14.0	00:29.0	68.6	04:00.0		02:13.5	5.32%	PETROL	00:33.4	01:06.7
Heather Brown	02:35.9	11:08.9	02:47.2	02:51.0	00:15.0	27.0	05:27.3		02:50.8	2.13%	DIESEL	00:42.7	01:25.4
Heather Brown	02:39.0	10:38.0	02:39.5	02:39.7	00:00.7	1.2	05:16.1		02:41.0	0.91%	DIESEL	00:40.2	01:20.5
Jacqui Hodby	02:20.8	09:57.0	02:29.3	02:32.1	00:11.3	22.7	05:13.4	400m faster pace than 200m	02:13.4	-5.00%	DIESEL	#VALUE!	#VALUE!
Jaimie Bainbridge	02:20.8	09:48.7	02:27.2	02:29.3	00:08.5	17.3	04:32.5		02:38.1	7.43%	PETROL	00:39.5	01:19.1
Jane Coll	01:21.0	05:41.4	01:25.3	01:26.8	00:05.8	20.3	02:47.5		01:26.9	1.85%	DIESEL	00:21.7	00:43.5
Jane Wilson	02:46.0	11:18.0	02:49.5	02:50.7	00:04.7	8.3	05:54.9	400m faster pace than 200m	02:11.4	-4.68%	DIESEL	#VALUE!	#VALUE!
Jane Wolf	02:05.1	08:36.0	02:09.0	02:10.3	00:05.2	12.1	04:13.2		02:11.4	1.87%	DIESEL	00:32.9	01:05.7
Janine Johnson	02:19.0	10:08.0	02:32.0	02:36.3	00:17.3	34.2	04:47.0		02:40.5	5.59%	PETROL	00:40.1	01:20.3
Jen Murphy	01:54.9	07:53.0	01:58.3	01:59.4	00:04.5	11.5	03:42.9		02:05.0	5.73%	PETROL	00:31.3	01:02.5
Jenny Brown	01:59.0	09:39.0	02:24.8	02:33.3	00:34.3	71.1	04:17.0		02:41.0	11.22%	PETROL	00:40.3	01:20.5
Jess Reynolds	01:26.0	05:55.0	01:28.8	01:29.7	00:03.7	12.3	02:50.0		01:32.5	4.22%	PETROL	00:23.1	00:46.2
Jo Cowan	02:07.0	08:57.0	02:14.3	02:16.7	00:09.7	21.6	04:18.0		02:19.5	3.91%	DIESEL	00:34.9	01:09.8
Jocelyn Bird	01:50.0	08:52.0	02:13.0	02:20.7	00:30.7	69.1	04:02.0		02:25.0	9.02%	PETROL	00:36.2	01:12.5
Kathleen Fabre	01:58.7						04:15.3				#VALUE!	#VALUE!	#VALUE!
Katie Masters	01:34.0	07:17.0	01:49.3	01:54.3	00:20.3	55.8	03:35.0		01:51.0	1.60%	DIESEL	00:27.8	00:55.5
Kelly Newman (pt fins)	02:42.4	12:02.2	03:00.6	03:06.6	00:24.2	40.2	06:58.0	400m faster pace than 200m	01:52.0	-15.76%	DIESEL	#VALUE!	#VALUE!
Kristin Lawrence Brown	01:40.0	07:11.0	01:47.8	01:50.3	00:10.3	28.7	03:27.0		01:52.0	3.94%	DIESEL	00:28.0	00:56.0
Kylie Mcwaters	02:04.0	11:43.0	02:55.8	03:13.0	01:09.0	117.8	05:44.0		02:59.5	2.13%	DIESEL	00:44.9	01:29.8
Lara Currie	01:42.0	07:30.0	01:52.5	01:56.0	00:14.0	37.3	03:30.0		02:00.0	6.66%	PETROL	00:30.0	01:00.0
Lauren Francis	01:55.1	08:15.5	02:03.9	02:06.8	00:11.7	28.3	04:01.1		02:07.2	2.71%	DIESEL	00:31.8	01:03.6
Lee Boylan	01:47.3	07:52.3	01:58.1	02:01.6	00:14.3	36.4	03:43.7		02:04.3	5.27%	PETROL	00:31.1	01:02.1
Lisa Chandler	01:38.6	06:38.4	01:39.6	01:39.9	00:01.4	4.1	03:13.9		01:42.3	2.67%	DIESEL	00:25.6	00:51.1
Louise de Chiera	01:51.0	08:00.0	02:00.0	02:03.0	00:12.0	30.0	03:58.0		02:01.0	0.83%	DIESEL	00:30.3	01:00.5
Maria Evans	02:48.5	11:49.9	02:57.5	03:00.4	00:11.9	20.1	05:50.4		02:59.8	1.29%	DIESEL	00:44.9	01:29.9
Maria Evans	02:53.4	11:44.0	02:56.0	02:56.9	00:03.4	5.8	05:58.3	400m faster pace than 200m	01:31.3	-1.79%	DIESEL	#VALUE!	#VALUE!
Maritia Lightfoot	01:24.0	05:52.7	01:28.2	01:29.6	00:05.6	19.0	02:50.2		01:31.3	3.50%	DIESEL	00:22.8	00:45.6
Mark Howarth	01:35.2	06:54.4	01:43.6	01:46.4	00:11.2	32.4	03:11.1		01:51.7	7.77%	PETROL	00:27.9	00:55.8
Mary Cameron	03:25.6	14:11.0	03:32.7	03:35.1	00:09.5	13.4	06:58.0		03:36.5	1.76%	DIESEL	00:54.1	01:48.2
ary Cameron (400 part fins, pt no f	03:18.2	12:29.0	03:07.3	03:03.6	#####	-23.4	07:08.2	400m faster pace than 200m	02:00.0	-14.33%	DIESEL	#VALUE!	#VALUE!
Megan Hutton	01:47.0	07:31.9	01:53.0	01:55.0	00:08.0	21.3	03:32.0		02:00.0	6.18%	PETROL	00:30.0	01:00.0
Nadine Love	01:27.0	06:09.0	01:32.3	01:34.0	00:07.0	22.7	02:57.0		01:36.0	4.06%	PETROL	00:24.0	00:48.0
Rohan Hayhow	02:19.0	10:19.0	02:34.8	02:40.0	00:21.0	40.7	04:55.0		02:42.0	4.68%	PETROL	00:40.5	01:21.0
Rohan Hayhow	02:24.0	10:12.0	02:33.0	02:36.0	00:12.0	23.5	04:52.0		02:40.0	4.57%	PETROL	00:40.0	01:20.0
Ruth More	02:03.4	10:29.0	02:37.2	02:48.5	00:45.2	86.2	04:35.0		02:57.0	12.56%	PETROL	00:44.3	01:28.5
Sam Jansenn	01:25.6	05:53.0	01:28.2	01:29.1	00:03.5	11.9	02:52.0		01:30.5	2.52%	DIESEL	00:22.6	00:45.2
Sammmy Mason	02:05.0	09:26.0	02:21.5	02:27.0	00:22.0	46.6	04:34.0		02:26.0	3.18%	DIESEL	00:36.5	01:13.0
Suzanne Crews	03:07.0						00:00.0				#VALUE!	#VALUE!	#VALUE!
Theresa Andrews	01:25.0	06:11.0	01:32.8	01:35.3	00:10.3	33.4	03:03.0		01:34.0	1.34%	DIESEL	00:23.5	00:47.0
Waveney Eastaugh	01:28.3	06:02.9	01:30.7	01:31.5	00:03.2	10.6	02:51.1		01:35.9	5.70%	PETROL	00:24.0	00:47.9

Pacing

<2.0

2.0-4.9

5.0-7.9

8.0-12.9

Elite Level Pacing

Good Age-Group Standard

Average Squad Swimmer

Pacing is Really Holding You Back!

Pacing Needs Some SERIOUS attention!