Swimmer Name	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	Pacing Ability	Time 200m Timetrial		CSS Pace /100m	% Aerobic / Anaerobic Drop-off	Petrol or Diesel?
Charlotte O'Beirne	01:21.0	05:30.0	01:22.5	01:23.0	00:02.0	7.2		02:41.0		01:24.5	2.42%	DIESEL
Amanda Burges	01:23.4	05:40.4	01:25.1	01:25.7	00:02.3	8.2		02:47.5		01:26.5	1.60%	DIESEL
Lynne Duthiel	01:26.1	05:45.9	01:26.5	01:26.6	00:00.5	1.9		02:52.6		01:26.6	0.21%	DIESEL
Maritia Lightfoot	01:31.0	06:11.0	01:32.7	01:33.3	00:02.3	7.5		03:05.0		01:33.0	0.26%	DIESEL
Maritia Lightfoot	01:28.7	06:06.0	01:31.5	01:32.4	00:03.7	12.2		02:57.7		01:34.2	2.92%	DIESEL
Sam Janssen	01:31.0	06:21.0	01:35.3	01:36.7	00:05.7	17.8		03:06.7		01:37.2	2.01%	DIESEL
Lisa Chandler	01:38.1	06:30.7	01:37.7	01:37.6	##########	-1.6		03:13.0		01:38.8	1.19%	DIESEL
Jenny Barr	01:32.5	06:29.8	01:37.4	01:39.1	00:06.6	20.3		03:07.9		01:40.9	3.58%	DIESEL
Lisa Chandler	01:44.8	06:40.2	01:40.1	01:38.5	##########	-19.0		03:15.2		01:42.5	2.46%	DIESEL
Natalie Fox	01:34.0	06:46.8	01:41.7	01:44.3	00:10.3	30.3		03:19.7		01:43.6	1.83%	DIESEL
Claire Spence	01:35.0	06:45.0	01:41.3	01:43.3	00:08.3	24.7		03:17.0		01:44.0	2.71%	DIESEL
Claire Schwier	01:32.0	06:37.0	01:39.3	01:41.7	00:09.7	29.2		03:08.9		01:44.0	4.83%	PETROL
Carla Hartnett	01:35.0	06:50.0	01:42.5	01:45.0	00:10.0	29.2		03:20.0		01:45.0	2.44%	DIESEL
Callie Clayton	01:36.3	06:56.9	01:44.2	01:46.9	00:10.6	30.4		03:23.1		01:46.9	2.58%	DIESEL
Kim Douglas	01:42.5	07:12.3	01:48.1	01:49.9	00:07.4	20.6		03:35.7		01:48.3	0.19%	DIESEL
Carla Hartnett	01:40.0	06:55.0	01:43.8	01:45.0	00:05.0	14.4		03:17.0		01:49.0	5.06%	PETROL
Tania Bicknell	01:45.2	07:18.6	01:49.6	01:51.1	00:05.9	16.2		03:32.7		01:52.9	2.99%	DIESEL
Brendan Evans	01:49.0	07:09.6	01:47.4	01:46.9	##########	-6.0		03:22.1		01:53.8	5.92%	PETROL
Marion Mcrae	01:50.0	07:27.7	01:51.9	01:52.6	00:02.6	6.9		03:34.0		01:56.9	4.41%	PETROL
Callie Clayton	01:38.9	07:27.3	01:51.8	01:56.1	00:17.2	46.2		03:32.8		01:57.2	4.85%	PETROL
Tania Bicknell	01:40.0	07:27.6	01:51.9	01:55.9	00:15.9	42.5		03:31.8		01:57.9	5.36%	PETROL
Melinda schelfhout	01:40.0	07:41.0	01:55.3	02:00.3	00:20.3	52.9		03:45.0		01:58.0	2.39%	DIESEL
Deb Salkeld	01:36.5	07:15.7	01:48.9	01:53.1	00:16.5	45.6		03:19.0		01:58.3	8.64%	PETROL
Wendy Mitchell	01:44.0	07:41.9	01:55.5	01:59.3	00:15.3	39.7		03:44.3		01:58.8	2.87%	DIESEL
Lee Boylan	01:51.6	07:49.6	01:57.4	01:59.3	00:07.7	19.8		03:50.0		01:59.8	2.04%	DIESEL
Jen Murphy	01:50.0	08:02.1	02:00.5	02:04.0	00:14.0	34.9		03:58.7		02:01.7	0.96%	DIESEL
Hannah McDonald	01:45.0	07:45.0	01:56.3	02:00.0	00:15.0	38.7		03:40.0		02:02.5	5.37%	PETROL
Elane Boland	02:04.0	08:01.0	02:00.3	01:59.0	##########	-12.5		03:52.1		02:04.5	3.50%	DIESEL
Kerry Brooks	01:59.8	08:26.5	02:06.6	02:08.9	00:09.1	21.5		04:13.0		02:06.7	0.10%	DIESEL
Claire Edwards	01:50.0	08:05.0	02:01.3	02:05.0	00:15.0	37.1		03:50.0		02:07.5	5.15%	PETROL
Cate Worsely	01:58.0	07:55.0	01:58.8	01:59.0	00:01.0	2.5		03:40.0		02:07.5	7.39%	PETROL
Cate Worsely	01:50.0	07:56.3	01:59.1	02:02.1	00:12.1	30.4		03:40.0		02:08.1	7.61%	PETROL
Jen Murphy	01:54.5	08:13.0	02:03.2	02:06.2	00:11.7	28.4		03:56.0		02:08.5	4.25%	PETROL
Louise De Chiera	01:44.0	08:05.0	02:01.3	02:07.0	00:23.0	56.9		03:48.0		02:08.5	5.98%	PETROL
Megan Hemsley	01:50.0	08:15.0	02:03.8	02:08.3	00:18.3	44.4		03:50.0		02:12.5	7.07%	PETROL
Anita Smith	01:57.0	08:38.0	02:09.5	02:13.7	00:16.7	38.6		04:12.0		02:13.0	2.70%	DIESEL

Pacing

<2.0	Elite Level Pacing	
2.0-4.9	Good Age-Group Standard	
5.0-7.9	Average Squad Swimmer	
8.0-12.9	Pacing is Really Holding You Back!	
>13.0	Pacing Needs Some SERIOUS attention!	

Swimmer Name	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	Pacing Ability	Time 200m Timetrial		CSS Pace /100m	% Aerobic / Anaerobic Drop-off	Petrol or Diesel?
Elane Boland	01:58.0	08:19.9	02:05.0	02:07.3	00:09.3	22.3		03:51.8		02:14.1	7.27%	PETROL
Rona O'Brien	02:14.0	08:22.2	02:05.5	02:02.7	##########	-27.0		03:53.0		02:14.6	7.20%	PETROL
Claire Edwards	01:48.0	08:15.0	02:03.8	02:09.0	00:21.0	50.9		03:45.0		02:15.0	9.09%	PETROL
Barbara Harris	01:55.0	08:50.0	02:12.5	02:18.3	00:23.3	52.8		04:20.0		02:15.0	1.88%	DIESEL
Jane Wolf	01:58.0	08:34.1	02:08.5	02:12.0	00:14.0	32.7		04:02.9		02:15.6	5.50%	PETROL
Jo Cowan	02:05.0	08:40.0	02:10.0	02:11.7	00:06.7	15.4		04:07.0		02:16.5	5.00%	PETROL
Cushla Bower	01:49.0	08:30.6	02:07.7	02:13.9	00:24.9	58.4		03:44.7		02:22.9	11.97%	PETROL
Anne Marsh	02:03.0	09:23.2	02:20.8	02:26.7	00:23.7	50.5		04:24.2		02:29.5	6.19%	PETROL
Nola Gaebler	02:27.0	09:53.2	02:28.3	02:28.7	00:01.7	3.5		04:45.9		02:33.7	3.61%	DIESEL
Lorraine McAuliffe	02:15.0	09:50.0	02:27.5	02:31.7	00:16.7	33.9		04:40.0		02:35.0	5.08%	PETROL
Emma Dickson	02:17.0	09:45.0	02:26.3	02:29.3	00:12.3	25.3		04:24.0		02:40.5	9.74%	PETROL
Julie Owen	01:56.0	09:44.0	02:26.0	02:36.0	00:40.0	82.2		04:12.3		02:45.9	13.60%	PETROL
Elaine Symonds	02:38.0	11:11.0	02:47.7	02:51.0	00:13.0	23.2		05:30.4		02:50.3	1.52%	DIESEL
Moira Rutherford	02:33.0	11:23.0	02:50.7	02:56.7	00:23.7	41.6		05:35.0		02:54.0	1.90%	DIESEL
Andrea Preece	02:45.0	11:34.6	02:53.7	02:56.5	00:11.5	19.9		05:41.2		02:56.7	1.77%	DIESEL
Maria Evans	02:49.0	12:10.8	03:02.7	03:07.2	00:18.2	29.9		05:53.1		03:08.8	3.36%	DIESEL
Shelley Rowlands	02:27.0	11:50.0	02:57.5	03:07.7	00:40.7	68.7		05:22.0		03:14.0	9.29%	PETROL
Mary Cameron	02:58.0	13:20.2	03:20.1	03:27.4	00:29.4	44.1		06:23.0		03:28.6	4.28%	PETROL
Annie Rawson	03:08.0	13:18.0	03:19.5	03:23.3	00:15.3	23.0		06:01.1		03:38.5	9.50%	PETROL
Kerry Brooks	02:04.0	08:08.8	02:02.2	02:01.6	##########	-5.9		04:13.5		400m faster pace than 200m!	-3.72%	DIESEL
Elaine Symonds	02:45.8	11:15.1	02:48.8	02:49.8	00:04.0	7.1		05:48.4		400m faster pace than 200m!	-3.22%	DIESEL
Gary Gibbon	01:59.0	08:08.8	02:02.2	02:03.2	00:04.2	10.4		04:05.4		400m faster pace than 200m!	-0.41%	DIESEL
Heather Brown	02:41.0	11:25.9	02:51.5	02:55.0	00:14.0	24.4		05:49.7		400m faster pace than 200m!	-1.97%	DIESEL
Kristen Lawrence Brown	01:50.0	07:55.0	01:58.8	02:01.7	00:11.7	29.5		03:58.0		400m faster pace than 200m!	-0.21%	DIESEL
Shelley Rowlands	02:20.0	10:20.0	02:35.0	02:40.0	00:20.0	38.7		05:22.0		400m faster pace than 200m!	-3.87%	DIESEL
Heather Brown	02:28.0	10:56.0	02:44.0	02:49.3	00:21.3	39.0		05:40.3		400m faster pace than 200m!	-3.75%	DIESEL
Andrea Preece	02:20.0	11:01.1	02:45.3	02:53.7	00:33.7	61.2		05:36.8		400m faster pace than 200m!	-1.90%	DIESEL
Annie Rawson	02:40.0	13:42.0	03:25.5	03:40.7	01:00.7	88.6		07:09.4		400m faster pace than 200m!	-4.48%	DIESEL
Lou-Anne Bottomly	02:00.0	08:57.0	02:14.3	02:19.0	00:19.0	42.4						
Leilah Mackie	02:05.0	(08.15 - 350)										