

	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
Andrea Preece	02:50.0	11:34.0	02:53.5	02:54.7	00:04.7	8.07	05:38.8	02:57.6	2.36%	DIESEL	00:44.4	01:28.8
Andrea Roche	02:36.2	10:58.3	02:44.6	02:47.4	00:00.0	20.36	05:24.7	02:46.8	1.36%	DIESEL	00:41.7	01:23.4
Angela Hickmam	02:11.0	10:03.0	02:30.8	02:37.3	00:00.0	52.40	04:34.6	02:44.2	8.92%	PETROL	00:41.0	01:22.1
Anne Marsh	02:48.0	11:41.0	02:55.2	02:57.7	00:09.7	16.55	05:39.9	03:00.6	3.03%	DIESEL	00:45.1	01:30.3
Beth Woodland	02:34.2	09:55.0	02:28.8	02:26.9	#####	-14.7	05:28.4	400m faster pace than 200m	-10.38%	DIESEL	#VALUE!	#VALUE!
Brendan Evans	01:47.0	07:16.1	01:49.0	01:49.7	00:02.7	7.39					#VALUE!	#VALUE!
Bronwyn Edwards	02:49.4	13:09.3	03:17.3	03:26.6	00:37.2	56.56	04:58.1	04:05.6	24.47%	PETROL	01:01.4	02:02.8
Cath James	01:52.0	08:19.0	02:04.8	02:09.0	00:17.0	40.86	03:52.0	02:13.5	7.01%	PETROL	00:33.4	01:06.7
Chloe Lovelidge	02:21.0	10:14.0	02:33.5	02:37.7	00:16.7	32.57	04:36.9	02:48.6	9.81%	PETROL	00:42.1	01:24.3
Emma Perry	01:59.0	08:36.9	02:09.2	02:12.6	00:13.6	31.58	03:55.2	02:20.8	8.98%	PETROL	00:35.2	01:10.4
Freya Hohnen	01:48.0	07:49.0	01:57.2	02:00.3	00:12.3	31.56	03:35.2	02:06.9	8.23%	PETROL	00:31.7	01:03.4
Gary Gibbon	01:56.0	07:40.2	01:55.0	01:54.7	#####	-3.3	03:38.9	02:00.6	4.84%	PETROL	00:30.2	01:00.3
Genevieve Mann	01:54.5	07:52.0	01:58.0	01:59.1	00:04.6	11.67	03:39.8	02:06.1	6.84%	PETROL	00:31.5	01:03.0
Glenys Willaims	02:35.2	09:56.0	02:29.0	02:26.9	#####	-16.6	05:17.6	400m faster pace than 200m	-6.57%	DIESEL	#VALUE!	#VALUE!
Heather Brown	02:21.0	09:51.0	02:27.8	02:30.0	00:09.0	18.27	04:45.8	02:32.6	3.27%	DIESEL	00:38.1	01:16.3
Heather Brown	02:16.1	09:34.3	02:23.6	02:26.1	00:10.0	20.99	04:42.3	02:26.0	1.68%	DIESEL	00:36.5	01:13.0
Jane Wilson	02:30.0	09:57.0	02:29.3	02:29.0	#####	-2.0	04:28.7	02:44.1	9.97%	PETROL	00:41.0	01:22.1
Jaq Sims	02:59.6	13:09.0	03:17.2	03:23.1	00:00.0	35.77	06:09.0	03:30.0	6.46%	PETROL	00:52.5	01:45.0
Jenni Edel	01:35.0	06:39.7	01:39.9	01:41.6	00:06.6	19.89	03:13.0	01:43.4	3.44%	DIESEL	00:25.8	00:51.7
Jenny Brown	01:48.5	07:39.8	01:54.9	01:57.1	00:08.6	22.44	03:40.8	01:59.5	3.93%	DIESEL	00:29.9	00:59.7
Jess Reynolds	01:26.0	06:04.0	01:31.0	01:32.7	00:06.7	21.94	02:58.0	01:33.0	2.19%	DIESEL	00:23.3	00:46.5
Jo Cowan	01:53.7	08:07.4	02:01.9	02:04.6	00:10.9	26.78	04:03.0	02:02.2	0.31%	DIESEL	00:30.6	01:01.1
Jocelyn Bird	01:45.1	07:18.1	01:49.5	01:51.0	00:05.9	16.19	03:38.7	01:49.7	0.14%	DIESEL	00:27.4	00:54.8
Jocelyn Bird	01:39.3	07:10.5	01:47.6	01:50.4	00:11.1	30.99	03:23.0	01:53.8	5.69%	PETROL	00:28.4	00:56.9
Kristen Lawrence Brown	01:29.8	07:04.5	01:46.1	01:51.6	00:21.8	61.72	03:23.7	01:50.4	4.05%	PETROL	00:27.6	00:55.2
Kelly Scott	01:58.2	08:23.3	02:05.8	02:08.4	00:10.2	24.37	04:10.6	02:06.4	0.44%	DIESEL	00:31.6	01:03.2
Lee Boylan	01:47.0	08:00.6	02:00.2	02:04.5	00:17.5	43.75	03:38.4	02:11.1	9.13%	PETROL	00:32.8	01:05.6
Louisa Cruz	01:36.3	06:38.4	01:39.6	01:40.7	00:04.3	13.06	03:12.5	01:42.9	3.33%	DIESEL	00:25.7	00:51.5
Lydell Huntly	02:19.0	08:31.2	02:07.8	#####	#####	-22570.7	04:06.8	02:12.2	3.43%	DIESEL	00:33.0	01:06.1
Lydia Ryan	02:09.0	08:52.0	02:13.0	02:14.3	00:05.3	12.03	04:15.7	02:18.1	3.86%	DIESEL	00:34.5	01:09.1
Lynne Duthie	01:27.7	05:53.2	01:28.3	01:28.5	00:00.0	2.9	02:50.4	01:31.4	3.53%	DIESEL	00:22.9	00:45.7
Lynne Duthie	01:24.1	05:55.1	01:28.8	01:30.4	00:06.3	21.20	02:54.4	01:30.4	1.77%	DIESEL	00:22.6	00:45.2
Maria Evans	02:36.0	10:51.0	02:42.7	02:45.0	00:00.0	16.59	05:29.1	400m faster pace than 200m	-1.10%	DIESEL	#VALUE!	#VALUE!
Mary Burke Heydon	03:54.0	10 laps					07:23.1					
Mary Cameron	02:44.1	11:37.7	02:54.4	02:57.9	00:13.7	23.63	05:34.4	03:01.6	4.14%	PETROL	00:45.4	01:30.8
Mel Young	01:50.0	08:28.5	02:07.1	02:12.8	00:22.8	53.86	04:01.8	02:13.3	4.88%	PETROL	00:33.3	01:06.7
Michael Lachore	02:24.7	09:50.7	02:27.7	02:28.7	00:04.0	8.11	04:56.7	400m faster pace than 200m	-0.45%	DIESEL	#VALUE!	#VALUE!
Nadine Love	01:37.8	06:14.1	01:33.5	01:32.1	#####	-18.0	02:58.9	01:37.6	4.39%	PETROL	00:24.4	00:48.8
Nicole Holtzer	01:58.0	08:56.0	02:14.0	02:19.3	00:21.3	47.76	03:58.4	02:28.8	11.03%	PETROL	00:37.2	01:14.4
nola gaebler	02:00.3	08:08.4	02:02.1	02:02.7	00:00.0	6.00	04:00.0	02:04.2	1.70%	DIESEL	00:31.0	01:02.1
Pam	03:00.0	12 laps					05:29.4				#VALUE!	#VALUE!
Rob Boylan	01:24.0	05:57.0	01:29.2	01:31.0	00:07.0	23.53	02:51.6	01:32.7	3.89%	DIESEL	00:23.2	00:46.4
Rona Obrien	02:10.2	08:18.6	02:04.7	02:02.8	00:00.0	-17.8	04:06.7	02:05.9	1.03%	DIESEL	00:31.5	01:03.0
Rosalind Campbell	01:22.4	05:57.3	01:29.3	01:31.6	00:09.2	30.90	02:56.0	01:30.6	1.47%	DIESEL	00:22.7	00:45.3
Stacey Harvey	02:18.1	10:41.1	02:40.3	02:47.7	00:29.6	55.33	05:10.0	02:45.5	3.28%	DIESEL	00:41.4	01:22.8
Stacey Harvey	02:22.0	10:06.8	02:31.7	02:34.9	00:12.9	25.57	04:47.2	02:39.8	5.33%	PETROL	00:39.9	01:19.9
Stef Garcia	01:48.8	07:32.9	01:53.2	01:54.7	00:05.9	15.64	03:43.0	01:55.0	1.53%	DIESEL	00:28.7	00:57.5
Steve Brown	02:12.0						04:45.4				#VALUE!	#VALUE!
Tania Bicknell	01:45.0	07:22.0	01:50.5	01:52.3	00:07.3	19.91	03:37.6	01:52.2	1.54%	DIESEL	00:28.1	00:56.1
Tara Finch	02:01.8	08:32.9	02:08.2	02:10.4	00:08.5	19.95	04:11.3	02:10.8	2.03%	DIESEL	00:32.7	01:05.4
Tash Arthur	01:43.0	07:02.0	01:45.5	01:46.3	00:03.3	9.48	03:26.3	01:47.8	2.21%	DIESEL	00:27.0	00:53.9

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!