

	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 "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
Jarrad Bolton	01:19.2	05:26.3	01:21.6	01:22.4	00:03.2	11.85	02:39.3	01:23.5	2.36%	DIESEL	00:20.9	00:41.8
Charlotte O'Beirne	01:21.2	05:30.0	01:22.5	01:22.9	00:01.7	6.22	02:39.0	01:25.5	3.63%	DIESEL	00:21.4	00:42.7
Jane Coll	01:23.4	05:36.6	01:24.2	01:24.4	00:01.0	3.73	02:44.9	01:25.9	2.03%	DIESEL	00:21.5	00:42.9
Caroline Rolf	01:21.0	05:40.0	01:25.0	01:26.3	00:05.3	18.80	02:43.1	01:28.5	4.06%	PETROL	00:22.1	00:44.2
Jess Reynolds	01:24.0	05:47.0	01:26.8	01:27.7	00:03.7	12.65	02:50.0	01:28.5	2.00%	DIESEL	00:22.1	00:44.2
Waveney Eastaugh	01:24.0	06:02.0	01:30.5	01:32.7	00:08.7	28.70	02:51.0	01:35.5	5.52%	PETROL	00:23.9	00:47.7
Nadine Love	01:26.0	06:06.0	01:31.5	01:33.3	00:07.3	24.01	02:55.0	01:35.5	4.37%	PETROL	00:23.9	00:47.7
Rob Boylan	01:27.2	06:14.0	01:33.5	01:35.6	00:08.4	26.84	02:56.2	01:38.9	5.79%	PETROL	00:24.7	00:49.5
Sam Jansen	01:34.2	06:27.1	01:36.8	01:37.6	00:03.5	10.82	03:07.5	01:39.8	3.12%	DIESEL	00:24.9	00:49.9
Angie Finch	01:40.0	06:30.0	01:37.5	01:36.7	00:00.0	-10.4	03:14.2	01:37.9	0.42%	DIESEL	00:24.5	00:49.0
Ari Huston	01:35.0	06:32.0	01:38.0	01:39.0	00:04.0	12.21	03:14.0	01:39.0	1.02%	DIESEL	00:24.8	00:49.5
Barb	01:32.0	06:37.0	01:39.3	01:41.7	00:09.7	29.19	03:11.0	01:43.0	3.78%	DIESEL	00:25.7	00:51.5
Louisa Cruz	01:39.4	06:45.9	01:41.5	01:42.2	00:02.8	8.34	03:17.8	01:44.1	2.56%	DIESEL	00:26.0	00:52.0
Louisa Cruz	01:42.7	06:47.6	01:41.9	01:41.6	00:00.0	-3.2	03:28.0	02:00.4	-2.05%	DIESEL	#VALUE!	#VALUE!
Jane Heaven	01:37.0	06:49.0	01:42.3	01:44.0	00:07.0	20.51	03:20.0	01:44.5	2.20%	DIESEL	00:26.1	00:52.3
Jenni Edel	01:31.3	06:49.5	01:42.4	01:46.1	00:14.7	43.21	03:20.2	01:44.7	2.23%	DIESEL	00:26.2	00:52.3
Claire Schwier	01:38.2	06:49.6	01:42.4	01:43.8	00:05.5	16.19	03:36.7	01:46.4	-5.82%	DIESEL	#VALUE!	#VALUE!
Jenny Barr	01:37.8	06:51.2	01:42.8	01:44.5	00:06.6	19.36	03:18.4	01:46.4	3.50%	DIESEL	00:26.6	00:53.2
Emma Barsden	01:35.0	06:58.0	01:44.5	01:47.7	00:12.7	36.33	03:17.0	01:50.5	5.74%	PETROL	00:27.6	00:55.3
Gary Mottram	01:40.0	07:03.5	01:45.9	01:47.8	00:07.8	22.15	03:26.5	01:48.5	2.50%	DIESEL	00:27.1	00:54.3
Jasmine Sgroi	01:41.6	07:11.0	01:47.7	01:49.8	00:08.2	22.93	03:34.7	01:48.2	0.37%	DIESEL	00:27.0	00:54.1
Freya Hohnen	01:37.9	07:12.7	01:48.2	01:51.6	00:13.7	38.01	03:23.5	01:54.6	5.96%	PETROL	00:28.7	00:57.3
Joey G	01:47.1	07:32.1	01:53.0	01:55.0	00:07.9	21.06	03:44.4	01:53.9	0.74%	DIESEL	00:28.5	00:56.9
Lee Boylan	01:43.5	07:34.4	01:53.6	01:57.0	00:13.5	35.72	03:43.2	01:55.6	1.78%	DIESEL	00:28.9	00:57.8
Angie Finch	01:47.3	07:35.6	01:53.9	01:56.1	00:08.7	23.00	03:16.0	02:09.8	13.96%	PETROL	00:32.4	01:04.9
Jennifer Murphy	01:50.9	07:38.6	01:54.6	01:55.9	00:04.9	12.94	03:37.8	02:00.4	5.02%	PETROL	00:30.1	01:00.2
Tash Arthur	01:54.1	07:41.9	01:55.5	01:55.9	00:01.9	4.90	03:55.9	02:00.7	-2.13%	DIESEL	#VALUE!	#VALUE!
Gary Gibbon	01:49.0	07:42.0	01:55.5	01:57.7	00:08.7	22.48	03:40.6	02:00.7	4.50%	PETROL	00:30.2	01:00.3
Lee Boylan	01:50.1	07:42.0	01:55.5	01:57.3	00:07.3	18.85	03:50.0	01:56.0	0.43%	DIESEL	00:29.0	00:58.0
Gary Gibbon	01:54.0	07:57.7	01:59.4	02:01.2	00:07.2	18.16	03:31.2	02:13.3	11.58%	PETROL	00:33.3	01:06.6
Cate Worsley	01:56.6	07:59.8	02:00.0	02:01.1	00:04.5	11.13	04:10.2	02:02.1	-4.30%	DIESEL	#VALUE!	#VALUE!
Deb George	01:46.8	08:00.0	02:00.0	02:04.4	00:17.7	44.16	03:55.8	02:02.1	1.75%	DIESEL	00:30.5	01:01.0
Jocelyn Bird	01:49.0	08:09.0	02:02.3	02:06.7	00:17.7	43.33	03:53.0	02:08.0	4.70%	PETROL	00:32.0	01:04.0
Joey G	01:40.1	08:15.4	02:03.8	02:11.8	00:31.7	76.87	03:39.0	02:18.2	11.59%	PETROL	00:34.6	01:09.1
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
Jocelyn Bird	01:53.0	08:25.0	02:06.3	02:10.7	00:17.7	41.96	04:01.0	02:12.0	4.56%	PETROL	00:33.0	01:06.0
Janette Lawson	02:12.9	08:29.0	02:07.3	02:05.4	00:00.0	-17.8	03:59.4	02:14.8	5.94%	PETROL	00:33.7	01:07.4
Jenny Brown	02:05.0	08:34.0	02:08.5	02:09.7	00:04.7	10.87	04:09.0	02:12.5	3.11%	DIESEL	00:33.1	01:06.2
Lucy Ash	02:05.6	08:58.1	02:14.5	02:17.5	00:11.9	26.64	04:08.1	02:25.0	7.79%	PETROL	00:36.3	01:12.5
nola gaebler	02:18.9	09:01.1	02:15.3	02:14.1	00:00.0	-10.8	04:29.8	02:15.7	0.28%	DIESEL	00:33.9	01:07.8
Gill Mottram	02:32.4	09:49.0	02:27.3	02:25.5	00:00.0	-14.0	04:36.7	02:36.2	6.06%	PETROL	00:39.0	01:18.1
Nicole Holtzer	02:24.5	09:55.6	02:28.9	02:30.4	00:05.9	11.90	04:27.3	02:44.1	10.23%	PETROL	00:41.0	01:22.1
Gill Mottram	02:26.3	10:13.7	02:33.4	02:35.8	00:00.0	18.48	03:56.5	03:08.6	22.91%	PETROL	00:47.1	01:34.3
nola gaebler	02:20.0	10:13.8	02:33.4	02:37.9	00:17.9	34.92	04:30.6	02:51.6	11.83%	PETROL	00:42.9	01:25.8
Jessica Price	02:25.9	10:22.2	02:35.5	02:38.7	00:12.8	24.68	05:01.1	02:40.5	3.21%	DIESEL	00:40.1	01:20.3
Angela Hickmam	02:33.0	10:23.8	02:36.0	02:36.9	00:00.0	7.55	05:03.8	02:40.0	2.60%	DIESEL	00:40.0	01:20.0
Heather Brown	02:22.1	10:25.4	02:36.4	02:41.1	00:19.0	36.46	04:42.7	02:51.4	9.60%	PETROL	00:42.8	01:25.7
Heather Brown	02:30.9	10:29.9	02:37.5	02:39.7	00:08.8	16.70	05:04.8	02:42.6	3.22%	DIESEL	00:40.6	01:21.3
Jessica Price	02:28.0	10:33.2	02:38.3	02:41.7	00:13.7	26.01	05:01.1	02:46.0	4.89%	PETROL	00:41.5	01:23.0
Jane Wilson	02:33.1	10:45.7	02:41.4	02:44.2	00:11.2	20.78	05:02.5	02:51.6	6.31%	PETROL	00:42.9	01:25.8
Jane Wilson	02:30.7	10:51.6	02:42.9	02:47.0	00:16.2	29.91	05:26.9	03:03.0	-0.35%	DIESEL	#VALUE!	#VALUE!
Suzanne Crews	02:24.0	11:17.0	02:49.3	02:57.7	00:33.7	59.66	05:11.0	03:03.0	8.12%	PETROL	00:45.7	01:31.5
Andrea Preece	02:42.4	11:28.7	02:52.2	02:55.4	00:13.0	22.66	05:26.0	03:01.3	5.32%	PETROL	00:45.3	01:30.7
Anne Marsh	03:03.0	12:46.2	03:11.6	03:14.4	00:11.4	17.88	06:20.7	03:12.8	0.63%	DIESEL	00:48.2	01:36.4
Mary Cameron	03:07.8	13:06.6	03:16.6	03:19.6	00:11.9	18.09	06:21.7	03:22.4	2.95%	DIESEL	00:50.6	01:41.2
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
Katrina	02:42.0	13:25.0	03:21.3	03:34.3	00:52.3	78.00				#VALUE!	#VALUE!	
KellieTannock	03:09.2	14:22.0	03:35.5	03:44.3	00:35.0	48.78	06:43.0	03:49.5	6.49%	PETROL	00:57.4	01:54.7
Mary Cameron	02:33.0	14:52.0	03:43.0	04:06.3	01:33.3	125.55	06:08.7	04:21.7	17.34%	PETROL	01:05.4	02:10.8
Beth Woodland	02:45.0											

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!