

	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
Amanda Burges	01:17.0	05:19.0	01:19.8	01:20.7	00:00.0	13.74	02:32.1	01:23.4	4.61%	PETROL	00:20.9	00:41.7
Jane Col	01:23.7	05:45.7	01:26.4	01:27.3	00:03.6	12.47	02:53.6	01:31.2	-0.42%	DIESEL	00:22.8	00:45.6
Lachy Murray	01:25.6	06:01.9	01:30.5	01:32.1	00:06.5	21.69	02:54.3	01:33.8	3.66%	DIESEL	00:23.4	00:46.9
Rob Boyland	01:26.4	06:04.1	01:31.0	01:32.6	00:06.2	20.31	02:54.1	01:35.0	4.39%	PETROL	00:23.8	00:47.5
Kara Whittaker	01:26.9	05:56.8	01:29.2	01:30.0	00:03.1	10.31	02:54.2	01:31.3	2.35%	DIESEL	00:22.8	00:45.6
Waveney Eastaugh	01:27.6	05:53.8	01:28.4	01:28.7	00:01.1	3.71	02:51.4	01:31.2	3.08%	DIESEL	00:22.8	00:45.6
Jess Reynolds	01:28.6	06:02.7	01:30.7	01:31.4	00:00.0	9.09	02:57.0	01:32.9	2.40%	DIESEL	00:23.2	00:46.4
Kristie Robinson	01:30.8	06:25.7	01:36.4	01:38.3	00:00.0	23.56	03:01.6	01:42.0	5.81%	PETROL	00:25.5	00:51.0
Kristie Robinson Thu	01:31.6	06:26.6	01:36.7	01:38.3	00:00.0	20.96	03:07.0	01:39.8	3.26%	DIESEL	00:25.0	00:49.9
Mark Murray	01:32.0	06:37.2	01:39.3	01:41.7	00:09.8	29.51	03:09.1	01:44.0	4.77%	PETROL	00:26.0	00:52.0
Nadine Love	01:32.1	06:26.3	01:36.6	01:38.1	00:06.0	18.53	03:00.6	01:42.8	6.49%	PETROL	00:25.7	00:51.4
Jenny Barr	01:33.0	06:15.3	01:33.8	01:34.1	00:00.0	3.42	02:55.0	01:40.2	6.75%	PETROL	00:25.0	00:50.1
Richard Rowe	01:34.0	06:20.9	01:35.2	01:35.6	00:01.7	5.31	03:07.0	01:36.9	1.80%	DIESEL	00:24.2	00:48.5
Anna-Lise Murch	01:36.4	06:56.8	01:44.2	01:46.8	00:10.4	29.83	03:16.8	01:50.0	5.56%	PETROL	00:27.5	00:55.0
Dan Stocker	01:36.5	06:47.0	01:41.8	01:43.5	00:07.1	20.86	03:23.0	01:42.0	0.27%	DIESEL	00:25.5	00:51.0
Sarah Munachen	01:36.6	06:54.6	01:43.6	01:46.0	00:09.4	27.09	03:23.0	01:45.8	2.06%	DIESEL	00:26.4	00:52.9
Kristin Lawrence Brown Jim	01:38.0	06:56.4	01:44.1	01:46.1	00:08.1	23.29		01:50.0			00:27.5	00:55.0
Cam Robinson	01:38.3	06:54.1	01:43.5	01:45.3	00:07.0	20.14	03:20.4	01:46.8	3.19%	DIESEL	00:26.7	00:53.4
Lou Marques	01:38.4	06:18.1	01:34.5	01:33.2	#####	-16.37	03:25.3	01:45.0	-8.58%	DIESEL	00:26.3	00:52.5
Jocelyn Bird	01:39.5	07:17.0	01:49.2	01:52.5	00:13.0	35.79	03:35.0	01:51.0	1.59%	DIESEL	00:27.7	00:55.5
Fleur Clifton	01:41.2	07:11.9	01:48.0	01:50.3	00:09.1	25.30	03:37.5	01:49.0	-0.74%	DIESEL	00:27.3	00:54.5
Lee Boylan	01:42.1	07:21.9	01:50.5	01:53.3	00:11.2	30.37	03:32.4	01:54.7	3.85%	DIESEL	00:28.7	00:57.4
Kristie Bower	01:42.1	06:33.8	01:38.5	01:37.2	#####	-14.96	03:01.0	01:46.4	8.08%	PETROL	00:26.6	00:53.2
Jocelyn Bird	01:43.6	07:25.5	01:51.4	01:54.0	00:10.4	27.96	03:33.6	01:56.0	4.12%	PETROL	00:29.0	00:58.0
Louisa Cruz	01:43.8	06:45.1	01:41.3	01:40.4	#####	-9.80	03:15.0	01:45.0	3.72%	DIESEL	00:26.3	00:52.5
Freya Hohnen	01:43.8	07:34.7	01:53.7	01:57.0	00:13.2	34.84	03:34.6	02:00.1	5.61%	PETROL	00:30.0	01:00.0
Brendan Evans	01:44.8						03:27.9	01:50.0			00:27.5	00:55.0
Louise DeChiera	01:45.1	07:14.0	01:48.5	01:49.6	00:04.5	12.53	03:33.6	01:50.2	1.54%	DIESEL	00:27.5	00:55.1
Tash Arthur	01:47.0	06:46.0	01:41.5	01:39.7	#####	-21.70	03:21.0	01:42.5	1.00%	DIESEL	00:25.6	00:51.3
Cheryl stone	01:47.1	08:00.8	02:00.2	02:04.6	00:17.4	43.50	03:46.4	02:07.2	5.82%	PETROL	00:31.8	01:03.6
Claire Schwier	01:48.0	07:33.7	01:53.4	01:55.2	00:07.2	19.09	03:50.0	01:56.1	-1.40%	DIESEL	00:29.0	00:58.1
Brodie Zanetti	01:49.3	07:58.0	01:59.5	02:02.9	00:13.6	34.21	03:50.5	02:03.7	3.55%	DIESEL	00:30.9	01:01.9
Claire Sieber	01:50.0	07:47.2	01:56.8	01:59.1	00:09.0	23.19	03:53.0	01:57.1	0.25%	DIESEL	00:29.3	00:58.5
Bree Skennar	01:51.2	07:51.3	01:57.8	02:00.0	00:08.8	22.52	03:35.8	02:07.7	8.41%	PETROL	00:31.9	01:03.9
Claire Strong	01:52.6	08:04.5	02:01.1	02:04.0	00:11.4	28.25	03:59.2	02:02.7	1.27%	DIESEL	00:30.7	01:01.3
Cate Worsley	01:52.6	08:29.2	02:07.3	02:12.2	00:19.6	46.28	04:03.2	02:13.0	4.45%	PETROL	00:33.2	01:06.5
Harriet Stocker	01:52.9	07:45.0	01:56.3	01:57.4	00:04.5	11.57	03:32.7	02:06.1	8.50%	PETROL	00:31.5	01:03.1
Melanie Somerset	01:52.9	08:15.1	02:03.8	02:07.4	00:14.5	35.13	04:04.2	02:05.5	1.36%	DIESEL	00:31.4	01:02.7
Julie Aylward	01:53.2	07:48.5	01:57.1	01:58.4	00:05.2	13.40	03:50.0	01:59.3	1.83%	DIESEL	00:29.8	00:59.6
Emma Dickson	01:53.9	08:01.5	02:00.4	02:02.5	00:08.6	21.52	03:54.9	02:03.3	2.43%	DIESEL	00:30.8	01:01.6
Wendy Mitchell (inj)	01:55.0						04:11.7	02:02.0			00:30.5	01:01.0
Cate Worsley	01:57.0	08:16.5	02:04.1	02:06.5	00:09.5	22.94	04:06.0	02:05.3	0.90%	DIESEL	00:31.3	01:02.6
Jo Cowan	01:58.6	08:20.0	02:05.0	02:07.2	00:08.6	20.61	03:58.7	02:10.7	4.54%	PETROL	00:32.7	01:05.3
Holly Hopkins	01:59.6	08:51.1	02:12.8	02:17.1	00:17.5	39.55	04:15.4	02:17.8	3.83%	DIESEL	00:34.5	01:08.9
Kelly Scott	01:59.7	08:28.7	02:07.2	02:09.7	00:10.0	23.56	04:10.1	02:09.3	1.67%	DIESEL	00:32.3	01:04.7
Heidi Goldstone	02:00.3	08:48.6	02:12.2	02:16.1	00:15.8	35.86	04:17.5	02:15.6	2.59%	DIESEL	00:33.9	01:07.8

	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
Nola Gaebler (PB)	02:01.9	08:25.9	02:06.5	02:08.0	00:06.0	14.32	04:11.0	02:07.4	0.75%	DIESEL	00:31.9	01:03.7
Gary Gibbon	02:03.8	08:37.6	02:09.4	02:11.3	00:07.5	17.45	04:08.0	02:14.8	4.17%	PETROL	00:33.7	01:07.4
Donna Fancesconi	02:04.0						05:21.6	03:15.0			00:48.8	01:37.5
Anita Smith	02:04.0	08:53.2	02:13.3	02:16.4	00:12.4	28.00	04:17.9	02:17.7	3.26%	DIESEL	00:34.4	01:08.8
Gary Gibbon	02:06.8	08:52.0	02:13.0	02:15.1	00:08.3	18.69	04:06.4	02:22.8	7.36%	PETROL	00:35.7	01:11.4
Fiona Cavaney	02:08.9	09:19.1	02:19.8	02:23.4	00:14.5	31.12	04:36.0	02:21.5	1.27%	DIESEL	00:35.4	01:10.8
Sam McDonald	02:08.9	09:30.1	02:22.5	02:27.1	00:18.2	38.26	04:36.0	02:27.1	3.17%	DIESEL	00:36.8	01:13.5
Nola Gaebler	02:11.0										#VALUE!	#VALUE!
Heather Brown	02:11.3	09:06.9	02:16.7	02:18.5	00:07.2	15.91	04:29.3	02:18.8	1.53%	DIESEL	00:34.7	01:09.4
Jane Wilson	02:12.4	09:15.4	02:18.9	02:21.0	00:08.7	18.73	04:29.0	02:23.2	3.14%	DIESEL	00:35.8	01:11.6
Jemma Hansen	02:12.6	09:20.9	02:20.2	02:22.8	00:10.2	21.84	04:31.3	02:24.8	3.26%	DIESEL	00:36.2	01:12.4
Kat Caley	02:15.8	09:58.9	02:29.7	02:34.4	00:18.6	37.18	05:03.2	02:28.0	-1.25%	DIESEL	00:37.0	01:14.0
Gill Mottram	02:18.4	09:31.0	02:22.8	02:24.2	00:05.8	12.17	04:44.2	02:23.4	0.46%	DIESEL	00:35.9	01:11.7
Natasha Gulley	02:19.3						04:16.9	02:24.0			00:36.0	01:12.0
Shannon George	02:19.9	08:56.8	02:14.2	02:12.3	#####	-16.94	04:07.0	02:24.9	7.97%	PETROL	00:36.2	01:12.5
Elaine Symons	02:20.4	09:19.0	02:19.8	02:19.5	#####	-1.88	04:54.9	02:28.0	-5.52%	DIESEL	00:37.0	01:14.0
Lucy Cartell	02:21.4	09:05.0	02:16.3	02:14.6	#####	-14.99	04:06.0	02:29.5	9.72%	PETROL	00:37.4	01:14.8
Joaquim Diaz	02:22.5	10:26.2	02:36.6	02:41.2	00:18.7	35.85	04:38.9	02:53.7	10.94%	PETROL	00:43.4	01:26.8
Rachel Boyd 300m adj)	02:22.5	11:40.0	02:55.0	03:05.8	00:43.3	74.18	05:11.0	03:14.5	11.14%	PETROL	00:48.6	01:37.3
Michael Lachore	02:27.5	09:44.6	02:26.2	02:25.7	#####	-3.76	04:48.9	02:27.9	1.17%	DIESEL	00:37.0	01:13.9
Andrea Preece	02:33.0	11:08.0	02:47.0	02:51.7	00:18.6	33.47	05:20.8	02:53.6	3.94%	DIESEL	00:43.4	01:26.8
Rachel Boyd	02:36.0						05:07.0				#VALUE!	#VALUE!
Lisa Berson	02:54.2	12:10.0	03:02.5	03:05.3	00:11.0	18.15	05:01.0	03:34.5	17.53%	PETROL	00:53.6	01:47.2
Maria Evans	02:54.3	11:15.3	02:48.8	02:47.0	00:00.0	-12.92	05:08.9	03:03.2	8.51%	PETROL	00:45.8	01:31.6

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!