

	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	01:17.8	05:17.6	01:19.4	01:20.0	00:00.0	8.2	02:35.8	01:20.9	1.91%	DIESEL	00:20.2	00:40.5	
Amanda Burges	01:18.3	05:19.6	01:19.9	01:20.4	00:02.1	7.9	02:34.8	01:22.4	3.13%	DIESEL	00:20.6	00:41.2	
Lynne Duthie	01:23.9	05:43.3	01:25.8	01:26.5	00:02.6	9.1	02:47.8	01:27.7	2.24%	DIESEL	00:21.9	00:43.9	
Jane Col	01:21.7	05:50.1	01:27.5	01:29.5	00:07.8	26.6	02:50.8	01:29.6	2.39%	DIESEL	00:22.4	00:44.8	
Lynne Duthie	01:23.8	05:50.2	01:27.5	01:28.8	00:00.0	16.9	02:50.7	01:29.7	2.50%	DIESEL	00:22.4	00:44.9	
Kara Whittaker	01:22.0	06:06.0	01:31.5	01:34.7	00:12.7	41.5	02:57.0	01:34.5	3.28%	DIESEL	00:23.6	00:47.2	
Deb Salkeld	01:34.3	06:35.3	01:38.8	01:40.3	00:06.0	18.3	03:13.7	01:40.8	1.97%	DIESEL	00:25.2	00:50.4	
Louisa Cruz	01:42.4	06:42.4	01:40.6	01:40.0	#####	-7.3	03:17.0	01:42.7	2.09%	DIESEL	00:25.7	00:51.4	
Lee Boylan	01:40.0	07:00.5	01:45.1	01:46.8	00:06.8	19.4	03:26.6	01:46.9	1.73%	DIESEL	00:26.7	00:53.5	
Tash Arthur	01:41.6	07:08.4	01:47.1	01:48.9	00:07.3	20.5	03:30.1	01:49.1	1.91%	DIESEL	00:27.3	00:54.6	
Jenni Edel	01:33.7	06:49.5	01:42.4	01:45.3	00:11.6	34.0	03:08.7	01:50.4	7.87%	PETROL	00:27.6	00:55.2	
Louise De Chiera	01:41.0	07:11.0	01:47.8	01:50.0	00:09.0	25.0	03:27.0	01:52.0	3.94%	DIESEL	00:28.0	00:56.0	
Tania Bicknell	01:46.4	07:18.6	01:49.7	01:50.7	00:04.3	11.8	03:33.2	01:52.7	2.79%	DIESEL	00:28.2	00:56.4	
Lee Boylan	01:38.0	07:08.1	01:47.0	01:50.0	00:12.1	33.8	03:22.4	01:52.9	5.45%	PETROL	00:28.2	00:56.4	
Carrie Begg	01:48.1	07:27.6	01:51.9	01:53.2	00:05.1	13.7	03:32.3	01:57.6	5.12%	PETROL	00:29.4	00:58.8	
Claire Sieber	01:48.2	07:37.0	01:54.2	01:56.3	00:08.1	21.1	03:41.0	01:58.0	3.27%	DIESEL	00:29.5	00:59.0	
Karen Siddall (f)	01:56.0	07:47.7	01:56.9	01:57.2	00:01.3	3.3	03:46.9	02:00.4	2.98%	DIESEL	00:30.1	01:00.2	
Genevieve Mann	01:51.4	07:42.8	01:55.7	01:57.1	00:05.8	15.0	03:38.2	02:02.3	5.69%	PETROL	00:30.6	01:01.1	
Cate Worsley	01:54.0	08:09.4	02:02.3	02:05.1	00:11.1	27.2	04:02.3	02:03.5	0.97%	DIESEL	00:30.9	01:01.8	
DI Ana	01:43.0	08:05.0	02:01.3	02:07.3	00:24.3	60.2	03:57.0	02:04.0	2.27%	DIESEL	00:31.0	01:02.0	
Deb George	01:51.8	07:51.1	01:57.8	01:59.8	00:08.0	20.3	03:42.5	02:04.3	5.54%	PETROL	00:31.1	01:02.2	
DI Ana (wed)	01:46.0	08:07.0	02:01.8	02:07.0	00:21.0	51.7	03:56.0	02:05.5	3.08%	DIESEL	00:31.4	01:02.8	
Jemma Shoppee	01:53.4	08:20.1	02:05.0	02:08.9	00:15.5	37.3	04:06.7	02:06.7	1.35%	DIESEL	00:31.7	01:03.4	
Nicole Holtzer	02:01.5	08:21.1	02:05.3	02:06.5	00:05.0	12.0	04:07.1	02:07.0	1.35%	DIESEL	00:31.7	01:03.5	
Victoria Clough	02:03.2	08:18.5	02:04.6	02:05.1	00:01.9	4.7	04:03.9	02:07.3	2.14%	DIESEL	00:31.8	01:03.6	
Emma D	01:54.0	08:08.0	02:02.0	02:04.7	00:10.7	26.2	03:52.0	02:08.0	4.92%	PETROL	00:32.0	01:04.0	
Lucy Ash	02:14.6	08:21.1	02:05.3	02:02.2	#####	-29.8	04:01.5	02:09.8	3.58%	DIESEL	00:32.4	01:04.9	
Janette Lawson	02:05.8	08:07.0	02:01.7	02:00.4	00:00.0	-13.4	03:45.2	02:10.9	7.49%	PETROL	00:32.7	01:05.4	
Kelly Gray	01:52.0	08:09.4	02:02.3	02:05.8	00:13.7	33.7	03:45.1	02:12.2	8.02%	PETROL	00:33.0	01:06.1	
Lydell Huntly	01:57.2	08:16.1	02:04.0	02:06.3	00:09.1	22.0	03:50.5	02:12.8	7.08%	PETROL	00:33.2	01:06.4	
Nat Polt	02:00.0	08:50.0	02:12.5	02:16.7	00:16.7	37.7	04:18.0	02:16.0	2.64%	DIESEL	00:34.0	01:08.0	
Jo Cowan	01:58.0	08:49.0	02:12.3	02:17.0	00:19.0	43.1	04:15.0	02:17.0	3.59%	DIESEL	00:34.3	01:08.5	
Kelly S	02:05.0	09:00.0	02:15.0	02:18.3	00:13.3	29.6	04:25.0	02:17.5	1.85%	DIESEL	00:34.4	01:08.8	
Gem	01:58.0	08:52.0	02:13.0	02:18.0	00:20.0	45.1	04:11.0	02:20.5	5.64%	PETROL	00:35.1	01:10.2	
Natalie Oxbrow	02:12.5	09:08.9	02:17.2	02:18.8	00:00.0	13.8	04:23.6	02:22.6	3.95%	DIESEL	00:35.7	01:11.3	
Heather Brown	02:15.0	09:29.6	02:22.4	02:24.8	00:09.8	20.7	04:44.0	02:22.8	0.27%	DIESEL	00:35.7	01:11.4	
Michael Lachore	02:16.0	09:32.3	02:23.1	02:25.4	00:09.4	19.7	04:39.5	02:26.4	2.32%	DIESEL	00:36.6	01:13.2	
Jemma H	02:14.0	09:38.0	02:24.5	02:28.0	00:14.0	29.0	04:39.0	02:29.5	3.46%	DIESEL	00:37.4	01:14.8	
Cathy Abbs	02:24.1	09:46.9	02:26.7	02:27.6	00:03.5	7.1	04:44.2	02:31.4	3.16%	DIESEL	00:37.8	01:15.7	
Chloe Lovelidge	02:00.9	09:43.4	02:25.8	02:34.2	00:33.3	68.5	04:31.1	02:36.1	7.04%	PETROL	00:39.0	01:18.1	
Maria Evans	02:27.7	10:27.5	02:36.9	02:39.9	00:00.0	23.4	05:12.5	02:37.5	0.40%	DIESEL	00:39.4	01:18.8	
Jane Wilson	02:29.6	10:24.2	02:36.1	02:38.2	00:08.6	16.5	04:56.6	02:43.8	4.96%	PETROL	00:40.9	01:21.9	
Jenny Barr	01:35.9	06:25.4	01:36.4	01:36.5	00:00.0	2.0	06:09.0	03:02.5	-91.49%	DIESEL	00:45.6	01:31.3	
Glenys	02:41.0	11:47.0	02:56.8	03:02.0	00:21.0	35.6	05:38.0	03:04.5	4.38%	PETROL	00:46.1	01:32.3	
Robyn Clifton	03:21.0	14:26.0	03:36.5	03:41.7	00:20.7	28.6	07:01.0	03:42.5	2.77%	DIESEL	00:55.6	01:51.3	

	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
Donna F	03:00.0	13:34.0	03:23.5	03:31.3	00:31.3	46.2	06:04.0		03:45.0	10.56%	PETROL	00:56.3	01:52.5
Meg Marshall	03:21.0	15:56.0	03:59.0	04:11.7	00:50.7	63.6	07:15.0		04:20.5	8.99%	PETROL	01:05.1	02:10.3
Helen Lee	01:32.3	06:47.0	46:41.7	21:44.9	00:00.0	394.2	03:10.0		31:48.5	98.52%	PETROL	52:57.1	45:54.2
TenilleBilling	02:28.6						04:01.8					#VALUE!	#VALUE!
Kendra Benson	02:15.4						05:14.4					#VALUE!	#VALUE!
Monique Gilks	02:09.1				00:00.0		04:28.2					#VALUE!	#VALUE!
Rohan Hayhow	02:32.0	10:33.0	02:38.3	02:40.3	00:08.3	15.8	05:19.0	400m faster pace than 200m!	-0.79%	DIESEL	#VALUE!	#VALUE!	
Anne Marsh	02:51.6	11:57.9	02:59.5	03:02.1	00:10.4	17.4	06:03.3	400m faster pace than 200m!	-1.22%	DIESEL	#VALUE!	#VALUE!	
Heather Brown - cramp	02:19.9	09:47.0	02:26.8	02:29.0	00:09.1	18.7	05:21.3	400m faster pace than 200m!	-9.47%	DIESEL	#VALUE!	#VALUE!	
Claire Sieber	01:53.6	07:58.4	01:59.6	02:01.6	00:08.0	20.1	04:04.9	400m faster pace than 200m!	-2.40%	DIESEL	#VALUE!	#VALUE!	
Beth D	02:36.0	11:24.0	02:51.0	02:56.0	00:20.0	35.1	05:52.0	400m faster pace than 200m!	-2.93%	DIESEL	#VALUE!	#VALUE!	
Stacey Harvey	02:13.4	09:55.9	02:29.0	02:34.2	00:20.7	41.7	05:15.8	400m faster pace than 200m!	-5.98%	DIESEL	#VALUE!	#VALUE!	

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!