

	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	01:18.7	05:16.4	01:19.1	01:19.2	00:00.0	1.99	02:35.2	01:20.6	1.89%	DIESEL	00:20.1	00:40.3
Sophie Atkins	01:23.9	05:33.5	01:23.4	01:23.2	#####	-2.52	02:39.0	01:27.2	4.62%	PETROL	00:21.8	00:43.6
Mark Murray	01:23.4	05:40.0	01:25.0	01:25.6	00:02.2	7.73	02:52.0	01:26.0	-1.17%	DIESEL	00:21.5	00:43.0
Rob Boylan	01:22.1	05:46.3	01:26.6	01:28.0	00:05.9	20.47	02:50.1	01:28.1	1.77%	DIESEL	00:22.0	00:44.1
Kieran Benson	01:21.0	05:50.7	01:27.7	01:29.9	00:08.8	30.25	02:43.3	01:33.7	6.90%	PETROL	00:23.4	00:46.9
Rylan Fabrici	01:24.0	05:52.0	01:28.0	01:29.3	00:05.3	18.15	02:47.0	01:32.5	5.11%	PETROL	00:23.1	00:46.2
Kara Whittaker	01:25.0	05:56.8	01:29.2	01:30.6	00:05.5	18.65	02:50.6	01:33.1	4.34%	PETROL	00:23.3	00:46.5
Jess Reynolds	01:28.3	05:58.4	01:29.6	01:30.0	00:01.8	5.92	02:52.2	01:33.1	3.91%	DIESEL	00:23.3	00:46.5
Nadine Love	01:28.9	06:05.0	01:31.3	01:32.0	00:03.1	10.14	02:57.1	01:34.0	2.96%	DIESEL	00:23.5	00:47.0
Kristie Robinson	01:29.0	06:10.6	01:32.6	01:33.8	00:04.8	15.59	03:02.0	01:34.3	1.76%	DIESEL	00:23.6	00:47.1
Cam Robinson	01:25.0	06:42.8	01:40.7	01:46.0	00:21.0	62.53	02:59.0	01:51.9	11.12%	PETROL	00:28.0	00:56.0
Anna-Lise Murch	01:36.0	06:43.8	01:40.9	01:42.6	00:06.6	19.73	03:16.4	01:43.7	2.72%	DIESEL	00:25.9	00:51.8
Lee Boylan	01:34.0	06:48.0	01:42.0	01:44.7	00:10.7	31.34	03:18.0	01:45.0	2.94%	DIESEL	00:26.3	00:52.5
Gary Davenport	01:32.7	06:54.3	01:43.6	01:47.2	00:00.0	41.94	03:07.3	01:53.5	9.56%	PETROL	00:28.4	00:56.7
Louise DeChiera	01:36.7	06:54.4	01:43.6	01:45.9	00:09.2	26.73	03:16.7	01:48.8	5.06%	PETROL	00:27.2	00:54.4
Lee Boylan	01:39.7	07:01.2	01:45.3	01:47.2	00:07.5	21.39	03:19.5	01:50.8	5.25%	PETROL	00:27.7	00:55.4
Mark (Boyd)	01:34.9	07:03.0	01:45.8	01:49.4	00:14.5	41.09	03:21.1	01:51.0	4.92%	PETROL	00:27.7	00:55.5
Laura Kolomyjec	01:37.0	07:03.7	01:45.9	01:48.9	00:11.9	33.64	03:33.0	01:47.8	-0.55%	DIESEL	00:26.9	00:53.9
Fleur Clifton	01:39.3	07:04.9	01:46.2	01:48.5	00:09.2	26.05	03:21.2	01:51.8	5.27%	PETROL	00:28.0	00:55.9
Jocelyn Bird	01:40.8	07:06.2	01:46.6	01:48.5	00:07.6	21.49	03:23.4	01:51.4	4.54%	PETROL	00:27.8	00:55.7
Stef Garcia	01:43.1	07:07.9	01:47.0	01:48.2	00:05.1	14.35	03:23.2	01:52.3	5.02%	PETROL	00:28.1	00:56.2
Kim Lord	01:42.6	07:09.4	01:47.4	01:48.9	00:06.3	17.62	03:23.7	01:52.9	5.14%	PETROL	00:28.2	00:56.4
Freya Hohnen	01:41.4	07:09.7	01:47.4	01:49.5	00:08.1	22.59	03:19.8	01:54.9	6.99%	PETROL	00:28.7	00:57.5
Amanda Walker	01:41.3	07:12.0	01:48.0	01:50.3	00:09.0	24.92	03:29.0	01:51.5	3.25%	DIESEL	00:27.9	00:55.8
Gennevieve Mann	01:42.4	07:15.0	01:48.8	01:50.9	00:08.4	23.24	03:25.0	01:55.0	5.74%	PETROL	00:28.7	00:57.5
DiAna	01:37.9	07:18.4	01:49.6	01:53.5	00:15.6	42.80	03:34.8	01:51.8	2.03%	DIESEL	00:28.0	00:55.9
Paul Payne	01:43.8	07:19.9	01:50.0	01:52.0	00:08.3	22.52	03:34.5	01:52.7	2.49%	DIESEL	00:28.2	00:56.4
Brodie Zanetti	01:37.9	07:26.1	01:51.5	01:56.1	00:18.2	48.94	03:29.2	01:58.5	6.24%	PETROL	00:29.6	00:59.2
Carrie Begg	01:45.5	07:30.3	01:52.6	01:54.9	00:09.4	25.14	03:37.3	01:56.5	3.52%	DIESEL	00:29.1	00:58.3
Ande Savage	01:45.2	07:32.9	01:53.2	01:55.9	00:10.8	28.54	03:25.9	02:03.5	9.09%	PETROL	00:30.9	01:01.8
Claire Sieber	01:49.9	07:37.2	01:54.3	01:55.8	00:05.8	15.30	03:39.3	01:59.0	4.08%	PETROL	00:29.7	00:59.5
Peta Lemmes	01:49.6	07:46.4	01:56.6	01:58.9	00:09.3	23.90	03:48.2	01:59.1	2.12%	DIESEL	00:29.8	00:59.5
Jemma Shoppee	01:48.4	07:48.4	01:57.1	02:00.0	00:11.6	29.63	04:02.0	01:58.2	-3.34%	DIESEL	00:29.6	00:59.1
Kellie Gray	01:49.4	07:52.3	01:58.1	02:01.0	00:11.6	29.50	03:46.3	02:03.0	4.17%	PETROL	00:30.8	01:01.5
Lucy Cartell	01:49.9	07:54.0	01:58.5	02:01.4	00:11.4	28.99	03:47.3	02:03.3	4.08%	PETROL	00:30.8	01:01.7
Peta Lemmes	01:49.9	08:08.1	02:02.0	02:06.1	00:16.2	39.85	04:03.0	02:03.6	0.43%	DIESEL	00:30.9	01:01.8
Natasha Gulley	01:59.2	08:28.5	02:07.1	02:09.8	00:10.6	24.95	03:57.0	02:15.7	6.78%	PETROL	00:33.9	01:07.9
Holly Hopkins	02:00.7	08:45.9	02:11.5	02:15.0	00:14.3	32.69	04:18.0	02:13.9	1.88%	DIESEL	00:33.5	01:07.0
Angela Hickman	02:07.8	08:50.6	02:12.7	02:14.3	00:06.5	14.72	04:15.0	02:17.8	3.88%	DIESEL	00:34.5	01:08.9
Kat Caley	02:06.6	08:51.4	02:12.9	02:14.9	00:08.3	18.86	04:11.7	02:19.9	5.29%	PETROL	00:35.0	01:09.9
Tiffany Moore	01:58.1	08:51.7	02:12.9	02:17.8	00:19.7	44.44	04:11.6	02:20.1	5.37%	PETROL	00:35.0	01:10.0
Elaine Symons	02:10.4	08:55.1	02:13.8	02:14.9	00:04.6	10.22	04:24.5	02:15.3	1.13%	DIESEL	00:33.8	01:07.6
Heather Brown	02:07.9	08:57.7	02:14.4	02:16.6	00:08.6	19.27	04:21.6	02:18.0	2.67%	DIESEL	00:34.5	01:09.0
Heather Brown	02:10.5	09:02.0	02:15.5	02:17.2	00:06.6	14.68	04:29.9	02:16.0	0.40%	DIESEL	00:34.0	01:08.0
Gill Mottram	02:20.5	09:08.0	02:17.0	02:15.8	#####	-10.21	04:21.5	02:23.3	4.56%	PETROL	00:35.8	01:11.6
Jemma Hansen	02:10.7	09:08.5	02:17.1	02:19.3	00:08.6	18.78	04:30.9	02:18.8	1.21%	DIESEL	00:34.7	01:09.4

	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
Jemma Hansen	02:12.5	09:08.8	02:17.2	02:18.8	00:06.3	13.70	04:25.1		02:21.8	3.37%	DIESEL	00:35.5	01:10.9
Suzanne Crews	02:13.2	09:09.3	02:17.3	02:18.7	00:05.6	12.13	04:16.5		02:26.4	6.62%	PETROL	00:36.6	01:13.2
Rachel Boyd	02:09.3	09:18.3	02:19.6	02:23.0	00:13.7	29.45	04:13.5		02:32.4	9.19%	PETROL	00:38.1	01:16.2
Nola Gaebler	02:22.6	09:32.9	02:23.2	02:23.4	00:00.8	1.72	04:47.0		02:23.9	-0.20%	DIESEL	00:36.0	01:11.9
Karen Siddall	02:23.4	09:41.3	02:25.3	02:25.9	00:02.5	5.13	04:49.4		02:25.9	0.41%	DIESEL	00:36.5	01:13.0
Emma Perry	02:14.5	09:41.8	02:25.4	02:29.1	00:14.6	30.02	04:46.1		02:27.8	1.65%	DIESEL	00:37.0	01:13.9
Karen Siddall	02:19.4	09:44.1	02:26.0	02:28.2	00:08.8	18.09	04:45.0		02:29.5	2.40%	DIESEL	00:37.4	01:14.8
Maria Evans	02:24.3	10:00.6	02:30.2	02:32.1	00:00.0	15.73	04:59.8		02:30.4	0.18%	DIESEL	00:37.6	01:15.2
Ben Sieber	02:22.6	10:09.0	02:32.3	02:35.5	00:12.8	25.25	04:45.1		02:41.9	6.36%	PETROL	00:40.5	01:21.0
Fiona Cavaney	02:21.3	10:24.8	02:36.2	02:41.2	00:19.9	38.20	05:00.0		02:42.4	3.97%	DIESEL	00:40.6	01:21.2
Georgina Kelly	02:17.9	10:25.7	02:36.4	02:42.6	00:24.7	47.31	05:00.0		02:42.9	4.11%	PETROL	00:40.7	01:21.4
Mary Cameron	02:30.3	11:00.9	02:45.2	02:50.2	00:19.9	36.21	05:09.5		02:55.7	6.33%	PETROL	00:43.9	01:27.8
Beth Woodland	02:37.2	11:13.8	02:48.5	02:52.2	00:15.0	26.65	05:39.0		02:49.9	-0.62%	DIESEL	00:42.5	01:25.0
Anne Marsh	02:47.4	11:24.5	02:51.1	02:52.4	00:04.9	8.64	05:32.6		02:55.9	2.82%	DIESEL	00:44.0	01:28.0

Pacing

- <2.0
- 2.0-4.9
- 5.0-7.9
- 8.0-12.9
- >13

Elite Level Pacing
Good Age-Group Standard
Average Squad Swimmer
Pacing is Really Holding You Back!
Pacing Needs Some SERIOUS attention!