

Name	Info from 400m Time Trial						Resultant Info from 200m Time Trial						
	1st 100m/400m	400m time	Average Pace/100m	Average Pace/100m for last 300m	Pacing drop-off: 1st 100m vs. last 300m	Distance (m) behind your "virtual" self based on 1st 100m	Pacing Ability	200m time	CSS Pace/100m	% Aerobic / Anaerobic Drop-off	Petrol or Diesel?	Extra Session	True Reflection ?
Alice MacPhillamy	01:24.0	06:09.0	01:32.3	01:35.0	00:11.0	35.8	Your Pacing is Really Holding You Back!	02:56.0	01:36.5	4.61%	PETROL	Threshold	2
Amanda Nitschke	01:40.0	07:15.0	01:48.8	01:51.7	00:11.7	32.2	Your Pacing is Really Holding You Back!	03:33.0	01:51.0	2.07%	DIESEL	Threshold	2
Amy Smith Callow	01:52.0	07:59.0	01:59.8	02:02.3	00:10.3	25.9	Your Pacing is Really Holding You Back!	03:58.0	02:00.5	0.63%	DIESEL	Speed	1
Andrew Graham	01:15.0	05:08.0	01:17.0	01:17.7	00:02.7	10.4	Good Age-Group Standard Pacing	02:30.0	01:19.0	2.60%	DIESEL	Threshold	1
Andrew Holmes	01:49.0	07:35.0	01:53.8	01:55.3	00:06.3	16.7	Average Squad Swimmer Pacing	03:46.0	01:54.5	0.66%	DIESEL	Speed	1
Andrew McLean	01:23.0	05:52.0	01:28.0	01:29.7	00:06.7	22.7	Average Squad Swimmer Pacing	02:43.0	01:34.5	7.39%	PETROL	Endurance	3
Anka Franzmann	01:58.0	07:52.0	01:58.0	01:58.0	00:00.0	0.0	Elite Level Pacing	03:48.0	02:02.0	3.39%	DIESEL	Threshold	1
Annette Andrews	01:48.0	07:46.0	01:56.5	01:59.3	00:11.3	29.2	Your Pacing is Really Holding You Back!	03:45.0	02:00.5	3.43%	DIESEL	Threshold	2
Anthony Williams	01:26.0	06:07.0	01:31.8	01:33.7	00:07.7	25.1	Average Squad Swimmer Pacing	02:53.0	01:37.0	5.72%	PETROL	Endurance	1
Ben Dundas	01:55.0	07:47.0	01:56.7	01:57.3	00:02.3	6.0	Good Age-Group Standard Pacing	03:43.0	02:02.0	4.50%	PETROL	Threshold	1
Bill Carmody	01:55.0	07:58.0	01:59.5	02:01.0	00:06.0	15.1	Average Squad Swimmer Pacing	03:46.0	02:06.0	5.44%	PETROL	Endurance	3
Bill Moody	01:30.0	06:29.0	01:37.3	01:39.7	00:09.7	29.8	Your Pacing is Really Holding You Back!	03:09.0	01:40.0	2.83%	DIESEL	Threshold	2
Brad Hosking	01:30.0	06:04.0	01:31.0	01:31.3	00:01.3	4.4	Elite Level Pacing	02:54.0	01:30.5	4.40%	PETROL	Threshold	1
Brad Kaye	01:48.0	07:44.0	01:56.0	01:58.7	00:10.7	27.6	Your Pacing is Really Holding You Back!	03:38.0	02:03.0	6.03%	PETROL	Endurance	2
Brian Bannon	02:04.0	08:25.0	02:06.2	02:07.0	00:03.0	7.1	Good Age-Group Standard Pacing	04:11.0	02:07.0	0.59%	DIESEL	Speed	1
Carolyn Morrison	01:15.0	05:08.0	01:17.0	01:17.7	00:02.7	10.4	Good Age-Group Standard Pacing	02:28.0	01:20.0	3.90%	DIESEL	Threshold	1
Carrie Anderson	01:44.0	07:10.0	01:47.5	01:48.7	00:04.7	13.0	Good Age-Group Standard Pacing	03:26.0	01:52.0	4.19%	PETROL	Threshold	3
Chad Marriott	01:47.0	07:41.0	01:55.3	01:58.0	00:11.0	28.6	Your Pacing is Really Holding You Back!	03:44.0	01:58.5	2.82%	DIESEL	Threshold	2
Chris Foley	01:30.0	06:17.0	01:34.3	01:35.7	00:05.7	18.0	Average Squad Swimmer Pacing	03:03.0	01:37.0	2.92%	DIESEL	Threshold	4
Chrissy Plush	01:58.0	08:28.0	02:07.0	02:10.0	00:12.0	28.3	Your Pacing is Really Holding You Back!	04:02.0	02:13.0	4.72%	PETROL	Threshold	2
Cindy Jessop	01:38.0	06:56.0	01:44.0	01:46.0	00:08.0	23.1	Your Pacing is Really Holding You Back!	03:16.0	01:50.0	5.77%	PETROL	Endurance	2
Cobie Rudd	01:42.0	07:22.0	01:50.5	01:53.3	00:11.3	30.8	Your Pacing is Really Holding You Back!	03:34.0	01:54.0	3.17%	DIESEL	Threshold	2
Cyndy Hetrick	01:27.0	06:02.0	01:30.5	01:31.7	00:04.7	15.5	Good Age-Group Standard Pacing	02:53.0	01:34.5	4.42%	PETROL	Threshold	1
David Serich	01:30.0	06:13.0	01:33.3	01:34.3	00:04.3	13.9	Good Age-Group Standard Pacing	02:59.0	01:37.0	4.02%	PETROL	Threshold	1
Deb Kempe	01:48.0	07:32.0	01:53.0	01:54.7	00:06.7	17.7	Average Squad Swimmer Pacing	03:28.0	02:02.0	7.96%	PETROL	Endurance	4
Ed Negus	01:42.0	07:05.0	01:46.3	01:47.7	00:05.7	16.0	Average Squad Swimmer Pacing	03:19.0	01:53.0	6.35%	PETROL	Endurance	1
Elliott Cross	01:21.0	05:45.0	01:26.3	01:28.0	00:07.0	24.3	Average Squad Swimmer Pacing	02:44.0	01:30.5	4.93%	PETROL	Threshold	1
Emily Loughnan	01:20.0	05:27.0	01:21.8	01:22.3	00:02.3	8.6	Good Age-Group Standard Pacing	02:41.0	01:23.0	1.53%	DIESEL	Threshold	1
Emmy Poulsen	01:52.0	08:00.0	02:00.0	02:02.7	00:10.7	26.7	Your Pacing is Really Holding You Back!	03:58.0	02:01.0	0.83%	DIESEL	Speed	1
Gavin Cooke	01:50.0	07:34.0	01:53.5	01:54.7	00:04.7	12.3	Good Age-Group Standard Pacing	03:30.0	02:02.0	7.49%	PETROL	Endurance	1
George Lumsden	01:41.0	07:07.0	01:46.7	01:48.7	00:07.7	21.5	Average Squad Swimmer Pacing	03:24.0	01:51.5	4.45%	PETROL	Threshold	1
Georgie McWhae	01:41.0	07:23.0	01:50.7	01:54.0	00:13.0	35.2	Your Pacing Needs Some SERIOUS attention!	03:33.0	01:55.0	3.84%	DIESEL	Threshold	2
Gillian Evans	01:53.0	07:58.0	01:59.5	02:01.7	00:08.7	21.8	Your Pacing is Really Holding You Back!	03:53.0	02:02.5	2.51%	DIESEL	Threshold	2
Glenn Morrison	01:22.0	05:42.0	01:25.5	01:26.7	00:04.7	16.4	Good Age-Group Standard Pacing	02:47.0	01:27.5	2.34%	DIESEL	Threshold	1
Graham Crocker	01:31.0	06:02.0	01:30.5	01:30.3	#####	-2.2	Elite Level Pacing	02:59.0	01:31.5	1.10%	DIESEL	Speed	1
Guy van Hazel (cramping issue)	01:50.0	08:09.0	02:02.3	02:06.3	00:16.3	40.1	Your Pacing Needs Some SERIOUS attention!	03:40.0	02:14.5	10.02%	PETROL	Endurance	3
Hannah Waters	01:32.0	06:44.0	01:41.0	01:44.0	00:12.0	35.6	Your Pacing is Really Holding You Back!	03:15.0	01:44.5	3.47%	DIESEL	Threshold	2
James Bennett	01:29.0	06:22.0	01:35.5	01:37.7	00:08.7	27.2	Your Pacing is Really Holding You Back!	03:09.0	01:36.5	1.05%	DIESEL	Speed	2
Jane Davis	01:47.0	07:26.0	01:51.5	01:53.0	00:06.0	16.1	Average Squad Swimmer Pacing	03:43.0	01:51.5	0.00%	DIESEL	Speed	1
Jane Massey	01:25.0	06:05.0	01:31.3	01:33.3	00:08.3	27.4	Your Pacing is Really Holding You Back!	02:52.0	01:36.5	5.75%	PETROL	Endurance	2
Janet Ferguson	01:49.0	07:53.0	01:58.3	02:01.3	00:12.3	31.3	Your Pacing is Really Holding You Back!	03:54.0	01:59.5	1.06%	DIESEL	Speed	2
Janine Kaye	01:35.0	06:55.0	01:43.8	01:46.7	00:11.7	33.7	Your Pacing is Really Holding You Back!	03:20.0	01:47.5	3.61%	DIESEL	Threshold	2
Jesper Jensen	01:18.0	05:18.0	01:19.5	01:20.0	00:02.0	7.5	Elite Level Pacing	02:31.0	01:23.5	5.03%	PETROL	Endurance	1
Jo van Rooyen	01:40.0	07:08.0	01:47.0	01:49.3	00:09.3	26.2	Your Pacing is Really Holding You Back!	03:23.0	01:52.5	5.14%	PETROL	Endurance	2
John Carroll	01:46.0	08:00.0	02:00.0	02:04.7	00:18.7	46.7	Your Pacing Needs Some SERIOUS attention!	03:40.0	02:10.0	8.33%	PETROL	Endurance	2
John Chipponeri	01:31.0	06:12.0	01:33.0	01:33.7	00:02.7	8.6	Good Age-Group Standard Pacing	03:01.0	01:35.5	2.69%	DIESEL	Threshold	1
John Edwards	01:25.0	05:56.0	01:29.0	01:30.3	00:05.3	18.0	Average Squad Swimmer Pacing	02:57.0	01:29.5	0.56%	DIESEL	Speed	1
John Elliott (pull bouy)	01:33.0	06:21.0	01:35.3	01:36.0	00:03.0	9.4	Good Age-Group Standard Pacing	03:09.0	01:36.0	0.79%	DIESEL	Speed	1
John Harris	01:29.0	06:23.0	01:35.8	01:38.0	00:09.0	28.2	Your Pacing is Really Holding You Back!	03:03.0	01:40.0	4.44%	PETROL	Threshold	3
Jon (JT) Turner	01:28.0	06:03.0	01:30.8	01:31.7	00:03.7	12.1	Good Age-Group Standard Pacing	02:58.0	01:32.5	1.93%	DIESEL	Threshold	1
Jonney Sammut	01:10.0	04:51.0	01:12.7	01:13.7	00:03.7	15.1	Good Age-Group Standard Pacing	02:19.0	01:16.0	4.47%	PETROL	Threshold	1
Justine Murphy	01:23.0	06:05.0	01:31.3	01:34.0	00:11.0	36.2	Your Pacing is Really Holding You Back!	02:58.0	01:33.5	2.47%	DIESEL	Threshold	2
Kim Smith	01:36.0	06:21.0	01:35.3	01:35.0	#####	-3.1	Elite Level Pacing	02:57.0	01:42.0	7.09%	PETROL	Endurance	6
Kimmi Annear	01:48.0	08:00.0	02:00.0	02:04.0	00:16.0	40.0	Your Pacing Needs Some SERIOUS attention!	03:59.0	02:00.5	0.42%	DIESEL	Speed	3
Lauren McGregor	01:19.0	05:44.0	01:26.0	01:28.3	00:09.3	32.6	Your Pacing is Really Holding You Back!	02:45.0	01:29.5	4.07%	PETROL	Threshold	2
Lindsay Dodd	01:16.0	05:23.0	01:20.8	01:22.3	00:06.3	23.5	Average Squad Swimmer Pacing	02:36.0	01:23.5	3.41%	DIESEL	Threshold	1
Lisa Luckin	01:22.0	05:38.0	01:24.5	01:25.3	00:03.3	11.8	Good Age-Group Standard Pacing	02:43.0	01:27.5	3.55%	DIESEL	Threshold	1
Luke Cameron	01:26.0	05:53.0	01:28.3	01:29.0	00:03.0	10.2	Good Age-Group Standard Pacing	02:50.0	01:31.5	3.68%	DIESEL	Threshold	1
Lynn Harrop	01:43.0	07:20.0	01:50.0	01:52.3	00:09.3	25.5	Your Pacing is Really Holding You Back!	03:35.0	01:52.5	2.27%	DIESEL	Threshold	1
Marcus Rooney	01:48.0	07:25.0	01:51.3	01:52.3	00:04.3	11.7	Good Age-Group Standard Pacing	03:30.0	01:57.5	5.62%	PETROL	Endurance	3
Mark Bosistos	01:43.0	07:21.0	01:50.3	01:52.7	00:09.7	26.3	Your Pacing is Really Holding You Back!	03:33.0	01:54.0	3.40%	DIESEL	Threshold	2

Martin Lodge	01:30.0	06:03.0	01:30.8	01:31.0	00:01.0	3.3	Elite Level Pacing	02:55.0	01:34.0	3.58%	DIESEL	Threshold	1
Matt Cousins	01:17.0	05:30.0	01:22.5	01:24.3	00:07.3	26.7	Average Squad Swimmer Pacing	02:34.0	01:28.0	6.67%	PETROL	Endurance	1
Michael Japp	01:28.0	05:58.0	01:29.5	01:30.0	00:02.0	6.7	Elite Level Pacing	02:48.0	01:35.0	6.15%	PETROL	Endurance	1
Michael Serich	01:33.0	06:34.0	01:38.5	01:40.3	00:07.3	22.3	Average Squad Swimmer Pacing	02:58.0	01:48.0	9.64%	PETROL	Endurance	2
Mike Scott	01:40.0	06:58.0	01:44.5	01:46.0	00:06.0	17.2	Average Squad Swimmer Pacing	03:22.0	01:48.0	3.35%	DIESEL	Threshold	1
Nathan Thomson	01:48.0	07:41.0	01:55.3	01:57.7	00:09.7	25.2	Your Pacing is Really Holding You Back!	03:27.0	02:07.0	10.20%	PETROL	Endurance	2
Paul Blackburne	01:18.0	06:13.0	01:33.3	01:38.3	00:20.3	65.4	Your Pacing Needs Some SERIOUS attention!	02:44.0	01:44.5	12.06%	PETROL	Endurance	2
Paul McDade	01:27.0	06:19.0	01:34.8	01:37.3	00:10.3	32.7	Your Pacing is Really Holding You Back!	03:04.0	01:37.5	2.90%	DIESEL	Threshold	2
Paul McVey	01:27.0	05:56.0	01:29.0	01:29.7	00:02.7	9.0	Good Age-Group Standard Pacing	02:56.0	01:30.0	1.12%	DIESEL	Speed	1
Paul Payne	01:48.0	07:47.0	01:56.7	01:59.7	00:11.7	30.0	Your Pacing is Really Holding You Back!	03:33.0	02:07.0	8.78%	PETROL	Endurance	2
Pene Newitt	01:23.0	05:57.0	01:29.2	01:31.3	00:08.3	28.0	Your Pacing is Really Holding You Back!	02:47.0	01:35.0	6.44%	PETROL	Endurance	2
Peter Annear	01:33.0	06:22.0	01:35.5	01:36.3	00:03.3	10.5	Good Age-Group Standard Pacing	02:57.0	01:42.5	7.33%	PETROL	Endurance	1
Rachel Forbes	01:28.0	06:18.0	01:34.5	01:36.7	00:08.7	27.5	Your Pacing is Really Holding You Back!	02:56.0	01:41.0	6.88%	PETROL	Endurance	2
Ray Steffanoni	01:34.0	06:19.0	01:34.8	01:35.0	00:01.0	3.2	Elite Level Pacing	03:08.0	01:35.5	0.79%	DIESEL	Speed	1
Renee Waller	01:22.0	05:26.0	01:21.5	01:21.3	#####	-2.5	Elite Level Pacing	02:39.0	01:23.5	2.45%	DIESEL	Threshold	1
Rory Thomson	01:27.0	06:11.0	01:32.7	01:34.7	00:07.7	24.8	Average Squad Swimmer Pacing	02:52.0	01:39.5	7.28%	PETROL	Endurance	3
Rupert Holman	01:47.0	07:21.0	01:50.3	01:51.3	00:04.3	11.8	Good Age-Group Standard Pacing	03:28.0	01:56.5	5.67%	PETROL	Endurance	4
Sally Steffanoni (got held up)	01:48.0	07:41.0	01:55.3	01:57.7	00:09.7	25.2	Your Pacing is Really Holding You Back!	03:36.0	02:02.5	6.29%	PETROL	Endurance	2
Sarah Humphrey	01:25.0	06:03.0	01:30.8	01:32.7	00:07.7	25.3	Average Squad Swimmer Pacing	02:55.0	01:34.0	3.58%	DIESEL	Threshold	1
Sean Jerry	01:25.0	06:05.0	01:31.3	01:33.3	00:08.3	27.4	Your Pacing is Really Holding You Back!	02:57.0	01:34.0	3.01%	DIESEL	Threshold	2
Sean Webb	01:24.0	05:52.0	01:28.0	01:29.3	00:05.3	18.2	Average Squad Swimmer Pacing	02:46.0	01:33.0	5.68%	PETROL	Endurance	3
Shane Hunter	01:39.0	06:45.0	01:41.3	01:42.0	00:03.0	8.9	Good Age-Group Standard Pacing	03:15.0	01:45.0	3.70%	DIESEL	Threshold	1
Simon Hazeldine	01:18.0	05:21.0	01:20.2	01:21.0	00:03.0	11.2	Good Age-Group Standard Pacing	02:36.0	01:22.5	2.80%	DIESEL	Threshold	1
Simon Owen	01:28.0	05:58.0	01:29.5	01:30.0	00:02.0	6.7	Elite Level Pacing	02:51.0	01:33.5	4.47%	PETROL	Threshold	1
Stephanie Gaudin	01:22.0	06:04.0	01:31.0	01:34.0	00:12.0	39.6	Your Pacing is Really Holding You Back!	02:51.0	01:36.5	6.04%	PETROL	Endurance	4
Stephen Rose	01:27.0	06:12.0	01:33.0	01:35.0	00:08.0	25.8	Your Pacing is Really Holding You Back!	02:47.0	01:42.5	10.22%	PETROL	Endurance	2
Stijn Zoethout	01:30.0	06:28.0	01:37.0	01:39.3	00:09.3	28.9	Your Pacing is Really Holding You Back!	03:02.0	01:43.0	6.19%	PETROL	Endurance	2
Stuart Gicquel	01:37.0	07:02.0	01:45.5	01:48.3	00:11.3	32.2	Your Pacing is Really Holding You Back!	03:18.0	01:52.0	6.16%	PETROL	Endurance	2
Stuart Moran	01:21.0	05:41.0	01:25.3	01:26.7	00:05.7	19.9	Average Squad Swimmer Pacing	02:37.0	01:32.0	7.92%	PETROL	Endurance	3
Sue Oldham	02:01.0	08:24.0	02:06.0	02:07.7	00:06.7	15.9	Average Squad Swimmer Pacing	04:09.0	02:07.5	1.19%	DIESEL	Speed	1
Susanne Webster	01:33.0	06:42.0	01:40.5	01:43.0	00:10.0	29.9	Your Pacing is Really Holding You Back!	03:25.0	01:38.5	-1.99%	DIESEL	Speed	2
Suzanne Narbey (fins)	01:20.0	05:27.0	01:21.8	01:22.3	00:02.3	8.6	Good Age-Group Standard Pacing	02:38.0	01:24.5	3.36%	DIESEL	Threshold	3
Suzi Scarff (pull bouy)	01:29.0	06:02.0	01:30.5	01:31.0	00:02.0	6.6	Elite Level Pacing	02:59.0	01:31.5	1.10%	DIESEL	Speed	1
Tim Booth	01:45.0	07:30.0	01:52.5	01:55.0	00:10.0	26.7	Your Pacing is Really Holding You Back!	03:36.0	01:57.0	4.00%	DIESEL	Threshold	2
Tim Humphry	01:55.0	07:59.0	01:59.8	02:01.3	00:06.3	15.9	Average Squad Swimmer Pacing	03:56.0	02:01.5	1.46%	DIESEL	Speed	1
Tony Bovell	01:58.0	08:49.0	02:12.3	02:17.0	00:19.0	43.1	Your Pacing Needs Some SERIOUS attention!	04:10.0	02:19.5	5.48%	PETROL	Endurance	2
Tracey Carroll	01:27.0	06:17.0	01:34.3	01:36.7	00:09.7	30.8	Your Pacing is Really Holding You Back!	03:04.0	01:36.5	2.39%	DIESEL	Threshold	2
Trevor Magee	01:36.0	06:43.0	01:40.8	01:42.3	00:06.3	18.9	Average Squad Swimmer Pacing	03:16.0	01:43.5	2.73%	DIESEL	Threshold	1
Vaughan Davies	01:16.0	05:14.0	01:18.5	01:19.3	00:03.3	12.7	Good Age-Group Standard Pacing	02:35.0	01:19.5	1.27%	DIESEL	Speed	1