

Name	1st 100m/ 400m	400m time	Average Pace/ 100m	Average Pace/ 100m for last 300m	Pacing drop-off: 1st 100m vs. last 300m	Distance behind your "virtual" self based on 1st 100m	200m time	Average Pace/ 100m	CSS Pace/ 100m	Aerobic / Anaerobic Drop-off	True Reflection?
	A	B	C	D	E	F	G	H	I	J	K
Adam W	01:27.0	06:17.0	01:34.3	01:36.7	-00:09.7	-31	03:01.0	01:30.5	01:38.0	-00:03.8	2
Adele R	01:25.0	05:55.0	01:28.8	01:30.0	-00:05.0	-17	02:54.0	01:27.0	01:30.5	-00:01.8	1
Aggs	01:20.0	05:44.0	01:26.0	01:28.0	-00:08.0	-28	02:43.0	01:21.5	01:30.5	-00:04.5	2
Alice	01:21.0	06:00.0	01:30.0	01:33.0	-00:12.0	-40	02:54.0	01:27.0	01:33.0	-00:03.0	1
Amanda N	01:39.0	06:57.0	01:44.3	01:46.0	-00:07.0	-20	03:19.0	01:39.5	01:49.0	-00:04.8	1
Andrew ?	n/a	06:31.0	01:37.8	#VALUE!	#VALUE!	#VALUE!	03:08.0	01:34.0	01:41.5	-00:03.8	1
Andrew G	01:11.0	05:07.0	01:16.8	01:18.7	-00:07.7	-30	02:23.0	01:11.5	01:22.0	-00:05.2	2
Andrew H	01:43.0	07:37.0	01:54.3	01:58.0	-00:15.0	-39	03:44.0	01:52.0	01:56.5	-00:02.2	2
Anka F	01:46.0	07:18.0	01:49.5	01:50.7	-00:04.7	-13	03:29.0	01:44.5	01:54.5	-00:05.0	1
Anne-Marie D'A	01:33.0	06:40.0	01:40.0	01:42.3	-00:09.3	-28	03:10.0	01:35.0	01:45.0	-00:05.0	2
Ari H	01:29.0	06:10.0	01:32.5	01:33.7	-00:04.7	-15	03:03.0	01:31.5	01:33.5	-00:01.0	1
Ashlan W	01:11.0	04:46.0	01:11.5	01:11.7	-00:00.7	-3	02:19.0	01:09.5	01:13.5	-00:02.0	1
Barrie E	01:50.0	07:40.0	01:55.0	01:56.7	-00:06.7	-17	03:29.0	01:44.5	02:05.5	-00:10.5	3
Belinda B	01:35.0	06:54.0	01:43.5	01:46.3	-00:11.3	-33	03:12.0	01:36.0	01:51.0	-00:07.5	2
Ben D	01:48.0	07:31.0	01:52.7	01:54.3	-00:06.3	-17	03:39.0	01:49.5	01:56.0	-00:03.2	1
Bill C	01:51.0	07:47.0	01:56.7	01:58.7	-00:07.7	-20	03:38.0	01:49.0	02:04.5	-00:07.8	1
Bill M	01:33.0	06:24.0	01:36.0	01:37.0	-00:04.0	-13	03:01.0	01:30.5	01:41.5	-00:05.5	1
Bronwyn F	01:23.0	05:51.0	01:27.7	01:29.3	-00:06.3	-22	02:46.0	01:23.0	01:32.5	-00:04.7	1
Caroline C	01:46.0	07:38.0	01:54.5	01:57.3	-00:11.3	-30	03:39.0	01:49.5	01:59.5	-00:05.0	2
Caroline N	01:34.0	06:35.0	01:38.8	01:40.3	-00:06.3	-19	03:09.0	01:34.5	01:43.0	-00:04.3	2
Carolyn M	n/a	05:08.0	01:17.0	#VALUE!	#VALUE!	#VALUE!	02:32.0	01:16.0	01:18.0	-00:01.0	1
Chad M	01:42.0	07:18.0	01:49.5	01:52.0	-00:10.0	-27	03:25.0	01:42.5	01:56.5	-00:07.0	2 or 3
Chris F	01:27.0	06:06.0	01:31.5	01:33.0	-00:06.0	-20	02:56.0	01:28.0	01:35.0	-00:03.5	1
Chris O	01:12.0	05:02.0	01:15.5	01:16.7	-00:04.7	-19	02:23.0	01:11.5	01:19.5	-00:04.0	1
Chris Ow	01:19.0	05:27.0	01:21.8	01:22.7	-00:03.7	-13	02:39.0	01:19.5	01:24.0	-00:02.3	1
Clare H	n/a	06:03.0	01:30.8	#VALUE!	#VALUE!	#VALUE!	02:56.0	01:28.0	01:33.5	-00:02.7	1
Cobie R	01:41.0	06:52.0	01:43.0	01:43.7	-00:02.7	-8	03:26.0	01:43.0	01:43.0	00:00.0	1
Cyndy H	01:28.0	06:12.0	01:33.0	01:34.7	-00:06.7	-22	02:57.0	01:28.5	01:37.5	-00:04.5	2
Daniel B	01:43.0	07:00.0	01:45.0	01:45.7	-00:02.7	-8	03:20.0	01:40.0	01:50.0	-00:05.0	1
David U	01:15.0	05:13.0	01:18.3	01:19.3	-00:04.3	-17	02:35.0	01:17.5	01:19.0	-00:00.8	1
Derek C	01:14.0	05:13.0	01:18.3	01:19.7	-00:05.7	-22	02:35.0	01:17.5	01:19.0	-00:00.8	1
Ed N	01:36.0	06:43.0	01:40.8	01:42.3	-00:06.3	-19	03:03.0	01:31.5	01:50.0	-00:09.3	2
Emily L	01:17.0	05:15.0	01:18.7	01:19.3	-00:02.3	-9	02:40.0	01:20.0	01:17.5	00:01.3	1
Fiona W	01:43.0	07:05.0	01:46.3	01:47.3	-00:04.3	-12	03:22.0	01:41.0	01:51.5	-00:05.2	1
Fletcher B	01:18.0	05:34.0	01:23.5	01:25.3	-00:07.3	-26	02:47.0	01:23.5	01:23.5	00:00.0	1
Fran W	02:04.0	08:30.0	02:07.5	02:08.7	-00:04.7	-11	04:14.0	02:07.0	02:08.0	-00:00.5	1
Gary C	n/a	05:24.0	01:21.0	#VALUE!	#VALUE!	#VALUE!	02:38.0	01:19.0	01:23.0	-00:02.0	1
Gavin McK	01:28.0	05:41.0	01:25.3	01:24.3	00:03.7	13	02:38.0	01:19.0	01:31.5	-00:06.2	1
Gillian E	01:49.0	07:43.0	01:55.8	01:58.0	-00:09.0	-23	03:45.0	01:52.5	01:59.0	-00:03.3	2
Glenn M	n/a	06:13.0	01:33.3	#VALUE!	#VALUE!	#VALUE!	03:02.0	01:31.0	01:35.5	-00:02.3	1
Graham C	01:34.0	06:09.0	01:32.3	01:31.7	00:02.3	8	02:58.0	01:29.0	01:35.5	-00:03.3	1
Greg M	n/a	06:52.0	01:43.0	#VALUE!	#VALUE!	#VALUE!	03:24.0	01:42.0	01:44.0	-00:01.0	1
Gus	01:17.0	05:24.0	01:21.0	01:22.3	-00:05.3	-20	02:36.0	01:18.0	01:24.0	-00:03.0	1
Guy VH	01:46.0	07:30.0	01:52.5	01:54.7	-00:08.7	-23	03:39.0	01:49.5	01:55.5	-00:03.0	2
Hannah McK	n/a	06:02.0	01:30.5	#VALUE!	#VALUE!	#VALUE!	03:00.0	01:30.0	01:31.0	-00:00.5	1
Jane D	01:40.0	07:12.0	01:48.0	01:50.7	-00:10.7	-30	03:33.0	01:46.5	01:49.5	-00:01.5	2
Janet F	01:39.0	07:05.0	01:46.3	01:48.7	-00:09.7	-27	03:29.0	01:44.5	01:48.0	-00:01.7	1
Janine K	01:35.0	06:59.0	01:44.8	01:48.0	-00:13.0	-37	03:24.0	01:42.0	01:47.5	-00:02.7	2
Jeff D	n/a	06:10.0	01:32.5	#VALUE!	#VALUE!	#VALUE!	02:57.0	01:28.5	01:36.5	-00:04.0	4
Jeni P	01:43.0	07:25.0	01:51.3	01:54.0	-00:11.0	-30	03:24.0	01:42.0	02:00.5	-00:09.3	2 or 3
Jeremy W	01:21.0	05:32.0	01:23.0	01:23.7	-00:02.7	-10	02:46.0	01:23.0	01:23.0	00:00.0	1
Jo F	01:27.0	06:06.0	01:31.5	01:33.0	-00:06.0	-20	02:58.0	01:29.0	01:34.0	-00:02.5	1
Jo K	n/a	06:27.0	01:36.8	#VALUE!	#VALUE!	#VALUE!	03:10.0	01:35.0	01:38.5	-00:01.7	1
Johhny S	01:14.0	05:22.0	01:20.5	01:22.7	-00:08.7	-32	02:27.0	01:13.5	01:27.5	-00:07.0	2
John A	01:40.0	07:25.0	01:51.3	01:55.0	-00:15.0	-40	03:28.0	01:44.0	01:58.5	-00:07.3	2
John C	01:24.0	05:56.0	01:29.0	01:30.7	-00:06.7	-22	02:52.0	01:26.0	01:32.0	-00:03.0	2
John E	01:32.0	06:19.0	01:34.8	01:35.7	-00:03.7	-12	02:59.0	01:29.5	01:40.0	-00:05.2	2
John F	01:25.0	05:56.0	01:29.0	01:30.3	-00:05.3	-18	02:54.0	01:27.0	01:31.0	-00:02.0	1
Jono C	01:32.0	06:11.0	01:32.7	01:33.0	-00:01.0	-3	02:58.0	01:29.0	01:36.5	-00:03.7	1
JT	01:25.0	05:56.0	01:29.0	01:30.3	-00:05.3	-18	02:52.0	01:26.0	01:32.0	-00:03.0	2
Judi C	01:50.0	07:59.0	01:59.8	02:03.0	-00:13.0	-33	03:49.0	01:54.5	02:05.0	-00:05.3	2
Kay F	01:40.0	06:51.0	01:42.8	01:43.7	-00:03.7	-11	03:18.0	01:39.0	01:46.5	-00:03.8	1
Kim S	01:28.0	06:12.0	01:33.0	01:34.7	-00:06.7	-22	02:59.0	01:29.5	01:36.5	-00:03.5	2
Kirk L	01:25.0	05:57.0	01:29.2	01:30.7	-00:05.7	-19	02:46.0	01:23.0	01:35.5	-00:06.2	2
Kylie D	n/a	06:51.0	01:42.8	#VALUE!	#VALUE!	#VALUE!	03:19.0	01:39.5	01:46.0	-00:03.3	1
Lauren	01:26.0	05:46.0	01:26.5	01:26.7	-00:00.7	-2	02:53.0	01:26.5	01:26.5	00:00.0	1
Liz D	01:46.0	07:36.0	01:54.0	01:56.7	-00:10.7	-28	03:48.0	01:54.0	01:54.0	00:00.0	2
Lorraine D	01:38.0	06:53.0	01:43.2	01:45.0	-00:07.0	-20	03:16.0	01:38.0	01:48.5	-00:05.2	1
Lorraine W	01:51.0	08:10.0	02:02.5	02:06.3	-00:15.3	-38	04:05.0	02:02.5	02:02.5	00:00.0	1
Lotti VM	01:26.0	06:06.0	01:31.5	01:33.3	-00:07.3	-24	02:56.0	01:28.0	01:35.0	-00:03.5	2
Luke	01:16.0	05:24.0	01:21.0	01:22.7	-00:06.7	-25	02:34.0	01:17.0	01:25.0	-00:04.0	2
Lynn H	01:45.0	07:29.0	01:52.3	01:54.7	-00:09.7	-26	DNF	#VALUE!	#VALUE!	#VALUE!	3
Marie W	01:41.0	07:26.0	01:51.5	01:55.0	-00:14.0	-38	03:31.0	01:45.5	01:57.5	-00:06.0	2
Mark B	01:43.0	07:14.0	01:48.5	01:50.3	-00:07.3	-20	03:33.0	01:46.5	01:50.5	-00:02.0	1
Mark L	n/a	05:46.0	01:26.5	#VALUE!	#VALUE!	#VALUE!	02:50.0	01:25.0	01:28.0	-00:01.5	1
Mark McK	01:17.0	05:23.0	01:20.8	01:22.0	-00:05.0	-19	02:37.0	01:18.5	01:23.0	-00:02.3	1
Matt I	01:25.0	06:06.0	01:31.5	01:33.7	-00:08.7	-28	02:56.0	01:28.0	01:35.0	-00:03.5	2
Matt McC	01:31.0	06:18.0	01:34.5	01:35.7	-00:04.7	-15	02:57.0	01:28.5	01:40.5	-00:06.0	1
Megan S	01:33.0	06:52.0	01:43.0	01:46.3	-00:13.3	-39	03:24.0	01:42.0	01:44.0	-00:01.0	1
Michael J	01:21.0	06:06.0	01:31.5	01:35.0	-00:14.0	-46	02:55.0	01:27.5	01:35.5	-00:04.0	2
Michael S	01:28.0	06:16.0	01:34.0	01:36.0	-00:08.0	-26	02:57.0	01:28.5	01:39.5	-00:05.5	2
Michael Sa	01:29.0	06:08.0	01:32.0	01:33.0	-00:04.0	-13	02:58.0	01:29.0	01:35.0	-00:03.0	1
Michelle A	01:30.0	06:31.0	01:37.8	01:40.3	-00:10.3	-32	03:09.0	01:34.5	01:41.0	-00:03.3	2
Mike S	01:38.0	07:17.0	01:49.3	01:53.0	-00:15.0	-41	03:20.0	01:40.0	01:58.5	-00:09.2	2
Natalie B	01:24.0	06:17.0	01:34.3	01:37.7	-00:13.7	-44	03:01.0	01:30.5	01:38.0	-00:03.8	2
Nathan L	01:26.0	05:45.0	01:26.3	01:26.3	-00:00.3	-1	02:44.0	01:22.0	01:30.5	-00:04.3	1
Nathan T	01:37.0	06:44.0	01:41.0	01:42.3	-00:05.3	-16	03:13.0	01:36.5	01:45.5	-00:04.5	1
Nicole A	01:25.0	06:11.0	01:32.7	01:35.3	-00:10.3	-33	02:56.0	01:28.0	01:37.5	-00:04.7	2
Pat H	n/a	06:00.0	01:30.0	#VALUE!	#VALUE!	#VALUE!	03:00.0	01:30.0	01:30.0	00:00.0	1
Paul	01:18.0	05:46.0	01:26.5	01:29.3	-00:11.3	-39	02:42.0	01:21.0	01:32.0	-00:05.5	2
Paul McD	01:31.0	06:06.0	01:31.5	01:31.7	-00:00.7	-2	03:01.0	01:30.5	01:32.5	-00:01.0	1
Pene N	01:28.0	06:10.0	01:32.5	01:34.0	-00:06.0	-19	02:58.0	01:29.0	01:36.0	-00:03.5	1
Peter A	01:28.0	06:14.0	01:33.5	01:35.3	-00:07.3	-24					

Rob F	01:27.0	06:02.0	01:30.5	01:31.7	-00:04.7	-15	02:58.0	01:29.0	01:32.0	-00:01.5	1
Robyn A	01:51.0	07:40.0	01:55.0	01:56.3	-00:05.3	-14	03:43.0	01:51.5	01:58.5	-00:03.5	1
Rory T	01:27.0	06:16.0	01:34.0	01:36.3	-00:09.3	-30	02:57.0	01:28.5	01:39.5	-00:05.5	2
Roxanne G	01:52.0	08:10.0	02:02.5	02:06.0	-00:14.0	-34	04:05.0	02:02.5	02:02.5	00:00.0	2
Roy	01:18.0	05:24.0	01:21.0	01:22.0	-00:04.0	-15	02:35.0	01:17.5	01:24.5	-00:03.5	1
Rupert	01:36.0	06:42.0	01:40.5	01:42.0	-00:06.0	-18	03:15.0	01:37.5	01:43.5	-00:03.0	1
Russell	01:33.0	06:35.0	01:38.8	01:40.7	-00:07.7	-23	03:13.0	01:36.5	01:41.0	-00:02.2	1
Sally ?	n/a	06:30.0	01:37.5	#VALUE!	#VALUE!	#VALUE!	03:00.0	01:30.0	01:45.0	-00:07.5	2
Sally Sc	01:26.0	05:48.0	01:27.0	01:27.3	-00:01.3	-5	02:48.0	01:24.0	01:30.0	-00:03.0	2
Sally St	01:46.0	07:28.0	01:52.0	01:54.0	-00:08.0	-21	03:38.0	01:49.0	01:55.0	-00:03.0	2
Sarah H	01:33.0	06:25.0	01:36.3	01:37.3	-00:04.3	-14	03:04.0	01:32.0	01:40.5	-00:04.3	1
Saskia L	01:33.0	06:25.0	01:36.3	01:37.3	-00:04.3	-14	03:07.0	01:33.5	01:39.0	-00:02.8	3
Sean	01:24.0	06:10.0	01:32.5	01:35.3	-00:11.3	-37	03:00.0	01:30.0	01:35.0	-00:02.5	2
Sean W	01:19.0	05:34.0	01:23.5	01:25.0	-00:06.0	-22	02:43.0	01:21.5	01:25.5	-00:02.0	2
Serena W	01:35.0	06:45.0	01:41.3	01:43.3	-00:08.3	-25	03:17.0	01:38.5	01:44.0	-00:02.7	1
Shane	01:35.0	06:46.0	01:41.5	01:43.7	-00:08.7	-26	03:15.0	01:37.5	01:45.5	-00:04.0	1
Shelley B	n/a	05:48.0	01:27.0	#VALUE!	#VALUE!	#VALUE!	02:48.0	01:24.0	01:30.0	-00:03.0	1
Shelley K	n/a	07:40.0	01:55.0	#VALUE!	#VALUE!	#VALUE!	03:49.0	01:54.5	01:55.5	-00:00.5	1
Simon B	01:17.0	05:18.0	01:19.5	01:20.3	-00:03.3	-13	02:32.0	01:16.0	01:23.0	-00:03.5	1
Simon H	01:24.0	05:45.0	01:26.3	01:27.0	-00:03.0	-10	02:39.0	01:19.5	01:33.0	-00:06.8	1
Simon O	01:30.0	05:58.0	01:29.5	01:29.3	00:00.7	2	02:54.0	01:27.0	01:32.0	-00:02.5	1
Steph ?	n/a	06:18.0	01:34.5	#VALUE!	#VALUE!	#VALUE!	02:51.0	01:25.5	01:43.5	-00:09.0	2
Steph G	n/a	05:40.0	01:25.0	#VALUE!	#VALUE!	#VALUE!	02:42.0	01:21.0	01:29.0	-00:04.0	1
Stuart M	n/a	05:12.0	01:18.0	#VALUE!	#VALUE!	#VALUE!	02:34.0	01:17.0	01:19.0	-00:01.0	1
Sue O	02:03.0	08:28.0	02:07.0	02:08.3	-00:05.3	-13	04:07.0	02:03.5	02:10.5	-00:03.5	3
Suzanne N	01:22.0	05:51.0	01:27.7	01:29.7	-00:07.7	-26	02:58.0	01:29.0	01:26.5	00:01.3	1
Suzi S	01:23.0	05:45.0	01:26.3	01:27.3	-00:04.3	-15	02:54.0	01:27.0	01:25.5	00:00.7	1
Tim H	01:49.0	07:59.0	01:59.8	02:03.3	-00:14.3	-36	03:58.0	01:59.0	02:00.5	-00:00.8	2
Todd	01:45.0	07:21.0	01:50.3	01:52.0	-00:07.0	-19	03:43.0	01:51.5	01:49.0	00:01.3	2
Vaughn D	01:19.0	05:22.0	01:20.5	01:21.0	-00:02.0	-7	02:36.0	01:18.0	01:23.0	-00:02.5	1

#### F: Pacing Drop-off 1st 100m vs. last 300m:

<2.0	Elite Level Pacing
2.0-4.9	Good Age-Group Standard Pacing
5.0-7.9	Average Squad Swimmer Pacing
8.0-12.9	Your Pacing is Really Holding You Back!
>13.0	Your Pacing Needs Some SERIOUS attention!

#### L: True Reflection of Your Current Ability?

- 1 Yes, well done!
- 2 No, your pacing is the main cause for concern here. Don't cry - act now & do something about it!
- 3 No, you were sick, injured, on the comeback-trail or got cold during the test
- 4 No, you were simply having an off day - don't panic, we all have them!
- 5 No, your were using a pull buoy, wetsuit or fins - these items will seriously skew your results, be warned!
- 6 No, held up in lane on Wednesday 530am - suggest a re-test

#### Column Glossary:

- A** The time you took to complete the 1st 100m during the 400m Time Trial (TT), in 80% of the case, WAY too fast! Even a 400m swim needs to be paced properly!
  - B** Your total 400m, adjusted for any starting delays etc
  - C** Your average pace per 100m for the 400m Time Trial - note how much this varies to your 1st 100m in most cases!
  - D** The average pace per 100m for the last 300m of the 400m TT, this obviously varies massively with your 100m time if you set off too quick! How much are you losing?
  - E** The time differential in seconds between your 1st 100m and the average pace of the last 300m of the 400m TT.
  - F** The above result demonstrated in the actual distance you would have been behind your "virtual" self had you maintained your pace properly. Some people are >50m!
  - G** Your total 200m, adjusted for any starting delays etc
  - H** Your average pace per 100m for the 200m Time Trial.
  - I** Your newly calculated CSS pace - before you get disappointed though, see Column M, especially with regards Pace Awareness.
  - J** Your Aerobic:Anaerobic Ratio: the lower the number, typically the better at long distance freestyle you are & the higher the number the more endurance work you need
  - K** Is this a true reflection on your current ability or more a reflection on: pacing, sickness/injury, an off day, use of pull buoy etc?
  - n/a** Data not available - very sorry, something mucked up during the timing process - let me know if you want a re-trial! Cobie did, times 3! :-)
- \* Any swimmer whose 200m time is highlighted in **RED** swam the 200m slower than half the 400m time which has skewed CSS pace unrealistically fast!