

	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 (Sam)	02:15.0	09:51.0	02:27.8	02:32.0	00:17.0	34.50	05:01.3	400m faster pace than 200m	-1.97%	DIESEL	#VALUE!	#VALUE!
Amanda Burges	01:19.8	05:16.3	01:19.1	01:18.8	00:00.0	-3.65	02:33.1	01:21.6	3.22%	DIESEL	00:20.4	00:40.8
Angela Hickman	01:53.1	07:36.1	01:54.0	01:54.3	00:01.2	3.13	03:44.7	01:55.7	1.48%	DIESEL	00:28.9	00:57.9
Anna-Lise Murch	01:38.2	06:56.7	01:44.2	01:46.2	00:08.0	22.93	03:18.5	01:49.1	4.72%	PETROL	00:27.3	00:54.6
Annie Rawson	04:09.0	12L					06:02.6 L				#VALUE!	#VALUE!
Belinda Borelli	01:37.5	07:02.7	01:45.7	01:48.4	00:11.0	31.10	03:20.8	01:51.0	5.01%	PETROL	00:27.7	00:55.5
Belinda Borelli	01:34.7	06:58.2	01:44.5	01:47.8	00:13.1	37.64	03:24.4	01:46.9	2.24%	DIESEL	00:26.7	00:53.4
Beth Woodland	02:29.1	10:57.8	02:44.5	02:49.6	00:20.5	37.44	05:28.1	02:44.9	0.25%	DIESEL	00:41.2	01:22.4
Bridget Borelli	02:05.8	08:50.3	02:12.6	02:14.8	00:09.1	20.59	04:13.0	02:18.6	4.57%	PETROL	00:34.7	01:09.3
Caro Exner	02:12.0	08:44.0	02:11.0	02:10.7	#####	-3.05	04:40.0	400m faster pace than 200m	-6.86%	DIESEL	#VALUE!	#VALUE!
Carrie Begg	01:34.2	07:01.1	01:45.3	01:49.0	00:14.8	42.11	03:21.2	01:50.0	4.47%	PETROL	00:27.5	00:55.0
Claire (Leihlah mate)	02:03.3	09:02.7	02:15.7	02:19.8	00:16.5	36.45	04:08.4	02:27.2	8.47%	PETROL	00:36.8	01:13.6
Claire Sieber	01:48.1	07:48.0	01:57.0	02:00.0	00:11.9	30.40	03:40.8	02:03.6	5.64%	PETROL	00:30.9	01:01.8
Coralie Mcleod	02:08.6	09:11.6	02:17.9	02:21.0	00:12.4	26.91	04:28.0	02:21.8	2.82%	DIESEL	00:35.4	01:10.9
Courtenay Jowett	02:15.5	09:53.3	02:28.3	02:32.6	00:17.1	34.51	04:30.1	02:41.6	8.95%	PETROL	00:40.4	01:20.8
Deb Salkeld	01:29.2	06:19.6	01:34.9	01:36.8	00:07.6	24.07	03:03.4	01:38.1	3.39%	DIESEL	00:24.5	00:49.1
Elise Gaebler	01:42.4	07:20.2	01:50.1	01:52.6	00:10.2	27.92	03:33.8	01:53.2	2.87%	DIESEL	00:28.3	00:56.6
Fiona Trendos	01:33.4	06:56.1	01:44.0	01:47.6	00:14.1	40.73	03:21.4	01:47.4	3.19%	DIESEL	00:26.8	00:53.7
Fleur Clifton	01:40.3	07:20.9	01:50.2	01:53.5	00:13.2	36.04	03:30.3	01:55.3	4.60%	PETROL	00:28.8	00:57.6
Freya Hohnen	01:42.3	07:08.1	01:47.0	01:48.6	00:06.4	17.81	03:21.9	01:53.1	5.68%	PETROL	00:28.3	00:56.5
Gary Gibbon	01:52.0	07:38.3	01:54.6	01:55.4	00:03.5	9.06	03:37.7	02:00.3	4.98%	PETROL	00:30.1	01:00.1
Gemma Henchie	01:43.8	07:24.7	01:51.2	01:53.6	00:09.8	26.48	03:28.4	01:58.1	6.26%	PETROL	00:29.5	00:59.1
Heather Brown	02:10.6	09:04.3	02:16.1	02:17.9	00:07.3	16.20	04:24.0	02:20.1	2.99%	DIESEL	00:35.0	01:10.1
Helen Shaylor	01:53.5	08:13.3	02:03.3	02:06.6	00:00.0	31.95	04:06.0	02:03.6	0.26%	DIESEL	00:30.9	01:01.8
Holly Hopkins	01:53.1	08:25.4	02:06.4	02:10.8	00:17.7	42.06	04:07.3	02:09.1	2.16%	DIESEL	00:32.3	01:04.5
Jane Wilson	02:28.6	10:22.1	02:35.5	02:37.8	00:09.3	17.89	04:57.5	02:42.3	4.36%	PETROL	00:40.6	01:21.1
Jane Wolf	01:50.3	09:02.0	02:15.5	02:23.9	00:33.6	74.49	04:19.1	02:21.5	4.40%	PETROL	00:35.4	01:10.7
Jemma Hansen	02:02.4	08:46.7	02:11.7	02:14.8	00:12.4	28.31	04:12.9	02:16.9	3.98%	DIESEL	00:34.2	01:08.5
Jemma Hansen	02:07.8	09:15.4	02:18.8	02:22.5	00:14.7	31.84	04:34.8	02:20.3	1.04%	DIESEL	00:35.1	01:10.1
Jen Guidera	01:56.8	08:33.0	02:08.2	02:12.1	00:15.3	35.71	04:08.6	02:12.2	3.08%	DIESEL	00:33.0	01:06.1
Jenny Clark	01:36.7	06:45.1	01:41.3	01:42.8	00:06.1	18.17	03:13.6	01:45.7	4.40%	PETROL	00:26.4	00:52.9
Jess Oats	01:46.4	07:14.0	01:48.5	01:49.2	00:02.8	7.86	03:35.0	01:49.5	0.92%	DIESEL	00:27.4	00:54.7
Jess Reynolds wetsuit	01:23.2	05:39.1	01:24.8	01:25.3	00:02.1	7.47	02:43.3	01:27.9	3.72%	DIESEL	00:22.0	00:44.0
Jo Cowan	01:41.7	07:38.3	01:54.6	01:58.9	00:17.2	45.08	03:31.9	02:03.2	7.52%	PETROL	00:30.8	01:01.6
Joaquin Diz	02:11.2	09:16.9	02:19.2	02:21.9	00:10.7	23.06	03:59.0	02:38.9	14.16%	PETROL	00:39.7	01:19.5
Jocelyn Bird	01:44.2	07:17.7	01:49.4	01:51.1	00:06.9	18.93	03:36.3	01:50.7	1.17%	DIESEL	00:27.7	00:55.3
Jocelyn Bird	01:49.8	07:43.3	01:55.8	01:57.8	00:08.1	20.87	03:30.7	02:06.3	9.05%	PETROL	00:31.6	01:03.2
Kara Whittaker	01:23.5	05:54.1	01:28.5	01:30.2	00:06.7	22.68	02:48.9	01:32.6	4.61%	PETROL	00:23.2	00:46.3
Kat Caley	01:52.0	07:57.0	01:59.3	02:01.7	00:09.7	24.38	03:52.7	02:02.2	2.43%	DIESEL	00:30.5	01:01.1
Kelly Scott	01:53.7	08:10.2	02:02.5	02:05.5	00:11.8	28.85	03:54.3	02:08.0	4.41%	PETROL	00:32.0	01:04.0
Kim Vanderslik	02:06.2	08:53.3	02:13.3	02:15.7	00:09.5	21.45	04:13.0	02:20.2	5.14%	PETROL	00:35.0	01:10.1
Leilah Mackie	02:01.5	09:05.4	02:16.3	02:21.3	00:19.8	43.57	04:18.0	02:23.7	5.38%	PETROL	00:35.9	01:11.8
Lisa Chandler	01:34.0	06:18.4	01:34.6	01:34.8	00:00.9	2.76	03:09.0	01:34.7	0.11%	DIESEL	00:23.7	00:47.4
Louisa Cruz	01:32.1	06:14.0	01:33.5	01:34.0	00:01.9	5.99	03:00.6	01:36.7	3.44%	DIESEL	00:24.2	00:48.4
Louise DeChiera	01:38.2	06:58.2	01:44.5	01:46.7	00:08.5	24.35	03:22.3	01:47.9	3.24%	DIESEL	00:27.0	00:54.0
Lynne Headley	02:44.4	11:30.0	02:52.5	02:55.2	00:10.7	18.67	05:35.0	02:57.5	2.90%	DIESEL	00:44.4	01:28.8
Maria Evans (5.09)	02:23.3	10:04.1	02:31.0	02:33.6	00:00.0	20.53	05:02.0	02:31.1	0.02%	DIESEL	00:37.8	01:15.5
Mary Cameron	02:29.3	10:33.7	02:38.4	02:41.5	00:12.2	23.11	05:09.6	02:42.1	2.30%	DIESEL	00:40.5	01:21.0

	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
Mary Cameron	02:37.1	11:11.0	02:47.8	02:51.3	00:14.3	25.50	05:32.3	02:49.4	0.96%	DIESEL	00:42.3	01:24.7
Mega Smith	01:54.3	07:43.2	01:55.8	01:56.3	00:02.1	5.35	03:47.1	01:58.1	1.95%	DIESEL	00:29.5	00:59.0
Melanie Somerset	01:52.8	07:38.0	01:54.5	01:55.1	00:02.3	6.00	03:45.7	01:56.2	1.46%	DIESEL	00:29.0	00:58.1
Melanie Somerset	01:52.8	07:48.8	01:57.2	01:58.6	00:05.8	14.94	03:49.3	01:59.7	2.16%	DIESEL	00:29.9	00:59.9
Michelle Turner	02:11.8	09:29.5	02:22.4	02:25.9	00:14.0	29.59	04:28.6	02:30.4	5.66%	PETROL	00:37.6	01:15.2
Michelle Turner	02:12.5	09:40.6	02:25.2	02:29.4	00:16.9	34.93	04:36.2	02:32.2	4.84%	PETROL	00:38.0	01:16.1
Nikol Nicoletti	01:52.9	07:39.8	01:54.9	01:55.6	00:02.8	7.25	03:47.6	01:56.1	0.98%	DIESEL	00:29.0	00:58.0
Nola Gaebler	02:09.1	09:00.8	02:15.2	02:17.3	00:08.2	18.19	04:27.0	02:16.9	1.28%	DIESEL	00:34.2	01:08.5
Peta Lemmes	01:46.5	07:25.5	01:51.4	01:53.0	00:06.5	17.47	03:30.9	01:57.3	5.31%	PETROL	00:29.3	00:58.6
Pip Matiski	02:40.2	11:08.0	02:47.0	02:49.3	00:09.1	16.29	05:29.0	02:49.5	1.51%	DIESEL	00:42.4	01:24.8
Richard Rowe	01:33.4	06:19.5	01:34.9	01:35.4	00:02.0	6.30	03:01.0	01:39.2	4.60%	PETROL	00:24.8	00:49.6
Rona O'Brien	02:04.3	08:30.2	02:07.6	02:08.6	00:04.3	10.17	03:59.6	02:15.3	6.09%	PETROL	00:33.8	01:07.7
Sally Copin	01:52.1	08:12.1	02:03.0	02:06.7	00:14.5	35.46	03:49.2	02:11.5	6.85%	PETROL	00:32.9	01:05.7
Sam (Amanda)	01:14.0	05:21.7	01:20.4	01:22.6	00:08.6	32.19	02:28.0	01:26.8	7.98%	PETROL	00:21.7	00:43.4
Sarah Munachen	01:39.2	06:35.9	01:39.0	01:38.9	#####	-0.93	03:10.7	01:42.6	3.69%	DIESEL	00:25.7	00:51.3
Sarah Munachen	01:32.0	06:30.3	01:37.6	01:39.4	00:07.4	22.77	03:13.1	01:38.6	1.03%	DIESEL	00:24.6	00:49.3
Sharon Wostar	01:46.9	07:28.4	01:52.1	01:53.8	00:07.0	18.67	03:39.9	01:54.2	1.90%	DIESEL	00:28.6	00:57.1
Sue Scott	01:44.3	07:03.4	01:45.8	01:46.3	00:02.0	5.74	03:20.1	01:51.7	5.49%	PETROL	00:27.9	00:55.8
Tania Bicknell	01:44.0	06:48.7	01:42.2	01:41.6	#####	-7.02	03:19.2	01:44.8	2.53%	DIESEL	00:26.2	00:52.4
Tania Bicknell	01:42.0	06:50.2	01:42.5	01:42.7	00:00.7	2.15	03:19.2	01:45.5	2.86%	DIESEL	00:26.4	00:52.7
Wendy Mitchell	01:53.8						03:48.8				#VALUE!	#VALUE!
Wendy Tapper	01:49.7	07:44.5	01:56.1	01:58.3	00:08.6	22.09	03:47.2	01:58.6	2.17%	DIESEL	00:29.7	00:59.3

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!

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!