

Tues PM 20 Feb 2007 Timed Workout Swims: 2 x 400 LC Meter Freestyle

Name	1 st 200 Time	2 nd 200 Time	Final 400 Time	Avg Pace Per 100
Clark, Kevin	3:38.00	x x x	x x x	x x x
	3:43.00	3:51.00	7:34.00	1:53.50
(500yd free final time & 100yd free pace equivalents)			(8:21.67)	(1:37.95)
Duffy, John	3:30.10	3:50.30	7:20.40	1:50.10
(500yd free final time & 100yd free pace equivalents)			(8:06.64)	(1:35.02)
	3:43.10	3:51.90	7:35.00	1:53.75
(500yd free final time & 100yd free pace equivalents)			(8:22.78)	(1:38.17)
Eichenlaub, Eric	3:32.40	3:40.00	7:12.40	1:48.10
(500yd free final time & 100yd free pace equivalents)			(7:57.80)	(1:33.29)
	3:38.60	3:48.80	7:27.40	1:51.85
(500yd free final time & 100yd free pace equivalents)			(8:14.38)	(1:36.53)
Famularo, Terri	5:03.20	5:02.80	10:06.00	2:31.50
(500yd free final time & 100yd free pace equivalents)			(11:13.87)	(2:12.41)
	5:17.90	5:05.60	10:23.50	2:35.88
(500yd free final time & 100yd free pace equivalents)			(11:33.33)	(2:16.24)
Geist, Terry	5:07.70	5:05.50	10:13.20	2:33.30
(500yd free final time & 100yd free pace equivalents)			(11:17.59)	(2:12.30)
	5:07.10	5:16.90	10:24.00	2:36.00
(500yd free final time & 100yd free pace equivalents)			(11:29.74)	(2:14.63)
Gould, Danny	4:20.70	4:25.20	8:45.90	2:11.48
(500yd free final time & 100yd free pace equivalents)			(9:41.12)	(1:53.47)
	4:18.80	4:44.70	9:03.50	2:15.88
(500yd free final time & 100yd free pace equivalents)			(10:00.57)	(1:57.26)
Hill, Randy	3:34.00	4:30.00	8:04.00	2:01.00
(500yd free final time & 100yd free pace equivalents)			(8:54.82)	(1:44.42)
	4:14.00	4:37.00	8:51.00	2:12.75
(500yd free final time & 100yd free pace equivalents)			(9:46.76)	(1:54.56)

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Name	1 st 200 Time	2 nd 200 Time	F i n a l 400 Time	Avg Pace Per 100
Huether, Lorraine	3:49.10	3:47.20	7:36.30	1:54.01
(500yd free final time & 100yd free pace equivalents)			(8:27.41)	(1:39.64)
	3:40.10	3:45.60	7:25.70	1:51.43
(500yd free final time & 100yd free pace equivalents)			(8:15.62)	(1:37.39)
Maraldo, Larry	4:26.10	4:41.50	9:07.60	2:16.90
(500yd free final time & 100yd free pace equivalents)			(10:05.10)	(1:58.14)
	4:37.30	4:43.60	9:20.90	2:20.23
(500yd free final time & 100yd free pace equivalents)			(10:19.79)	(2:01.02)
Schubach, Shelley	3:50.00	3:44.00	7:34.00	1:53.50
(500yd free final time & 100yd free pace equivalents)			(8:24.85)	(1:39.20)
	3:51.00	3:33.00	7:24.00	1:51.00
(500yd free final time & 100yd free pace equivalents)			(8:13.73)	(1:37.01)
Shaps, Kathy	3:47.00	3:42.00	7:29.00	1:52.25
(500yd free final time & 100yd free pace equivalents)			(8:19.29)	(1:38.11)
	3:36.00	3:45.00	7:21.00	1:50.25
(500yd free final time & 100yd free pace equivalents)			(8:10.39)	(1:36.36)
Tartavouille, Vicki	3:11.00	x x x	x x x	x x x
	3:18.00	4:00.00	7:18.00	1:49.50
(500yd free final time & 100yd free pace equivalents)			(8:07.06)	(1:35.70)
Turner, Rich	4:16.00	4:37.00	8:53.00	2:13.25
(500yd free final time & 100yd free pace equivalents)			(9:48.97)	(1:54.99)
	4:14.00	5:11.00	9:25.00	2:21.25
(500yd free final time & 100yd free pace equivalents)			(10:24.33)	(2:01.90)
Weisman, Bruce	3:52.00	3:33.00	7:25.00	1:51.25
(500yd free final time & 100yd free pace equivalents)			(8:11.73)	(1:36.01)
	3:39.00	3:54.00	7:33.00	1:53.25
(500yd free final time & 100yd free pace equivalents)			(8:20.57)	(1:37.73)