

Wednesday AM 21 February 2007 Timed Workout Swims: 4 x 200 SC Meter Broken Swims

(#1 - :05 rest each 50; #2 - :10 rest each 50; #3 - :15 rest each 50; #4 - :20 rest each 50)

BARKAN, RICH (*lane leader*)

FREESTYLE #1		FREESTYLE #2		FREESTYLE #3		FREESTYLE #4	
50 Splits	100 Splits	50 Splits	100 Splits	50 Splits	100 Splits	50 Splits	100 Splits
39.9		39.3		39.0		38.1	
43.7	1:23.6	41.5	1:20.8	40.4	1:19.4	38.7	1:16.8
41.4		40.2		39.9		38.3	
43.6	1:25.0	40.2	1:20.4	40.7	1:20.6	37.1	1:15.4
Final Time	<u>2:48.6</u>	Final Time	<u>2:41.2</u>	Final Time	<u>2:40.0</u>	Final Time	<u>2:32.2</u>

BENSON, RICH (*lane leader*)

INDIVIDUAL MEDLEY #1		INDIVIDUAL MEDLEY #2		INDIVIDUAL MEDLEY #3		INDIVIDUAL MEDLEY #4	
50 Splits	100 Splits	50 Splits	100 Splits	50 Splits	100 Splits	50 Splits	100 Splits
46.9		47.4		46.2		44.5	
1:05.3	1:52.2	1:05.1	1:52.5	1:05.1	1:51.3	58.0	1:42.5
1:06.7		1:02.1		1:04.3		1:01.4	
48.3	1:55.0	48.4	1:50.5	49.1	1:53.4	43.0	1:44.4
Final Time	<u>3:47.2</u>	Final Time	<u>3:43.0</u>	Final Time	<u>3:44.7</u>	Final Time	<u>3:26.9</u>

CALABRESE, LINDA

BREASTSTROKE #1		BREASTSTROKE #2		BREASTSTROKE #3		BREASTSTROKE #4	
50 Splits	100 Splits	50 Splits	100 Splits	50 Splits	100 Splits	50 Splits	100 Splits
		1:01.6		59.7		1:01.4	
		1:02.6	2:04.2	1:00.0	1:59.7	1:02.2	2:03.6
		1:06.7		1:01.8		1:06.3	
		1:10.5	2:17.2	1:04.2	2:06.0	1:05.3	2:11.6
		Final Time	<u>4:21.4</u>	Final Time	<u>4:05.7</u>	Final Time	<u>4:15.2</u>

CALKINS, STEVE

BREASTSTROKE #1		BREASTSTROKE #2		BREASTSTROKE #3		BREASTSTROKE #4	
50 Splits	100 Splits	50 Splits	100 Splits	50 Splits	100 Splits	50 Splits	100 Splits
59.1		1:01.0		1:02.6		1:04.2	
1:03.8	2:02.9	1:15.0	2:16.0	1:05.0	2:07.6	1:03.8	2:08.0
1:11.2		1:09.0		1:04.5		1:05.0	
1:16.2	2:27.4	1:13.5	2:22.5	1:05.7	2:10.2	1:03.8	2:08.8
Final Time	<u>4:30.3</u>	Final Time	<u>4:38.5</u>	Final Time	<u>4:17.8</u>	Final Time	<u>4:16.8</u>

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INDIVIDUAL MEDLEY #1		INDIVIDUAL MEDLEY #2		INDIVIDUAL MEDLEY #3		INDIVIDUAL MEDLEY #4	
50 Splits	100 Splits	50 Splits	100 Splits	50 Splits	100 Splits	50 Splits	100 Splits
56.3		58.7		58.4		57.0	
1:16.3	2:12.6	1:12.2	2:10.9	1:10.0	2:08.4	1:08.8	2:05.8
1:02.8		58.0		1:00.6		53.2	
53.2	1:56.0	51.3	1:49.3	50.0	1:50.6	46.5	1:39.7
Final Time	<u>4:08.6</u>	Final Time	<u>4:00.2</u>	Final Time	<u>3:59.0</u>	Final Time	<u>3:45.5</u>

CATALDO, KEITH (lane leader)

BREASTSTROKE #1		BREASTSTROKE #2		BREASTSTROKE #3		BREASTSTROKE #4	
50 Splits	100 Splits	50 Splits	100 Splits	50 Splits	100 Splits	50 Splits	100 Splits
49.4		42.2		48.0		48.8	
53.0	1:42.4	50.8	1:43.0	53.6	1:41.6	52.8	1:41.6
55.5		54.5		53.5		53.3	
54.9	1:50.4	54.1	1:48.6	53.8	1:47.3	51.5	1:44.8
Final Time	<u>3:32.8</u>	Final Time	<u>3:31.6</u>	Final Time	<u>3:28.9</u>	Final Time	<u>3:26.4</u>

FLOMENHAFT, DAVID (lane leader)

FREESTYLE #1		FREESTYLE #2		FREESTYLE #3		FREESTYLE #4	
50 Splits	100 Splits	50 Splits	100 Splits	50 Splits	100 Splits	50 Splits	100 Splits
46.8		49.2		43.0		43.2	
52.2	1:39.0	50.0	1:39.2	47.9	1:30.9	47.6	1:30.8
53.6		51.3		50.8		50.8	
53.1	1:46.7	52.1	1:43.4	51.7	1:42.5	50.8	1:41.6
Final Time	<u>3:25.7</u>	Final Time	<u>3:22.6</u>	Final Time	<u>3:13.4</u>	Final Time	<u>3:12.4</u>

JOHNSEN, JIM

INDIVIDUAL MEDLEY #1		INDIVIDUAL MEDLEY #2		INDIVIDUAL MEDLEY #3		INDIVIDUAL MEDLEY #4	
50 Splits	100 Splits	50 Splits	100 Splits	50 Splits	100 Splits	50 Splits	100 Splits
1:00.4		59.6		58.2		57.9	
1:00.9	2:01.3	1:01.3	2:00.9	58.6	1:56.8	1:02.7	2:00.6
1:05.2		58.5		59.2		56.4	
58.5	2:03.7	54.2	1:52.7	53.7	1:52.9	50.8	1:47.2
Final Time	<u>4:05.0</u>	Final Time	<u>3:53.6</u>	Final Time	<u>3:49.7</u>	Final Time	<u>3:47.8</u>

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MARZANO, ALLISON

FREESTYLE #1		FREESTYLE #2		FREESTYLE #3		FREESTYLE #4	
<u>50 Splits</u>	<u>100 Splits</u>	<u>50 Splits</u>	<u>100 Splits</u>	<u>50 Splits</u>	<u>100 Splits</u>	<u>50 Splits</u>	<u>100 Splits</u>
49.7		52.0		52.1		51.7	
56.3	1:46.0	53.0	1:45.0	52.1	1:44.2	54.4	1:46.1
58.3		56.3		1:00.3		58.5	
59.1	1:57.4	56.7	1:53.0	56.0	1:56.3	59.6	1:58.1
Final Time	<u>3:43.4</u>	Final Time	<u>3:38.0</u>	Final Time	<u>3:40.5</u>	Final Time	<u>3:44.2</u>
=	=	=	=	=	=	=	=

MERZ, ERIN (lane leader)

FREESTYLE #1		FREESTYLE #2		FREESTYLE #3		FREESTYLE #4	
<u>50 Splits</u>	<u>100 Splits</u>	<u>50 Splits</u>	<u>100 Splits</u>	<u>50 Splits</u>	<u>100 Splits</u>	<u>50 Splits</u>	<u>100 Splits</u>
42.7		38.5		37.2		36.1	
42.2	1:24.9	41.0	1:19.5	37.3	1:14.5	36.1	1:12.2
42.9		40.1		38.3		39.4	
40.8	1:23.7	39.4	1:19.5	39.7	1:18.0	37.0	1:14.4
Final Time	<u>2:48.6</u>	Final Time	<u>2:39.0</u>	Final Time	<u>2:32.5</u>	Final Time	<u>2:28.6</u>
=	=	=	=	=	=	=	=

SOLLOSE, GENE

FREESTYLE #1		FREESTYLE #2		FREESTYLE #3		FREESTYLE #4	
<u>50 Splits</u>	<u>100 Splits</u>	<u>50 Splits</u>	<u>100 Splits</u>	<u>50 Splits</u>	<u>100 Splits</u>	<u>50 Splits</u>	<u>100 Splits</u>
55.9		1:00.7		1:02.7		1:01.7	
1:03.3	1:59.2	1:02.4	2:03.1	1:04.0	2:06.7	1:02.7	2:04.4
1:05.6		1:07.9		1:00.9		1:03.7	
1:03.0	2:08.6	1:04.8	2:12.7	1:08.0	2:08.9	1:03.6	2:07.3
Final Time	<u>4:07.8</u>	Final Time	<u>4:15.8</u>	Final Time	<u>4:15.6</u>	Final Time	<u>4:11.7</u>