

## Wed AM 21 Feb 2007 Timed Workout Swims: 2 x 400 LC Meter Freestyle

Name	1 <sup>st</sup> 200 Split	2 <sup>nd</sup> 200 Split	Final Time	Avg Pace Per 100
Arnett, Jennifer	4:25.20	4:25.00	8:50.20	2:12.55
(500yd free final time & 100yd free pace equivalents)				(9:49.58) (1:55.85)
	4:30.30	4:31.70	9:02.00	2:15.50
(500yd free final time & 100yd free pace equivalents)				(10:02.70) (1:58.43)
Kaufman, David	4:25.00	4:25.40	8:50.40	2:12.60
(500yd free final time & 100yd free pace equivalents)				(9:46.09) (1:54.43)
	4:25.60	4:22.60	8:48.20	2:12.05
(500yd free final time & 100yd free pace equivalents)				(9:43.66) (1:53.96)
Klages, Glenn	3:03.00	3:06.90	6:09.90	1:32.48
(500yd free final time & 100yd free pace equivalents)				(6:48.74) (1:19.81)
	2:50.80	2:46.00	5:36.80	1:24.20
(500yd free final time & 100yd free pace equivalents)				(6:12.16) (1:12.66)
Treble, Tim	2:59.00	3:04.20	6:03.20	1:30.80
(500yd free final time & 100yd free pace equivalents)				(6:41.34) (1:18.36)
	2:50.90	2:52.20	5:43.10	1:25.78
(500yd free final time & 100yd free pace equivalents)				(6:19.13) (1:14.03)
Zalenski, Crissy	3:17.70	3:18.10	6:35.80	1:38.95
(500yd free final time & 100yd free pace equivalents)				(7:20.13) (1:26.48)
	3:23.60	3:15.10	6:38.70	1:39.68
(500yd free final time & 100yd free pace equivalents)				(7:23.35) (1:27.12)