

Wed AM 21 Feb 2007 Timed Workout Swim: 1 x 800 LC Meter Freestyle

CANNER, RON

<u>100 Splits</u>	<u>200 Splits</u>	<u>400 Splits</u>
1:34.9		
1:39.2	3:14.1	
1:42.7		
1:41.7	3:24.4	6:38.5
1:42.9		
1:42.9	3:25.8	
1:43.6		
1:42.6	3:26.2	6:52.0

Final Time 13:30.5
(1:41.31 average pace per 100)

1000yd Free Equivalent 14:55.6

NELLEN, CHRIS

<u>100 Splits</u>	<u>200 Splits</u>	<u>400 Splits</u>
1:21.1		
1:25.6	2:46.7	
1:24.5		
1:25.2	2:49.7	5:36.4
1:27.1		
1:26.8	2:49.9	
1:26.4		
1:23.6	2:50.0	5:39.9

Final Time 11:16.3
(1:24.54 average pace per 100)

1000yd Free Equivalent 12:27.3

SLOANE, CHARLENE

<u>100 Splits</u>	<u>200 Splits</u>	<u>400 Splits</u>
1:45.2		
1:48.9	3:34.1	
1:48.0		
1:48.5	3:36.5	7:10.6
1:46.9		
1:47.0	3:33.9	
1:48.5		
1:42.1	3:30.6	7:04.5

Final Time 14:15.1
(1:46.89 average pace per 100)

1000yd Free Equivalent 15:57.7

DONOVAN, TERRY

<u>100 Splits</u>	<u>200 Splits</u>	<u>400 Splits</u>
1:24.8		
1:31.2	2:56.0	
1:30.0		
1:31.3	3:01.3	5:57.3
1:30.2		
1:30.1	3:00.3	
1:28.0		
1:26.4	2:54.4	5:54.7

Final Time 11:52.0
(1:29.00 average pace per 100)

1000yd Free Equivalent 13:06.7

O'DONOGHUE, MICHAEL

<u>100 Splits</u>	<u>200 Splits</u>	<u>400 Splits</u>
1:26.6		
1:30.2	2:56.8	
1:31.0		
1:31.5	3:02.5	5:59.3
1:29.9		
1:29.1	2:59.0	
1:28.6		
1:27.3	2:55.9	5:54.9

Final Time 11:54.2
(1:29.28 average pace per 100)

1000yd Free Equivalent 13:09.2

BUTLER, PAUL

<u>100 Splits</u>	<u>200 Splits</u>	<u>400 Splits</u>
1:44.4		
1:49.4	3:38.8	
1:48.8		
1:50.7	3:39.5	7:13.3
1:51.7		
1:54.8	3:46.5	
1:51.8		
1:57.2	3:49.0	7:35.5

Final Time 14:48.8
(1:51.10 average pace per 100)

1000yd Free Equivalent 16:22.1

DRISCOLL, COLLEEN

<u>100 Splits</u>	<u>200 Splits</u>	<u>400 Splits</u>
1:46.8		
1:50.8	3:37.6	
1:50.6		
1:51.3	3:41.9	7:19.5
1:52.7		
1:51.2	3:43.9	
1:49.2		
1:48.4	3:37.6	7:21.5

Final Time 14:41.0
(1:50.13 average pace per 100)

1000yd Free Equivalent 16:26.7

ORGERA, LOU

<u>100 Splits</u>	<u>200 Splits</u>	<u>400 Splits</u>
1:57.7		
2:07.4	4:05.1	
2:09.1		
2:11.1	4:20.2	8:25.3
2:12.5		
2:14.2	4:26.7	
2:07.3		
2:07.8	4:15.1	8:41.8

Final Time 17:07.1
(2:08.39 average pace per 100)

1000yd Free Equivalent 18:54.9