

# Thursday PM 1 March 2007 Timed Workout Swims: 2 or 3 x Broken 400 SC Meter Free

<u>NAME</u>	<u>400 SCM Timed Swim</u>	<u>500 YARD Equivalent</u>	<u>PACE PER 100 Yards</u>	<u>PACE PER 100 SC Meters</u>	<u>PACE PER 100 LC Meters</u>
Eichenlaub, Eric	7:09.10	8:10.46	1:36.05	1:47.20	1:50.40
	X	X	X	X	X
	7:05.50	8:06.35	1:35.24	1:46.30	1:49.47
Geist, Terry	9:11.10	10:29.91	2:03.38	2:17.70	2:21.81
	X	X	X	X	X
	8:53.10	10:09.33	1:59.35	2:13.20	2:17.18
Gould, Danny	8:03.20	9:12.30	1:48.24	2:00.80	2:04.41
	X	X	X	X	X
	8:18.40	9:29.67	1:51.64	2:04.60	2:08.32
Harten, Patrick	7:01.00	8:01.20	1:34.26	1:45.20	1:48.34
	6:59.20	7:59.15	1:33.90	1:44.80	1:47.93
	6:46.00	7:44.06	1:30.94	1:41.50	1:44.53
Jones, Ken	8:50.20	10:06.02	1:58.72	2:12.50	2:16.46
Buoy Assist	X	X	X	X	X
	8:19.00	9:30.36	1:51.73	2:04.70	2:08.42
Kolb, Robert	7:10.50	8:12.06	1:36.41	1:47.60	1:50.81
Buoy Assist	7:01.80	8:02.12	1:34.44	1:45.40	1:48.66
	7:02.30	8:02.69	1:34.53	1:45.50	1:48.65
Maraldo, Larry	8:04.70	9:14.01	1:48.51	2:01.10	2:04.70
	X	X	X	X	X
	8:18.30	9:29.56	1:51.55	2:04.50	2:08.22
Turner, Rich	8:03.60	9:12.75	1:48.33	2:00.90	2:04.51
	X	X	X	X	X
	8:16.10	9:27.04	1:51.10	2:04.00	2:07.70
Urquaila, Oscar	10:23.70	11:52.89	2:19.69	2:35.90	2:40.56
	X	X	X	X	X
	11:05.00	12:40.10	2:28.92	2:46.20	2:51.16
Velez, Julio	11:02.10	12:36.78	2:28.29	2:45.50	2:50.44
	X	X	X	X	X
	10:49.00	12:21.81	2:25.33	2:42.20	2:47.04
Velez, Yolanda	9:02.00	10:19.51	2:01.41	2:15.50	2:19.55
	X	X	X	X	X
	8:58.30	10:15.28	2:00.51	2:14.50	2:18.52