

Thursday PM 1 March 2007 Timed Workout Swims
6 x 50 SC Meter Swim Best Stroke or I. M. on 3:00

<u>NAME</u>	<u>1st 50</u>	<u>2nd 50</u>	<u>3rd 50</u>	<u>4th 50</u>	<u>5th 50</u>	<u>6th 50</u>
Barkan, Rich (butterfly)	34.81	35.72	37.74	37.56	37.52	37.76
<i>no available conversion</i>						
Dellavalle, Caitlin (freestyle)	42.58	42.18	43.84	43.43	43.26	42.56
Best 50 time YARD equivalent		37.79				
Dudek, Carolyn (freestyle)	37.80	39.80	40.70	40.70	41.70	42.20
Best 50 time YARD equivalent		33.87				
Duffy, John (freestyle)	41.50	41.90	40.50	41.20	43.20	43.20
Best 50 time YARD equivalent			36.29			
Feihel, Steve (freestyle)	32.43	34.63	35.41	35.97	36.03	35.08
Best 50 time YARD equivalent		29.06				
Lieb, Susan (freestyle)	44.10	46.00	51.00	46.40	46.00	48.20
Best 50 time YARD equivalent		39.51				
Nellen, Chris (freestyle)	28.70	30.10	30.40	30.90	30.50	30.10
Best 50 time YARD equivalent		25.72				
Nussen, Adam (freestyle)	29.58	31.43	33.22	34.72	36.49	35.72
Best 50 time YARD equivalent		26.50				
Putnam, Amanda (freestyle)	54.60	1:03.1	1:04.6	1:04.5	1:01.1	1:04.6
Best 50 time YARD equivalent		48.92				
Robson, Chris (freestyle)	43.50	46.30	44.70	44.60	45.20	47.10
Best 50 time YARD equivalent		38.98				
Schubach, Shelley (fl-bk, bk-br, br-fr)	53.08	53.11	58.51	57.91	52.58	53.21
<i>no available conversion</i>						
Tartavouille, Vicki (butterfly)	49.68	51.46	51.78	53.04	52.75	53.18
<i>no available conversion</i>						
Weisman, Bruce (freestyle)	38.00	39.80	41.60	40.50	40.50	40.40
Best 50 time YARD equivalent		34.05				