

## Friday AM 2 March 2007 Timed Workout Swims: 2 or 3 x Broken 400 Yard Free

<u>NAME</u>	<u>400 YARD Timed Swim</u>	<u>500 YARD Equivalent</u>	<u>PACE PER 100 Yards</u>	<u>PACE PER 100 SCMeters</u>	<u>PACE PER 100 LCMeters</u>
Canner, Ron	5:44.00	7:10.00	1:26.00	1:35.98	1:39.65
.....	5:44.10	7:10.10	1:26.00	1:35.98	1:39.65
.....	5:39.20	7:04.00	1:24.80	1:34.64	1:38.26
Donovan, Terry	5:20.90	6:41.10	1:20.20	1:29.51	1:32.93
.....	5:19.40	6:39.20	1:19.80	1:29.06	1:32.47
.....	5:08.10	6:25.10	1:17.00	1:25.94	1:29.22
Driscoll, Colleen	5:55.00	7:23.70	1:28.70	1:39.00	1:41.49
.....	5:51.40	7:19.20	1:27.80	1:37.99	1:40.46
.....	5:36.70	7:00.80	1:24.10	1:33.86	1:36.22
Harmon, Jim	5:20.40	6:40.50	1:20.10	1:29.40	1:32.82
.....	5:22.30	6:42.80	1:20.50	1:29.84	1:33.28
.....	5:24.00	6:45.00	1:21.00	1:30.40	1:33.86
Kaufman, David	7:14.00	9:02.50	1:48.50	2:01.09	2:05.72
.....	7:30.50	9:23.10	1:52.60	2:05.67	2:10.48
.....	7:35.60	9:29.50	1:53.90	2:07.12	2:11.98
Klages, Glenn	4:53.40	6:06.70	1:13.30	1:21.81	1:24.94
.....	4:46.30	5:57.80	1:11.50	1:19.80	1:22.85
.....	4:37.10	5:46.30	1:09.20	1:17.23	1:20.19
Livings, Vicki	8:02.90	10:03.60	2:00.70	2:14.71	2:18.10
.....	x x x	x x x	x x x	x x x	x x x
.....	8:06.10	10:07.60	2:01.50	2:15.60	2:19.02
O'Donoghue, Michael	4:53.50	6:06.80	1:13.30	1:21.81	1:24.94
.....	4:45.90	5:57.30	1:11.40	1:19.69	1:22.73
.....	4:34.30	5:42.80	1:08.50	1:16.45	1:19.37

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Orgera, Lou	6:45.40	8:26.70	1:41.30	1:53.06	1:57.38
	X X X	X X X	X X X	X X X	X X X
	7:04.90	8:51.10	1:46.20	1:58.53	2:03.06
Serko, Tracey	6:16.60	7:50.70	1:34.10	1:45.02	1:47.67
	X X X	X X X	X X X	X X X	X X X
	X X X	X X X	X X X	X X X	X X X
Sloane, Charlene	5:49.20	7:16.50	1:27.30	1:37.43	1:39.89
	5:39.90	7:04.80	1:24.90	1:34.75	1:37.14
	5:30.90	6:53.60	1:22.70	1:32.30	1:34.62
Treble, Tim	4:56.40	6:10.50	1:14.10	1:22.70	1:25.86
	4:46.30	5:57.80	1:11.50	1:19.80	1:22.85
	4:38.30	5:47.80	1:09.50	1:17.57	1:20.53
Vratimos, Pete	6:20.20	7:55.20	1:35.00	1:46.03	1:50.08
	6:18.30	7:52.80	1:34.50	1:45.47	1:49.50
	6:19.90	7:54.80	1:34.90	1:45.92	1:49.97