

**Tuesday PM 12 June 2007 400 LC Meter Timed Swim
(swum at the conclusion of 75-minute workout)**

<u>NAME</u>	<u>1st 200 Split Time</u>		<u>2nd 200 Split Time</u>		<u>Overall 400 Time</u>	<u>Avg Pace Per 100 LC Meters</u>
Barkan, Rich (leader)	2:52.90	+	2:51.60	=	5:44.50	1:26.13
Boutin, Dannick	2:51.30	+	2:56.60	=	5:47.90	1:26.98
Christie, James	4:09.90	+	4:49.60	=	8:59.50	2:14.88
Eichenlaub, Eric	3:38.90	+	3:40.80	=	7:09.70	1:47.43
Hill, Randy	3:33.70	+	3:44.20	=	7:17.90	1:49.48
Schubach, Shelley (leader)	3:40.20	+	3:31.20	=	7:11.40	1:47.85
Shaps, Kathy	3:37.10	+	3:35.70	=	7:12.80	1:48.20
Slater, Rachelle	3:55.50	+	4:13.00	=	8:08.50	2:02.13
Turner, Rich	3:42.50	+	4:14.50	=	7:57.00	1:59.25
Weisman, Bruce	3:30.60	+	3:40.60	=	7:11.20	1:47.80