

Swim Smooth Perth Winter 2013 800m Time Trials

Name	Session & Lane	8/07/13		26/08/13		800m Improvement	% Improvement	"CSS" Improvement
		800m Time # 1	Pace / 100m	800m Time # 2	Pace / 100m			
Andrew Graham	01_FRI_05			10:25.0	01:18.1	N/A	N/A	N/A
Carolyn Gorrick	01_FRI_05			10:39.0	01:19.9	N/A	N/A	N/A
Gary Couanis (pull buoy)	01_FRI_05	11:06.0	01:23.3	10:52.0	01:21.5	00:14.0	2.10%	00:01.7
Chris Owens	01_FRI_05	11:19.0	01:24.9	11:18.0	01:24.8	00:01.0	0.15%	00:00.1
Stuart Moran	01_FRI_05	11:17.0	01:24.6	11:28.0	01:26.0	-00:11.0	-1.62%	-00:01.4
Anna-Lee Hazel	01_FRI_03			11:28.0	01:26.0	N/A	N/A	N/A
James Forbes	01_FRI_05	11:28.0	01:26.0			N/A	N/A	N/A
Derek Cross	01_FRI_05	11:29.0	01:26.1			N/A	N/A	N/A
Mark Luckin	01_FRI_05	11:45.0	01:28.1	11:31.0	01:26.4	00:14.0	1.99%	00:01.7
Mark McKenzie	01_FRI_05			11:33.0	01:26.6	N/A	N/A	N/A
Steve Gleeson	01_FRI_04	12:32.0	01:34.0	11:37.0	01:27.1	00:55.0	7.31%	00:06.9
Kirk Langley	01_FRI_04			11:57.0	01:29.6	N/A	N/A	N/A
Suzanne Narbey	01_FRI_04			12:00.0	01:30.0	N/A	N/A	N/A
Renee Baker	01_FRI_04	12:01.0	01:30.1			N/A	N/A	N/A
Browyn Fricke	01_FRI_04			12:06.0	01:30.8	N/A	N/A	N/A
Luke Cameron	01_FRI_03	12:38.0	01:34.8	12:12.0	01:31.5	00:26.0	3.43%	00:03.3
Mark Wallis	01_FRI_03			12:17.0	01:32.1	N/A	N/A	N/A
Rory Thomson	01_FRI_03			12:18.0	01:32.3	N/A	N/A	N/A
Jeff Davis	01_FRI_03	13:19.0	01:39.9	12:18.0	01:32.3	01:01.0	7.63%	00:07.6
Jane Massey	01_FRI_03	13:44.0	01:43.0	12:23.0	01:32.9	01:21.0	9.83%	00:10.1
Caroline Zani	01_FRI_03	12:24.0	01:33.0			N/A	N/A	N/A
Justine Murphy	01_FRI_03	12:16.0	01:32.0	12:28.0	01:33.5	-00:12.0	-1.63%	-00:01.5

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Georgia Symons	01_FRI_03	12:28.0	01:33.5			N/A	N/A	N/A
Simon ?	01_FRI_03	12:49.0	01:36.1			N/A	N/A	N/A
Graham Crocker	01_FRI_02			12:27.0	01:33.4	N/A	N/A	N/A
John Harris	01_FRI_02	13:02.0	01:37.8			N/A	N/A	N/A
Hannah McKerchar	01_FRI_02	13:25.0	01:40.6	12:36.0	01:34.5	00:49.0	6.09%	00:06.1
Kim Smith	01_FRI_02			12:45.0	01:35.6	N/A	N/A	N/A
Matt McCarney	01_FRI_02			12:48.0	01:36.0	N/A	N/A	N/A
Geoff Ivanac	01_FRI_02	13:52.0	01:44.0	12:49.0	01:36.1	01:03.0	7.57%	00:07.9
Glenn Martinovich	01_FRI_02			13:38.0	01:42.3	N/A	N/A	N/A
Peter Annear	01_FRI_02			13:38.0	01:42.3	N/A	N/A	N/A
Kay Fuller	01_FRI_02	13:45.0	01:43.1	13:57.0	01:44.6	-00:12.0	-1.45%	-00:01.5
Adam Wheeler	01_FRI_02			14:27.0	01:48.4	N/A	N/A	N/A
Kym Morton	01_FRI_02			14:38.0	01:49.8	N/A	N/A	N/A
Ermie Robinson	01_FRI_01	14:35.0	01:49.4			N/A	N/A	N/A
Mark Bosistos	01_FRI_01	15:43.0	01:57.9	14:54.0	01:51.8	00:49.0	5.20%	00:06.1
Shane Hunter	01_FRI_01	DNF	N/A	14:55.0	01:51.9	N/A	N/A	N/A
Nathan Thomson	01_FRI_01	15:13.0	01:54.1	14:57.0	01:52.1	00:16.0	1.75%	00:02.0
Robyn Ahern	01_FRI_01			15:02.0	01:52.7	N/A	N/A	N/A
Jo van Rooyen	01_FRI_01	15:16.0	01:54.5			N/A	N/A	N/A
Bill Carmody	01_FRI_01			16:39.0	02:04.9	N/A	N/A	N/A
Jill Benbow	01_FRI_01			17:10.0	02:08.8	N/A	N/A	N/A
Owen Price	02_FRI_04	11:56.0	01:29.5			N/A	N/A	N/A
John Edwards	02_FRI_04	12:32.0	01:34.0	12:15.0	01:31.9	00:17.0	0.02%	00:02.1
Grant Hankinson	02_FRI_04	12:24.0	01:33.0			N/A	N/A	N/A
Alberto Lacchini	02_FRI_04			12:28.0	01:33.5	N/A	N/A	N/A

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Chris MacKinnon	02_FRI_04			12:31.0	01:33.9	N/A	N/A	N/A
Paul Downie	02_FRI_04	12:35.0	01:34.4			N/A	N/A	N/A
John Turner	02_FRI_03	12:24.0	01:33.0	12:34.0	01:34.3	-00:10.0	-1.34%	-00:01.3
Jo Hayes	02_FRI_03			12:41.0	01:35.1	N/A	N/A	N/A
Lotti van Merwyck	02_FRI_04			12:45.0	01:35.6	N/A	N/A	N/A
Rob Franklyn	02_FRI_03	12:50.0	01:36.3			N/A	N/A	N/A
Ari Huston	02_FRI_03	12:57.0	01:37.1	12:51.0	01:36.4	00:06.0	0.77%	00:00.7
Brenton Jenke	02_FRI_03			13:00.0	01:37.5	N/A	N/A	N/A
Matt Illingworth	02_FRI_03			13:01.0	01:37.6	N/A	N/A	N/A
Ray Steffanoni	02_FRI_03			13:01.0	01:37.6	N/A	N/A	N/A
Michael S	02_FRI_03			13:06.0	01:38.2	N/A	N/A	N/A
Asha de Vos	02_FRI_03	13:22.0	01:40.3			N/A	N/A	N/A
Trevor Magee	02_FRI_03	14:13.0	01:46.6	13:48.0	01:43.5	00:25.0	2.93%	00:03.1
Bill Moody	02_FRI_03			13:58.0	01:44.8	N/A	N/A	N/A
Megan Surette	02_FRI_02	13:58.0	01:44.8	14:00.0	01:45.0	-00:02.0	-0.24%	-00:00.3
Christine Lowe	02_FRI_03			14:08.0	01:46.0	N/A	N/A	N/A
Jess Huston	02_FRI_02			14:15.0	01:46.9	N/A	N/A	N/A
Carrie Anderson	02_FRI_02			14:22.0	01:47.8	N/A	N/A	N/A
Lorraine Driscoll	02_FRI_02	14:16.0	01:47.0			N/A	N/A	N/A
Mike Scott	02_FRI_02	14:50.0	01:51.3	14:26.0	01:48.2	00:24.0	2.70%	00:03.0
Mike Fischer	02_FRI_02	14:57.0	01:52.1			N/A	N/A	N/A
Andrew Holmes	02_FRI_02	15:03.0	01:52.9	15:00.0	01:52.5	00:03.0	0.33%	00:00.4
Amanda Nitschke	02_FRI_02	DNS	N/A	15:00.0	01:52.5	N/A	N/A	N/A
Kim Annear	02_FRI_02	15:08.0	01:53.5			N/A	N/A	N/A
Tim Booth	02_FRI_02	15:14.0	01:54.3			N/A	N/A	N/A

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Guy van Hazel	02_FRI_02	15:41.0	01:57.6			N/A	N/A	N/A
Annette van Hazel	02_FRI_02	15:51.0	01:58.9			N/A	N/A	N/A
Tim Humphry	02_FRI_01	15:14.0	01:54.3			N/A	N/A	N/A
Sally Steffanoni	02_FRI_01			15:52.0	01:59.0	N/A	N/A	N/A
Caroline Claydon	02_FRI_01	15:40.0	01:57.5	15:42.0	01:57.8	-00:02.0	-0.21%	-00:00.2
Paul Payne	02_FRI_01	16:22.0	02:02.8	16:18.0	02:02.3	00:04.0	0.41%	00:00.5
Ben Dundas	02_FRI_01	16:46.0	02:05.8			N/A	N/A	N/A
Ashan Weerakkody	03_THU_04	11:05.0	01:23.1	10:49.0	01:21.1	00:16.0	2.41%	00:02.0
Stein ?	03_THU_03	15:12.0	01:54.0	14:07.0	01:45.9	01:05.0	7.13%	00:08.1
Will Hart	03_THU_03	15:50.0	01:58.7	15:35.0	01:56.9	00:15.0	1.58%	00:01.9
Tony ?	03_THU_02	16:30.0	02:03.8	15:40.0	01:57.5	00:50.0	5.05%	00:06.3
Barrat Luft	03_THU_02	16:43.0	02:05.4	16:55.0	02:06.9	-00:12.0	-1.20%	-00:01.5
Cobie Rudd	03_THU_01	17:32.0	02:11.5			N/A	N/A	N/A
Jeff ?	03_THU_01	17:56.0	02:14.5			N/A	N/A	N/A
Colleen Delpech	03_THU_01	20:38.0	02:34.7	18:55.0	02:21.9	01:43.0	8.32%	00:12.9
Bob Tarr	04_WED_05	11:00.0	01:22.5	11:09.0	01:23.6	-00:09.0	-1.36%	-00:01.1
Suzi Scarff	04_WED_04	11:22.0	01:25.3	11:23.0	01:25.4	-00:01.0	-0.15%	-00:00.1
Gavin McKay	04_WED_04	11:25.0	01:25.6			N/A	N/A	N/A
Brad ?	04_WED_04	11:32.0	01:26.5			N/A	N/A	N/A
Brad Hosking	04_WED_03	12:27.0	01:33.4	11:56.0	01:29.5	00:31.0	4.15%	00:03.9
Gwen Lossie	04_WED_04	12:07.0	01:30.9			N/A	N/A	N/A
John Elliott	04_WED_03	12:37.0	01:34.6	12:05.0	01:30.6	00:32.0	4.23%	00:04.0
Marie T-H	04_WED_03			12:27.0	01:33.4	N/A	N/A	N/A
Jane Chambers	04_WED_03			12:51.0	01:36.4	N/A	N/A	N/A
Cyndy Hetrick	04_WED_03	13:09.0	01:38.6	13:04.0	01:38.0	00:05.0	0.63%	00:00.6

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Saskia Letham	04_WED_03	13:30.0	01:41.3	13:21.0	01:40.1	00:09.0	1.11%	00:01.1
Belinda Bennett	04_WED_02			14:28.0	01:48.5	N/A	N/A	N/A
Anne-Marie D'Arcy	04_WED_02			14:34.0	01:49.3	N/A	N/A	N/A
Janet Ferguson	04_WED_02	14:55.0	01:51.9	14:42.0	01:50.3	00:13.0	1.45%	00:01.6
Jane Davis	04_WED_02	14:14.0	01:46.7	14:55.0	01:51.9	-00:41.0	-4.80%	-00:05.1
Emmy Poulson	04_WED_02	15:00.0	01:52.5			N/A	N/A	N/A
David Cane	04_WED_02	15:35.0	01:56.9	15:01.0	01:52.6	00:34.0	3.64%	00:04.3
Diane Olver	04_WED_02	15:10.0	01:53.8			N/A	N/A	N/A
Barrie Eaves	04_WED_02	15:19.0	01:54.9			N/A	N/A	N/A
Lynn Harrop	04_WED_02			15:21.0	01:55.1	N/A	N/A	N/A
Gillian Evans	04_WED_02			15:26.0	01:55.8	N/A	N/A	N/A
Michelle Bistrup	04_WED_02	15:29.0	01:56.1			N/A	N/A	N/A
Brian Bannon	04_WED_02	16:19.0	02:02.4			N/A	N/A	N/A
Debra Kempe	04_WED_02	16:22.0	02:02.8			N/A	N/A	N/A
Liz Beeck	04_WED_02	15:25.0	01:55.6	16:22.0	02:02.8	-00:57.0	-6.16%	-00:07.1
Roxanne Garven	04_WED_01			16:17.0	02:02.1	N/A	N/A	N/A
Sue Oldham	04_WED_01			16:24.0	02:03.0	N/A	N/A	N/A
Kim Ribbink	04_WED_01	18:56.0	02:22.0	17:46.0	02:13.3	01:10.0	6.16%	00:08.7
Helene Hansen	04_WED_01	18:50.0	02:21.2	18:10.0	02:16.3	00:40.0	3.54%	00:05.0
Sandra Cronin	04_WED_01	18:42.0	02:20.3			N/A	N/A	N/A
Eldon George	04_WED_01	21:35.0	02:41.9	19:04.0	02:23.0	02:31.0	11.66%	00:18.9
Johan	Wed 530am			10:58.0	01:22.3			
Shane	Wed 530am			11:47.0	01:28.4			
Shelley Taylor	Wed 530am			11:29.0	01:26.1			
Dave	Wed 530am			11:46.0	01:28.3			

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Janine Willis	Wed 530am			11:42.0	01:27.7			
Glenn Morrison	Wed 530am			13:22.0	01:40.3			
Pam Criddle	Wed 530am			12:20.0	01:32.5			
Sean Jermy	Wed 530am			12:54.0	01:36.8			
Myles	Wed 530am			12:34.0	01:34.3			
Tracey	Wed 530am			13:12.0	01:39.0			
Rob	Wed 530am			12:49.0	01:36.1			
Sean Webb	Wed 530am			14:13.0	01:46.6			
Anka Franzmann	Wed 530am			15:30.0	01:56.3			
Michael Japp	Fri 930am			13:10.0	01:38.8			
Ric	Fri 930am			14:18.0	01:47.3			
Anna van Hazel	Fri 930am			14:54.0	01:51.8			
Catherine Forbes	Fri 930am			15:55.0	01:59.4			
Mike Hodgson	Fri 930am			16:55.0	02:06.9			
Tracey Verstandig	Fri 930am			17:24.0	02:10.5			
Gavin Cooke	Fri 930am			17:09.0	02:08.6			
Greg	Fri 930am			17:30.0	02:11.3			
Sally Mauk	Thu 615pm			12:01.0	01:30.1			
Bec Edmonds	Thu 615pm			14:27.0	01:48.4			
Rupert Holman	Thu 615pm			14:08.0	01:46.0			
Chris Walker	Thu 615pm			12:50.0	01:36.3			
Jaime	Thu 615pm			14:06.0	01:45.7			
Roger	Thu 615pm			13:50.0	01:43.8			
Stijn	Thu 615pm			14:07.0	01:45.9			
Carolyn Berry	Thu 615pm			14:10.0	01:46.3			
Rachel	Thu 615pm			15:55.0	01:59.4			
Lorraine Walker	Thu 615pm			17:12.0	02:09.0			
Susan	Thu 615pm			18:06.0	02:15.8			