

NAME	m	old PB	current PB	mean/50 m	50 m	100 m			400 m		
						TIME	50 m split	Δ	TIME	50 m split	Δ
Owen	100	00:01:25	00:01:25	00:00:45		00:01:30					
	200	00:03:31	00:03:31								
	400	00:07:05	00:06:37	00:00:50					00:06:37		
Annemieke	100	00:01:34	00:01:34	00:00:47		00:01:34					
	200										
	400	00:07:20	00:07:20	00:00:55					00:07:20		
Bronwyn	100	00:01:39	00:01:30	00:00:45		00:01:30					
	200	00:03:37	00:03:37								
	400	00:07:20	00:07:05	00:00:53					00:07:05		
Mike	100	00:01:44	00:01:41	00:00:51		00:01:41					
	200	00:03:50	00:03:50								
	400	00:08:19	00:07:57	00:01:00					00:07:57		
Chung	100	00:01:38	00:01:38	00:00:50		00:01:40					
	200	00:03:49	00:03:49								
	400	00:08:28	00:08:28	00:00:00							
Alison	100	00:01:53	00:01:51	00:00:56		00:01:51					
	200	00:04:10	00:04:10								
	400	00:09:41	00:08:58	00:01:07					00:08:58		
Jenny	100		00:01:53	00:00:57		00:01:53					
	200										
	400		00:09:20	00:01:10					00:09:20		
Leah	100		00:01:50	00:00:55		00:01:50					
	200										
	400		00:09:02	00:01:08					00:09:02		
Benny	100	00:02:03	00:02:03	00:01:08		00:02:16					
	200	00:04:46	00:04:46								
	400	00:09:54	00:09:54	00:01:20					00:10:40		
Janet	100		00:01:25	00:00:43		00:01:25					
	200										
	400		00:06:42	00:00:50					00:06:42		
Deb	100	00:01:29	00:01:28	00:00:44		00:01:28					
	200	00:03:26	00:03:26								
	400	00:07:16	00:07:03	00:00:53					00:07:03		
Haley	100		00:01:44	00:00:52		00:01:44					
	200										
	400		00:08:30	00:01:04					00:08:30		
Tam	100	00:01:50	00:01:47	00:00:53		00:01:47					
	200	00:04:16	00:04:16								
	400	00:09:08	00:08:29	00:01:04					00:08:29		
Erin	100		00:01:36	00:00:48		00:01:36					
	200										
	400		00:07:00	00:00:53					00:07:00		
Joanne	100		00:01:47	00:00:53		00:01:47					
	200f										
	400		00:08:19	00:01:02					00:08:19		
Colleen	100		00:01:55	00:00:58		00:01:55					
	200										
	400		00:09:06	00:01:08					00:09:06		
Mary	100	00:02:30	00:02:25	00:01:12		00:02:25					
	200	00:05:07	00:05:07								
	400	00:10:29	00:10:21	00:01:18					00:10:21		
Steve	100		00:01:36	00:00:48		00:01:36					
	200										
	400		00:07:58	00:01:00					00:07:58		
Joeri	100		00:01:36	00:00:48		00:01:36					
	200f										
	400		00:08:02	00:01:00					00:08:02		

