

## Steining AC: 400m Time-Trials

(Ranked by 18-month weighted average time)

**Sept. 2012**

**Previous T-T**

**Past 18 Months**

Rank	Name	Split Times		400m Time	Notes	
		1st 200	2nd 200		PB	SAC Rec.
1	Gary B	2:41	2:50	5:31.1	✓	M 18-39
2	Andy R	2:38	2:59	5:37.2	✓	
3	Lydia J	2:43	2:55	5:37.7	✓	F Overall
4	Lawrence N	-	-	-		
5	Brian M	2:50	2:51	5:40.8		M 50-59
6	Paul M	2:50	2:59	5:49.3		
7	Sarah C	2:51	2:58	5:48.8	✓	F 40-49
8	Shane B	2:52	3:05	5:57.3	✓	
9	Simon T	2:51	3:00	5:51.3	✓	
10	Lian M	2:56	3:07	6:02.5		
11	George M	2:57	3:05	6:02.3		
12	Ross W	3:00	3:10	6:09.8	✓	
13	Adrian S	3:04	3:09	6:13.4		
14	Pete L	2:55	3:14	6:08.6	✓	
15	Simon J	-	-	-		
16	Michelle C	-	-	-		
17	Moyra A	3:04	3:12	6:15.5	✓	
18	Hannah J	3:03	3:13	6:15.9	✓	
19	Amanda O	3:06	3:16	6:22.1		
20	Tim P	3:06	3:26	6:31.5		
21	Simon M	3:09	3:23	6:32.1	✓	
22	Jon B	3:12	3:22	6:33.5		
23	Laurence C-Y	3:10	3:16	6:26.4	✓	
24	Wayne G	3:15	3:18	6:32.9	✓	
25	Joe T	-	-	-		
26	Gary P	3:20	3:18	6:37.5		
27	Ruth S	3:12	3:25	6:37.0	✓	
28	Frank T	-	-	-		
29	Jane P	3:20	3:27	6:47.4		
30	Adrian B	3:22	3:35	6:56.6		
31	Claire P	-	-	-		
32	Louise M	3:14	3:40	6:54.3	✓	
33	Sue F-D	3:25	3:39	7:03.9		
34	Michelle G	3:23	3:42	7:05.2	✓	
35	Alison B	3:33	3:37	7:09.9		
36	Michelle B	3:19	3:52	7:10.6	✓	
37	Lisa J	-	-	-		
38	Alice A	-	-	-		
39	Tim W	3:36	3:41	7:16.7		
40	Chris L	3:41	3:46	7:27.0		

Date	400m Time
Apr. '12	5:41.3
-	-
Apr. '12	5:42.8
Apr. '12	5:36.2
Apr. '12	5:47.2
Apr. '12	5:47.6
Apr. '12	6:01.6
-	-
Apr. '12	6:21.0
Sept. '10	5:55.5
Apr. '12	6:16.8
Apr. '12	6:17.1
May '07	5:49.9
Apr. '12	6:30.2
Sept. '11	6:15.6
Apr. '12	6:16.6
Apr. '12	6:21.7
Apr. '12	6:25.7
Apr. '12	6:27.3
Apr. '12	6:26.5
-	-
Apr. '12	6:31.2
Apr. '12	6:52.5
Sept. '11	6:57.5
Apr. '12	6:36.5
Apr. '12	6:47.5
Apr. '12	6:58.9
Sept. '11	6:52.5
Apr. '12	6:56.8
Apr. '12	6:57.7
Sept. '11	6:56.5
Apr. '12	7:07.1
Apr. '12	7:04.1
-	-
Apr. '12	7:03.8
-	-
Apr. '11	7:16.8
Apr. '12	7:20.8
Apr. '12	7:39.9
Apr. '11	7:28.5

No. TTs Swum	Weighted Ave. Time
3	5:33.8
1	5:37.2
3	5:39.0
2	5:40.6
2	5:42.4
4	5:49.0
4	5:52.6
1	5:57.3
3	5:59.3
2	6:02.5
2	6:06.0
3	6:12.2
1	6:13.4
4	6:15.4
2	6:16.4
1	6:16.6
4	6:17.1
3	6:18.3
3	6:23.4
3	6:30.5
1	6:32.1
3	6:32.7
2	6:33.0
2	6:34.6
1	6:36.5
4	6:41.2
3	6:43.2
1	6:43.5
3	6:50.1
4	6:56.4
1	6:56.5
3	6:59.6
4	7:02.3
1	7:05.2
4	7:09.2
1	7:10.6
1	7:16.8
1	7:20.8
3	7:22.9
3	7:27.4

**Notes:** The weighted average time is based on all 400m time-trials swum during the past 18 months.  
The most recent swim is assigned the highest weight, and earlier swims are assigned proportionally lower weights.