

Steying 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.
41	Steve C-Y	3:36	3:50	7:26.0	✓	
42	Lee O	3:34	3:57	7:31.1		
43	Cherry N	3:43	3:50	7:33.2		
44	Sophie T	-	-	-		
45	Elaine S	3:52	3:48	7:39.5		
46	George V	3:50	3:55	7:44.5		M 70+
47	Bethany S	3:45	4:02	7:47.0		
48	Lauren J	3:36	3:51	7:47.3		
49	Nigel McA	3:45	4:00	7:45.3		
50	Zara S	-	-	-		
51	Juliet S	3:52	4:05	7:57.1		
52	Phil S	3:58	4:19	8:16.5	✓	
53	Steve J	-	-	-		
54	Ruby L	4:04	4:11	8:15.1	✓	
55	Ollie W	4:04	4:14	8:18.0	✓	
56	Niamh H	4:07	4:21	8:27.5	✓	
57	Mike M	4:14	4:23	8:37.4	✓	
58	Lucy L	4:25	4:38	9:03.2		
59	Andie A	4:31	4:52	9:22.5		
60	Jeremy T	4:42	4:53	9:34.6		
61	Anne-Marie P	4:50	4:56	9:45.5		
62	Ann N	4:43	4:58	9:40.5		
63	Carol K	-	-	-		
64	Barbara F-F	5:04	5:20	10:23.8		
65	Carol C	5:27	5:42	11:08.5		
66	Cathy W	6:48	6:49	13:36.7	✓	

Date	400m Time
Apr. '11	8:26.2
Apr. '12	7:17.7
Apr. '12	7:22.1
Apr. '12	7:32.5
Sept. '11	8:08.1
-	-
Apr. '12	7:40.9
Sept. '11	7:38.1
Apr. '12	7:54.1
Apr. '12	7:48.9
Apr. '12	7:54.5
-	-
Apr. '12	8:18.5
Apr. '12	8:32.8
Apr. '12	9:17.6
Apr. '12	8:58.9
Apr. '11	9:06.4
Apr. '12	8:23.9
Apr. '12	9:20.4
Sept. '11	9:28.6
Apr. '12	9:20.5
Apr. '12	9:38.5
Apr. '12	10:08.2
-	-
Sept. '10	10:53.9
-	-

No. TTs Swum	Weighted Ave. Time
2	7:27.5
2	7:27.7
4	7:29.6
1	7:32.5
2	7:41.5
1	7:44.5
2	7:45.4
2	7:46.7
3	7:47.4
1	7:48.9
2	7:56.4
1	8:16.5
1	8:18.5
2	8:19.6
2	8:33.1
2	8:35.5
2	8:38.1
4	8:54.6
2	9:22.0
2	9:34.2
3	9:39.0
3	9:39.4
2	10:05.9
1	10:23.8
1	11:08.5
1	13:36.7

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.