



## EETC Critical Swim Speed Results

Pool Runnymede Date 21/09/2015 Pool length 25m

Position	Name	400m time (min:sec)	200m time (min:sec)	CSS time (min:sec/100m)	CSS time (sec/25m)	
1	Harry Smith	04:52	02:21	01:15.5	00:18.9	Lane 5/6 - below 25.0s / 25m
2	Sinead Clarke	05:36	02:40	01:28.0	00:22.0	
3	Dan Brand	05:40	02:44	01:28.0	00:22.0	
4	Abbie Brown	05:50	02:47	01:31.5	00:22.9	
5	Bill Smith	06:22	03:06	01:38.0	00:24.5	
6	Mark Saville	06:25	03:05	01:40.0	00:25.0	
7	David Nicel	06:20	02:57	01:41.5	00:25.4	Lane 3 & 4 - 28.7s to 25.4 s / 25m
8	Mike Blerkhom	06:31	03:08	01:41.5	00:25.4	
9	Zena Shean	06:55	03:27	01:44.0	00:26.0	
10	Gary Brown	06:35	03:06	01:44.5	00:26.1	
11	Sarah Carter	06:52	03:23	01:44.5	00:26.1	
12	Simon Nathan	07:38	03:48	01:55.0	00:28.7	
13	Matt Pickett	07:20	03:30	01:55.0	00:28.7	Lane 1 & 2 - above 28.7s / 25m
14	Alex Sinclair	07:45	03:49	01:58.0	00:29.5	
15	Sarah Kemp	07:33	03:36	01:58.5	00:29.6	
16	Michelle Sparks	08:17	04:05	02:06.0	00:31.5	
17	Matt Mernagh	07:56	03:43	02:06.5	00:31.6	
18	James Bunn	09:12	04:18	02:27.0	00:36.7	
19	Jenny Harley	09:26	04:28	02:29.0	00:37.3	

\* = CSS result not valid if 200m time trial slower than 200m splits in 400 m time trial

$$\text{CSS (m/sec)} = (400-200)/(T400-T200)$$

$$\text{CSS (sec/100m)} = 100/\text{CSS(m/sec)}$$