

20 x 100m - Pace Time - PB+20 (Freestyle) - Even Pace

Record times and stroke counts every 4th 100. Goal is to hold a consistent stroke count and time

First Name	Last Name	CLUB	Gender	PACE	SC4	SC8	SC12	SC16	SC20	Time4	Time8	Time12	Time16	Time20	Avg
Julie	Calvert	OAK	F	1:20	29	31	29	30	31	1:13.00	1:13.00	1:14.00	1:13.00	1:13.00	1:13.33
Annie	Harrison	OAK	F	1:20	31	32	32	32	32	1:12.00	1:14.00	1:15.00	1:12.00	1:13.00	1:13.33
Brittany	Maclean	ESWIM	F	1:20	32	33	31	32	34	1:14.00	1:12.00	1:14.00	1:12.00	1:13.00	1:13.00
Amanda	McCormack	EBSC	F	1:20	35	36	35	35	36	1:19.00	1:16.00	1:17.00	1:16.00	1:16.00	1:16.33
Ioana Maria	Negru	ESWIM	F	1:20	30	30	30	30	31	1:19.00	1:18.00	1:19.00	1:18.00	1:18.00	1:18.33
Marni	Oldershaw	OAK	F	1:20	31	30	30	31	32	1:13.00	1:13.00	1:13.00	1:14.00	1:14.00	1:13.67
Jillian	Stoyan	TSC	F	1:20	34	32	35	35	34	1:19.00	1:18.00	1:19.00	1:18.00	1:18.00	1:18.33
Natasha	Truscott	ESWIM	F	1:20	34	35	35	36	36	1:13.00	1:12.00	1:13.00	1:12.00	1:12.00	1:12.33
Tera	Van Beilen	OAK	F	1:20	30	29	30	29	29	1:12.00	1:14.00	1:13.00	1:13.00	1:12.00	1:12.67
Ryan	Cockell	NKB	M	1:15	20	21	20	22	22	1:13.00	1:14.00	1:13.00	1:14.00	1:14.00	1:13.67
Mackenzie	Darragh	OAK	M	1:15	30	28	30	31	30	1:14.00	1:15.00	1:13.00	1:15.00	1:14.00	1:14.00
Matthew	Kwatyra	LAC	M	1:15	26	27	26	26	26	1:13.00	1:13.00	1:12.00	1:13.00	1:12.00	1:12.33
Edward	Liu	TSC	M	1:15	30	30	30	32	30	1:13.00	1:14.00	1:15.00	1:15.00	1:14.00	1:14.67
Matthew	Roman	LAC	M	1:20	27	28	27	28	27	1:13.00	1:11.00	1:10.00	1:09.00	1:08.00	1:09.00
Brayden	Salmon	LAC	M	1:15	27	28	27	28	27	1:13.00	1:14.00	1:13.00	1:14.00	1:12.00	1:13.00
Mackenzie	Salmon	LAC	M	1:15	26	25	26	26	27	1:13.00	1:14.00	1:14.00	1:14.00	1:13.00	1:13.67
Jeffrey	Swanston	NEW	M	1:20	33	30	33	35	34	1:14.00	1:13.00	1:12.00	1:12.00	1:10.00	1:11.33