

EETC Critical Swim Speed Results

Pool Runnymede Date 15/06/2015 Pool length 25m
22/06/2015

Position	Name	400m time (min:sec)	200m time (min:sec)	CSS time (sec/25m)	
1	Harry Smith	05:06	02:33	00:19.1	Lane 5/6 - below 26.4s / 25m
2	Dan Brand	05:36	02:38	00:22.3	
3	Abbie Brown	05:53	02:51	00:22.8	
4	Mark Miller	06:09	03:00	00:23.6	
5	David Nicel	06:11	02:57	00:24.3	
6	Bill Smith	06:21	03:06	00:24.4	
7	Mike Blerkhom	06:24	03:04	00:25.0	
8	Mark Savill	06:37	03:06	00:26.4	
9	Sarah Carter	06:52	03:21	00:26.4	Lane 3 & 4 - 30.4s to 26.4 s / 25m
10	Andrew Dennett	06:34	03:02	00:26.5	
11	Matt Kopp	07:08	03:28	00:27.5	
12	Adam Harley	06:49	03:08	00:27.6	
13	Gary Brown	06:55	03:10	00:28.1	
14	Janice Brown	07:16	03:31	00:28.1	
15	Mark Sheperd	07:34	03:39	00:29.4	
16	Chris Milne	08:01	03:58	00:30.4	
17	Liam Walsh	07:40	03:35	00:30.6	Lane 1 & 2 - above 30.6s / 25m
18	Sarah Kemp	08:07	03:54	00:31.6	
19	Michelle Sparks	07:59	03:45	00:31.7	
20	Matt Pickett	08:00	03:46	00:31.7	
21	James Roberts	08:14	03:53	00:32.6	
22	Jenny Harley	08:58	04:27	00:33.9	
23	Mark Williams	09:08	04:19	00:36.1	
24	Chris Hayes	09:23	04:10	00:39.1	
25	Joseph Shean	n/a	05:42	n/a	

* = CSS result not valid if 200m time trial slower
than 200m splits in 400 m time trial
= Test completed at Wickford pool on 1/03/2015

CSS (m/sec) = (400-200)/(T400-T200)
CSS (sec/100m) = 100/CSS(m/sec)