

CSS test november 23 2023

* 400; if any of your times are 2s above or below the average then your pacing needs work
 * 200; if there is greater than 5s between your first and second 100 then your pacing needs work

Name	400					200			Time	CSS		
	100	200	300	400	Change	100	200	Change		Threshold	CSS Change	
Name	100 time	200 time 100 split	300 time 100 split	400 time 100 split	previous 400 time	100 time	200 time 100 split	pre 200 time	CSS time	T1	T1 time	previous css time
			previous av. pace	change in time		previous av. pace	change in time			T2	T2 time	
		average pace	av.pace time	change in pace		average pace	av.pace time	change in pace		T3	T3 time	change in css
										T4	T4 time	
										T5	T5 time	
Marlene	1:12.97	2:30.55 1:17.58	3:49.20 1:18.65	5:07.45 1:18.25 1:18.97	5:19.38 -0:11.93	1:12.33	2:28.54 1:16.21 1:18.97	2:36.99 -0:08.45	1:19.46	T1	1:38.09	1:21.00
		average pace	1:16.86	-0:02.11		average pace	1:14.27	-0:04.70		T2	1:27.31	
										T3	1:22.77	-0:01.55
										T4	1:19.46	
										T5	1:14.26	
Ismael	1:15.33	2:42.62 1:27.29	4:15.84 1:33.22	5:48.28 1:32.44	100 for time; 1:14.02 first 50; 34.08	1:13.14	2:39.52 1:26.38		1:34.38	T1	1:56.52	
		average pace	1:27.07			average pace	1:19.76			T2	1:43.71	
										T3	1:38.31	
										T4	1:34.38	
										T5	1:28.21	
Carry	1:36.13	3:20.03 1:43.90	5:05.43 1:45.40	6:47.45 1:42.02		1:33.11	3:12.78 1:39.67		1:47.34	T1	2:12.51	
		average pace	1:41.86	1:41.86		average pace	1:36.39	3:12.78 1:36.39		T2	1:57.95	
										T3	1:51.81	
										T4	1:47.34	
										T5	1:40.31	
Robert	1:29.09	3:06.83 1:37.74	4:49.04 1:42.21	6:31.99 1:42.95 1:48.77	7:15.22 -0:43.23	1:28.54	3:06.48 1:37.94 1:38.50	3:17.58 -0:11.10	1:42.76	T1	2:06.86	1:59.00
		average pace	1:38.00	-0:10.77		average pace	1:33.24	-0:05.26		T2	1:52.92	
										T3	1:47.04	-0:16.25
										T4	1:42.76	
										T5	1:36.03	
Catherine	1:36.13	3:22.68 1:46.55	5:09.25 1:46.57	6:53.43 1:44.18 1:47.08	7:08.37 -0:14.94	1:37.23	3:21.77 1:44.54 1:18.97	2:36.99 0:44.78	1:45.83	T1	2:10.65	1:21.00
		average pace	1:43.36	-0:03.72		average pace	1:40.89	0:21.92		T2	1:56.30	
										T3	1:50.24	0:24.83
										T4	1:45.83	
										T5	1:38.91	
John.s	1:53.55	3:55.54 2:01.99	5:57.05 2:01.51	7:58.18 2:01.13 1:56.25	7:45.68 0:12.50	1:49.30	3:44.85 1:55.55 1:52.11	3:44.22 0:00.63	2:06.67	T1	2:36.38	2:01.00
		average pace	1:59.55	0:03.30		average pace	1:52.43	0:00.32		T2	2:19.19	
										T3	2:11.94	0:05.67
										T4	2:06.67	
										T5	1:58.38	
Soley	1:49.94	3:46.21 1:56.27	5:41.58 1:55.37	7:36.56 1:54.98 1:58.10	7:51.85 -0:15.29	1:49.30	3:44.85 1:55.55 1:54.23	3:48.47 -0:03.62	1:55.86	T1	2:23.03	2:02.00
		average pace	1:54.14	-0:03.96		average pace	1:52.43	-0:01.81		T2	2:07.31	
										T3	2:00.68	-0:06.15
										T4	1:55.86	
										T5	1:48.28	

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Name	400					Change	200			Time	CSS		
	100	200	300	400	Change		100	200	Change		Time	Threshold	CSS Change
Name	100 time	200 time 100 split	300 time 100 split	400 time 100 split	previous 400 time	100 time	200 time 100 split	pre 200 time	CSS time	T1	T1 time	previous css time	
			previous av. pace	change in time		previous av. pace	change in time			T2	T2 time		
		average pace	av.pace time	change in pace		average pace	av.pace time	change in pace		T3	T3 time	change in css	
										T4	T4 time		
										T5	T5 time		
Sajad	1:38.39	3:31.05 1:52.66	5:28.60 1:57.55	7:28.91 2:00.31	7:55.27	1:28.43	3:23.43 1:55.00	3:37.35	2:02.74	T1	2:31.53	2:09.00	
			average pace	1:52.23	-0:26.36	average pace	1:41.72	-0:13.92		T2	2:14.88		
					-0:07.37			-0:06.86		T3	2:07.85	-0:06.26	
										T4	2:02.74		
										T5	1:54.71		
Neige	1:50.61	3:45.64 1:55.03	5:41.81 1:56.17	7:38.25 2:00.00	8:00.02	1:45.55	3:37.48 1:51.93	3:42.59	2:00.39	T1	2:28.62	2:09.00	
			average pace	1:54.56	-0:21.77	average pace	1:48.74	-0:05.11		T2	2:12.29		
					-0:05.44			-0:01.50		T3	2:05.40	-0:08.62	
										T4	2:00.39		
										T5	1:52.51		
Jodie	1:51.63	3:52.37 2:00.74	5:54.20 2:01.83	7:54.81 2:00.61	8:16.07	1:48.85	3:48.05 1:59.20	4:02.31	2:03.38	T1	2:32.32	2:07.00	
			average pace	1:58.70	-0:21.26	average pace	1:54.03	-0:14.26		T2	2:15.58		
					-0:05.30			-0:07.14		T3	2:08.52	-0:03.62	
										T4	2:03.38		
										T5	1:55.31		
Nick	1:49.48	3:47.60 1:58.12	5:44.90 1:57.30	7:41.54 1:56.64	7:50.48	1:40.31	3:31.57 1:51.26	3:38.38	2:04.99	T1	2:34.30	2:06.00	
			average pace	1:55.39	-0:08.94	average pace	1:45.79	-0:06.81		T2	2:17.35		
					-0:02.29			-0:03.38		T3	2:10.19	-0:01.02	
										T4	2:04.99		
										T5	1:56.81		
Kim	2:13.20	4:34.73 2:21.53	6:55.78 2:21.05	9:20.92 2:25.14	9:15.89	2:08.43	4:28.08 2:19.65	4:27.53	2:26.42	T1	3:00.77	2:24.00	
			average pace	2:20.23	0:05.03	average pace	2:14.04	0:00.55		T2	2:40.90		
					0:01.23			0:00.47		T3	2:32.52	0:02.42	
										T4	2:26.42		
										T5	2:16.84		
Josh	1:41.63	3:41.14 1:59.51	5:44.88 2:03.74	7:48.05 2:03.17	7:52.56	1:40.31	3:41.21 2:00.90	3:48.20	2:03.42	T1	2:32.37	2:02.00	
			average pace	1:57.01	-0:04.51	average pace	1:50.61	-0:06.99		T2	2:15.63		
					-0:01.12			-0:03.50		T3	2:08.56	0:01.42	
										T4	2:03.42		
										T5	1:55.35		
Liora	1:33.28	3:13.81 1:40.53	4:55.97 1:42.16	6:35.15 1:39.18	6:35.15	1:32.91	3:11.10 1:38.19	3:11.10	1:42.03	T1	2:05.96		
			average pace	1:38.79		average pace	1:35.55			T2	1:52.12		
										T3	1:46.28		
										T4	1:42.03		
										T5	1:35.35		