

Name	400					200			CSS		
	100	200	300	400	Change	100	200	Change	Time	Threshold	CSS Change
	0:01.51										
		-1:51.33	0:00.00	0:00.00			0:00.00		0:00.00	T1	0:00.00
					-1:11.11		1:18.97	-1:11.11		T2	0:00.00
			average pace	0:00.00	-1:11.11	average pace	0:00.00	-1:18.97		T3	0:00.00
										T4	0:00.00
Maggie	1:33.49	3:16.89	4:58.95	6:39.55		1:32.02	3:09.02		1:45.27	T1	2:00.99
		1:43.40	1:42.06	1:40.60			1:37.00			T2	1:55.68
					5:28.44		1:18.97	1:57.91		T3	1:49.65
			average pace	1:39.89	0:28.78	average pace	1:34.51	0:15.54		T4	1:45.27
										T5	0:00.00
		0:00.00	0:00.00	0:00.00		1:11.11	1:11.11		-0:35.56	T1	-0:40.87
					-1:11.11		1:18.97	0:00.00		T2	-0:39.07
			average pace	0:00.00	-1:11.11	average pace	0:35.56	-0:43.42		T3	-0:37.04
										T4	-0:35.56
										T5	-0:33.23
Josh	1:36.40	3:30.15	5:33.25	7:31.56		1:42.80	3:34.04		1:58.76	T1	2:16.51
		1:53.75	2:03.10	1:58.31			1:51.24			T2	2:10.51
					6:20.45		1:18.97	2:22.93		T3	2:03.71
			average pace	1:52.89	0:41.78	average pace	1:47.02	0:28.05		T4	1:58.76
										T5	1:50.99
Neige	1:46.25	3:41.10	5:39.60	7:38.15		1:48.50	3:44.37		1:56.89	T1	2:14.36
		1:54.85	1:58.50	1:58.55			1:55.87			T2	2:08.45
					6:27.04		1:18.97	2:33.26		T3	2:01.76
			average pace	1:54.54	0:43.43	average pace	1:52.19	0:33.22		T4	1:56.89
										T5	1:49.24
Solei	1:48.75	3:45.35	5:46.43	7:44.80		1:48.91	3:44.10		2:00.35	T1	2:18.33
		1:56.60	2:01.08	1:58.37			1:55.19			T2	2:12.25
					6:33.69		1:18.97	2:32.99		T3	2:05.37
			average pace	1:56.20	0:45.09	average pace	1:52.05	0:33.08		T4	2:00.35
										T5	1:52.48
Liora	1:33.45	3:16.43	4:57.18	6:37.97		1:30.43	3:11.03		1:43.47	T1	1:58.93
		1:42.98	1:40.75	1:40.79			1:40.60			T2	1:53.70
					5:26.86		1:18.97	1:59.92		T3	1:47.78
			average pace	1:39.49	0:28.38	average pace	1:35.52	0:16.55		T4	1:43.47
										T5	1:36.70
Anna	1:48.83	3:45.24	5:42.64	7:35.83		1:46.12	3:39.06		1:58.39	T1	2:16.08
		1:56.41	1:57.40	1:53.19			1:52.94			T2	2:10.09
					6:24.72		1:18.97	2:27.95		T3	2:03.32
			average pace	1:53.96	0:42.85	average pace	1:49.53	0:30.56		T4	1:58.39
										T5	1:50.64
Sophie	1:42.21	3:32.27	5:25.05	7:18.14		1:38.67	3:26.17		1:55.99	T1	2:13.32
		1:50.06	1:52.78	1:53.09			1:47.50			T2	2:07.46
					6:07.03		1:18.97	2:15.06		T3	2:00.82
			average pace	1:49.54	0:38.43	average pace	1:43.09	0:24.12		T4	1:55.99
										T5	1:48.40
Eugene	1:11.30	2:28.17	3:46.90	5:04.17		1:09.84	2:24.42		1:19.88	T1	1:31.81
		1:16.87	1:18.73	1:17.27			1:14.58			T2	1:27.78
					3:53.06		1:18.97	1:13.31		T3	1:23.20
			average pace	1:16.04	0:04.93	average pace	1:12.21	-0:06.76		T4	1:19.88
										T5	1:14.65
Catherine	1:39.15	3:29.49	5:18.15	7:02.61		1:37.52	3:21.95		1:50.33	T1	2:06.82
		1:50.34	1:48.66	1:44.46			1:44.43			T2	2:01.24
					5:51.50		1:18.97	2:10.84		T3	1:54.93
			average pace	1:45.65	0:34.54	average pace	1:40.98	0:22.01		T4	1:50.33
										T5	1:43.11
Sajad	1:36.83	3:28.52	5:13.30	6:57.49		1:33.90	3:17.52		1:49.99	T1	2:06.42
		1:51.69	1:44.78	1:44.19			1:43.62			T2	2:00.86
					5:46.38		1:18.97	2:06.41		T3	1:54.57
			average pace	1:44.37	0:33.26	average pace	1:38.76	0:19.79		T4	1:49.99
										T5	1:42.79
John	1:51.33	3:50.89	5:48.36	7:37.68		1:49.16	3:40.61		1:58.54	T1	2:16.25
		1:59.56	1:57.47	1:49.32			1:51.45			T2	2:10.26
					6:26.57		1:18.97	2:29.50		T3	2:03.47
			average pace	1:54.42	0:43.31	average pace	1:50.31	0:31.34		T4	1:58.54
										T5	1:50.78
Nadia	2:24.36	4:49.28	7:19.20	9:36.99		2:18.43	4:40.56		2:28.22	T1	2:50.36
		2:24.92	2:29.92	2:17.79			2:22.13			T2	2:42.87
					8:25.88		1:18.97	3:29.45		T3	2:34.39
			average pace	2:24.25	1:13.14	average pace	2:20.28	1:01.31		T4	2:28.22
										T5	2:18.52