

## Marlins T15 Results 20/11/17

NB. pace calculated on mean averages not actual splits, lower numbers in efficiency scores reflect a better performance.

JOE ANDREWS	distance 925m	<b>100M AT(anaerobic threshold pace) 1.38</b>	efficiency score 98
MADDIE BLOOMFIELD	distance 800m	<b>100M AT 1.52</b>	efficiency score 112
BEN DAVARIUS	distance 775m	<b>100M AT 1.58</b>	efficiency score 118
BETH JAMES	distance 750m	<b>100M AT 2.00</b>	efficiency score 120
SOFIE CROCKER	distance 725m	<b>100M AT 2.04</b>	efficiency score 124
MAISIE TUCKER	distance 725m	<b>100M AT 2.04</b>	efficiency score 124
EVIE NIMAKO	distance 725m	<b>100M AT 2.04</b>	efficiency score 124
BETH ALDRIDGE	distance 700m	<b>100M AT 2.08</b>	efficiency score 128
POLLY CLEEVE	distance 700m	<b>100M AT 2.08</b>	efficiency score 128

Good work guys, for 1 swim a week this is good progress,  
last year we got generally around 2.40/2.20 times per 100m, so you have  
improved by a lot !