

Navn	400	100	200	100 css	50 css	25 css	100 m tid	Type
Ole Olsen	08:48	01:58	04:14	02:17:00	01:08:50	10:25:00	02:20:00	
Jean	11:36:00	02:50:00	05:11:00	03:11:50	01:36:15	00:48:28	03:10:00	Sprinter
Lars Bang	08:30:00	01:55	03:55:00	02:17:50	01:09:15	00:34:37	02:20:00	Sprinter
Lars Søndergaard	09:34:00	02:04:00	02:04:00	02:34:50	01:17:25	00:39:03	02:35:00	Sprinter
Tina	09:40:00	02:20:00	04:31	02:31:50	01:16:15	00:38:27	02:35:00	Sprinter
Majbritt	09:45:00	02:25:00	04:42	02:31:50	01:16:15	00:38:27	02:35:00	Diesel motor
Birgitte	09:45:00	02:11:00	04:44:00	02:30:50	01:15:25	00:38:03	02:35:00	Diesel motor
Max	09:48	02:16:00	04:42:00	02:33:00	01:16:50	00:38:25	02:35:00	Sprinter
Jacob	07:46:00	01:42	03:36	02:05:00	01:02:50	00:31:25	02:05:00	Sprinter
Jesper	07:57	01:49:00	03:48:00	02:04:50	01:02:25	00:31:13	02:05:00	Sprinter
Ulrik	08:43:11	01:50:00	03:58	02:22:36	01:11:18	00:35:59	02:25:00	Sprinter
Per	06:39:24	01:32	03:08:59	01:45:18	00:52:59	00:26:30	01:45:00	Sprinter
Thomas	08:25:00	01:58	03:58	02:13:50	01:06:26	00:33:38	02:15:00	Sprinter
Arne	11:02:00		05:24:00	02:49:00			02:50:00	
Mads	12:19:00		05:46:00	03:16:00			03:15:00	
Kim	06:41:28		03:01:00	01:50:00			01:50:00	
Morten	07:23:00		03:23:00	02:00:00			02:00:00	
Kaj	15:55:39		07:16:59	04:19:00			04:20:00	
Mark	07:50:05	01:51:25	03:42:00	02:04:03	01:02:01	00:31:01	02:05:00	Sprint Machine
Søren	07:51:05	01:43:12	03:31:00	02:10:03	01:05:01	00:32:51	02:10:00	Sprint Machine
Anne	08:19:15	01:57:53	04:02:30	02:08:43	01:04:21	00:32:11	02:10:00	Diesel Engine
Lene	11:01:59	02:32:50	05:08:23	02:57:23	01:28:42	00:44:21	03:00:00	Sprint Machine
Frank	09:36:59	02:15:15	04:09:59	02:43:53	01:21:59	00:41:28	02:45:00	Sprint Machine
Niels Lodberg	06:25:00	01:30:00	03:10:00	01:37:50	00:49:00	00:24:38	01:40:00	Diesel Engine
Henriette T	08:31:00	01:55:00	04:05	02:13:00	01:06:50	09:25:00	02:15:00	Sprint Machine
Lisbeth Weller	08:55:00	02:00:00	04:22:00	02:16:50	01:08:25	00:34:13	02:20:00	Diesel Engine
Henrik Vind	07:07:00	01:38:00	03:29:00	01:49:00	00:54:50	00:27:25	01:50:00	Diesel Engine
Rune Pedersen	09:03:00	01:55:00	04:25:00	02:19:00	01:09:50	00:34:59	02:20:00	Diesel Engine
Jimmy Jacobsen	07:15:00	01:40:00	03:24:00	01:55:50	00:57:59	00:28:59	01:55:00	Sprint Machine
Kristian Møller	08:23:00	01:50:00	03:46:00	02:18:50	01:09:25	00:35:00	02:20:00	Sprint Machine
Helle Top Jensen	07:03:00	01:39:00	03:19:00	01:52:00	00:56:00	00:28:00	01:55:00	Sprint Machine
Jimmy Johansen	08:19:00	01:44:00	03:48:00	02:15:50	01:08:00	00:34:00	02:15:00	Sprint Machine

Dorthe Juul	09:22:00	02:04:00	04:33:00	02:24:50	01:12:25	00:36:13	02:25:00	Diesel Engine
Maiken Løwe	07:53:00	01:49:00	03:38:00	02:07:50	01:04:00	00:32:00	02:10:00	Sprint Machine
Pernille	06:59:00	01:36:00	03:18:00	01:50:50	00:55:25	00:27:59	01:50:00	Sprint Machine
Stefan Møller	08:18:00	01:44:00	03:43:00	02:17:50	01:08:00	00:34:37	02:20:00	Sprint Machine
Flemming	10:03:00	02:10:00	04:44:06	02:39:47	01:20:00	00:40:27	02:40:00	Sprint Machine
Karina	09:06:00	02:08:00	04:17:00	02:24:50	01:12:25	00:36:13	02:25:00	Sprint Machine
Michael Bro	08:33:00	01:55:00	04:03:23	02:15:00	01:07:00	00:34:12	02:15:00	Sprint Machine
Jakub	06:34:00	01:26:59	03:10:00	01:42:00	00:51:00	00:25:50	01:45:00	Diesel Engine
Morten V	07:06:50	01:31:00	03:20:00	01:53:25	00:56:59	00:28:31	01:55:00	Sprint Machine
Henrik "Grøn"	09:43:00	02:02	04:42:58	02:30:09	01:15:04	00:37:52	02:30:00	Diesel Engine
Peter Claus	08:38:00	01:58:04	04:12:49	02:12:59	01:06:38	00:33:19	02:15:00	Diesel Engine
Kenneth Vestesen	6:23:00	1:36:00	3:03:00	1:42:50	0:51:25	0:26:03	1:45:00	Sprint Machine
Niels	9:06:24	2:03:20	4:09:00	2:29:00	1:15:00	0:37:16	2:30:00	Sprint Machine
Jesper	8:35:00	1:56:59	4:07:23	2:14:00	1:07:00	0:33:47	2:15:00	Diesel Engine

Kommentar
Good pace
Skal arbejde seriøst med at holde tempo
Skal arbejde seriøst med at holde tempo
lidt udholdenhedstræning
Elite niveau, når det kommer til at holde samme fart.
Skal arbejde seriøst med at holde tempo
lidt mere udholdenhedstræning
Skal arbejde seriøst med at holde tempo
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Skal arbejde seriøst med at holde tempo
Skal arbejde seriøst med at holde tempo
Average Squad Swimmer Pacing
Your Pacing Needs Some SERIOUS Attention
Your Pacing is Really Holding You Back
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Helt i top.
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