

Swimmer Name	Time for first 100m of 400m	Time 400m Timetrial	Average Pace /100m	Average Pace /100m for last 300m	Pacing drop-off: First 100m vs. last 300m	Distance in m behind "virtual" self based on first 100m	Pacing Ability	Time 200m Timetrial	CSS Pace /100m	Lane / Group Allocation	% Aerobic / Anaerobic Drop-off	Petrol or Diesel?	Extra Session
Allan Pedersen	01:32,5	06:30,1	01:37,5	01:39,2	00:06,7	20,5	Average Squad Swimmer	02:57,8	01:46,2	L1 / G1	8,85%	PETROL	Endurance
Jimmi	01:42,5	07:25,9	01:51,5	01:54,5	00:12,0	32,2	Pacing is Really Holding You Back!	03:26,5	01:59,7	L1 / G2	7,41%	PETROL	Endurance
Dorthe	01:55,6	08:13,2	02:03,3	02:05,9	00:10,2	24,9	Pacing is Really Holding You Back!	04:01,1	02:06,1	L1 / G2	2,25%	DIESEL	Threshold
Morten	01:28,2	06:19,1	01:34,8	01:37,0	00:08,8	27,8	Pacing is Really Holding You Back!	02:59,6	01:39,7	L2 / G1	5,26%	PETROL	Endurance
Jens-Peter	01:38,3	07:28,5	01:52,1	01:56,7	00:18,5	49,4	Pacing Needs Some SERIOUS attention!	03:36,0	01:56,2	L1 / G2	3,66%	DIESEL	Threshold
Kurt	02:03,8	08:38,9	02:09,7	02:11,7	00:07,9	18,3	Average Squad Swimmer	04:10,1	02:14,4	L1 / G2	3,58%	DIESEL	Threshold
Per	01:29,3	06:24,0	01:36,0	01:38,2	00:08,9	27,8	Pacing is Really Holding You Back!	03:00,8	01:41,6	L2 / G2	5,81%	PETROL	Endurance
Line	01:29,3	06:25,6	01:36,4	01:38,8	00:09,4	29,4	Pacing is Really Holding You Back!	02:59,9	01:42,8	L2 / G2	6,68%	PETROL	Endurance
Max	02:31,0	10:44,5	02:41,1	02:44,5	00:13,5	25,2	Pacing Needs Some SERIOUS attention!	05:11,4	02:46,6	L1 / G2	3,38%	DIESEL	Threshold
Hans	02:14,5	09:29,7	02:22,4	02:25,1	00:10,5	22,2	Pacing is Really Holding You Back!	04:15,0	02:37,3	L1 / G2	10,47%	PETROL	Endurance
Tina	02:00,0	08:11,8	02:03,0	02:03,9	00:03,9	9,5	Good Age-Group Standard	04:03,4	02:04,2	L1 / G2	1,01%	DIESEL	Speed
Susan	01:52,2	08:07,5	02:01,9	02:05,1	00:12,8	31,6	Pacing is Really Holding You Back!	03:54,1	02:06,7	L1 / G2	3,96%	DIESEL	Threshold
Chris	01:47,7	07:28,9	01:52,2	01:53,8	00:06,1	16,2	Average Squad Swimmer	03:26,5	02:01,2	L1 / G2	8,01%	PETROL	Endurance
Lars Bang	01:49,6	08:04,5	02:01,1	02:04,9	00:15,3	37,9	Pacing Needs Some SERIOUS attention!	03:52,6	02:06,0	L1 / G2	3,99%	DIESEL	Threshold
Ane	01:25,5	05:55,2	01:28,8	01:29,9	00:04,4	14,9	Good Age-Group Standard	02:44,4	01:35,4	L3 / G2	7,42%	PETROL	Endurance
Susanne	01:43,8	07:26,8	01:51,7	01:54,3	00:10,5	28,2	Pacing is Really Holding You Back!	03:39,2	01:53,8	L1 / G2	1,87%	DIESEL	Threshold
Adam	01:37,2	06:50,7	01:42,7	01:44,5	00:07,3	21,3	Average Squad Swimmer	03:19,5	01:45,6	L2 / G2	2,87%	DIESEL	Threshold
Radmer	01:44,6	07:58,0	01:59,5	02:04,5	00:19,9	49,9	Pacing Needs Some SERIOUS attention!	03:51,3	02:03,3	L1 / G2	3,22%	DIESEL	Threshold
Kalle	02:03,6	08:50,5	02:12,6	02:15,6	00:12,1	27,4	Pacing is Really Holding You Back!	04:15,3	02:17,6	L1 / G2	3,74%	DIESEL	Threshold