

Swim Time Trial

5th December 2011

			400m TT	average pace	50m TT	critical swim speed
Cameron	Black	m	03:20	00:50	00:40	01:47
Finlay	Rae	m	04:40	01:10	00:00	-
Gemma	Scott	d	04:59	01:15	00:00	-
Mark	McNulty	m	05:19	01:20	00:00	-
Andrew	Black	m	05:23	01:21	00:00	-
Kenny	Girvan	m	05:42	01:26	00:00	-
Dougie	Munro	m	05:45	01:26	00:00	-
Graham	Strawhorn	m	05:45	01:26	00:00	-
Gregor	Grant	m	06:08	01:32	00:00	-
Steve	White	m	06:11	01:33	00:36	01:36
Lyndsey	Bland	f	06:11	01:33	00:39	01:35
Alex	Dunlop	m	06:15	01:34	00:34	01:37
Charlie	Martin	m	06:22	01:36	00:40	01:38
Fiona	Herbertson	f	06:33	01:38	00:00	-
Jim	Brown	m	06:35	01:39	00:00	-
John	Strawhorn	m	06:36	01:39	00:00	-
Stuart	Hawthorn	m	06:45	01:41	00:00	-
Aisling	Bird	f	07:05	01:46	00:44	01:49
David	Rae	m	07:08	01:47	00:41	01:51
Ewan	Currie	m	07:17	01:49	00:38	01:54
Steven	Stirrat	m	07:36	01:54	00:42	01:58
Gillian	McKenzie	f	08:07	02:02	00:47	02:06
Craig	McGibbon	m	08:19	02:05	00:49	02:09
Alan	Ritchie	m	08:30	02:08	00:45	02:13
Leslie	McDermit	m	08:40	02:10	00:50	02:14
Lorna	Sloan	f	08:49	02:12	00:57	02:15

*200m TT