

Individual Meet Results

Time trial-2010 27-Jan-10 Yards

Location: PEA,Exeter

Manchester Swim Team [MST-NE] Coach: Steve Van Der Beken

Time	F/P/S	Event	Place	Points	Improv
Elizabeth Aldrich (12) F					
30.91Y	T # 7	Mixed 50 Fly	1	20	-1.11
5:38.04Y	T # 15	Mixed 500 Free	1	20	-17.65
	31.46	1:05.28 1:39.69 2:14.78 2:49.74 3:24.97 3:59.95 4:33.79			
	(31.46)	(33.82) (34.41) (35.09) (34.96) (35.23) (34.98) (33.84)			
	5:07.14	5:38.04			
	(33.35)	(30.90)			
Katherine Aldrich (16) F					
1:05.38Y	T # 6	Mixed 100 Back	2	17	3.11
	31.50	1:05.38			
	(31.50)	(33.88)			
59.15Y	T # 9	Mixed 100 Free	4	15	2.90
	28.72	59.15			
	(28.72)	(30.43)			
Katherine Berg (13) F					
32.08Y	T # 2	Mixed 50 Free	29	---	-0.25
1:31.95Y	T # 11	Mixed 100 Breast	6	13	-6.57
	43.73	1:31.95			
	(43.73)	(48.22)			
Kathleen Bolton (15) F					
2:21.07Y	T # 4	Mixed 200 IM	1	20	-5.22
	30.91	1:09.05 1:49.19 2:21.07			
	(30.91)	(38.14) (40.14) (31.88)			
1:13.06Y	T # 11	Mixed 100 Breast	1	20	-1.28
	34.43	1:13.06			
	(34.43)	(38.63)			
Matthew Bolton (17) M					
1:00.89Y	T # 6	Mixed 100 Back	1	20	1.13
NS	T # 11	Mixed 100 Breast	---	---	---
	(0.00)	(0.00)			
4:36.59Y	T # 16	Mixed 400 IM	1	20	-6.28
	30.16	1:04.95 1:39.51 2:13.71 2:54.15 3:34.34 4:06.20 4:36.59			
	(30.16)	(34.79) (34.56) (34.20) (40.44) (40.19) (31.86) (30.39)			
25.50Y	T # 17	Mixed 50 Free	4	15	0.21
Zachary Bonte (12) M					
1:13.67Y	T # 6	Mixed 100 Back	7	12	0.11
	35.80	1:13.67			
	(35.80)	(37.87)			
2:41.88Y	T # 12	Mixed 200 Back	5	14	-1.45
	30.47	1:05.49 1:44.25 2:41.88			
	(30.47)	(35.02) (38.76) (57.63)			
Christina Denbow (15) F					
2:06.56Y	T # 1	Mixed 200 Free	1	20	2.07
	23.47	42.67 1:02.14 2:06.56			
	(23.47)	(19.20) (19.47) (1:04.42)			
59.34Y	T # 9	Mixed 100 Free	6	13	1.17
	28.96	59.34			
	(28.96)	(30.38)			

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Zachary Denbow (10) M					
30.20Y	T # 2	Mixed 50 Free	18	---	-0.18
6:10.98Y	T # 15	Mixed 500 Free	4	15	-14.02
	33.12	1:10.06 1:47.85 2:25.24 3:03.25 3:41.55 4:19.60 4:58.24			
	(33.12)	(36.94) (37.79) (37.39) (38.01) (38.30) (38.05) (38.64)			
	5:35.93	6:10.98			
	(37.69)	(35.05)			
Zachary Grimmatt (14) M					
25.55Y	T # 2	Mixed 50 Free	3	16	-0.30
55.94Y	T # 9	Mixed 100 Free	2	17	-0.11
	26.72	55.94			
	(26.72)	(29.22)			
25.37Y	T # 17	Mixed 50 Free	3	16	-0.48
Molly Hayden (12) F					
42.35Y	T # 2	Mixed 50 Free	37	---	---
53.74Y	T # 5	Mixed 50 Back	14	3	---
Kathleen Jenkins (9) F					
1:20.95Y	T # 3	Mixed 100 IM	3	16	-1.01
		1:20.95			
	(0.00)	(1:20.95)			
2:52.14Y	T # 4	Mixed 200 IM	4	15	-5.17
	36.58	1:18.48 2:16.11 2:52.14			
	(36.58)	(41.90) (57.63) (36.03)			
Stephen Muzzey (16) M					
24.65Y	T # 2	Mixed 50 Free	1	20	0.09
4:39.21Y	T # 16	Mixed 400 IM	2	17	0.27
	27.35	59.75 1:36.30 2:12.78 2:54.04 3:36.28 4:08.09 4:39.21			
	(27.35)	(32.40) (36.55) (36.48) (41.26) (42.24) (31.81) (31.12)			
24.80Y	T # 17	Mixed 50 Free	2	17	0.24
Lindsey Poremba (14) F					
30.56Y	T # 2	Mixed 50 Free	21	---	-1.86
6:24.13Y	T # 15	Mixed 500 Free	5	14	---
	33.01	1:10.59 1:49.73 2:29.11 3:08.89 3:48.74 4:29.11 5:08.96			
	(33.01)	(37.58) (39.14) (39.38) (39.78) (39.85) (40.37) (39.85)			
	5:48.38	6:24.13			
	(39.42)	(35.75)			
Megan Poremba (11) F					
2:33.29Y	T # 1	Mixed 200 Free	3	16	-5.26
	17.49	38.95 1:03.17 2:33.29			
	(17.49)	(21.46) (24.22) (1:30.12)			
1:11.63Y	T # 9	Mixed 100 Free	25	---	-0.30
	34.20	1:11.63			
	(34.20)	(37.43)			
Alaina Pribis (12) F					
2:27.59Y	T # 12	Mixed 200 Back	1	20	-3.88
	40.90	1:25.83 2:11.38 2:27.59			
	(40.90)	(44.93) (45.55) (16.21)			

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5:45.53Y	T # 15	Mixed 500 Free	2	17	9.35
	31.07	1:04.60 1:39.27			
	(31.07)	(33.53) (34.67)			
	5:10.94	5:45.53			
	(35.44)	(34.59)			
Milan Sandhu (15) M					
52.88Y	T # 9	Mixed 100 Free	1	20	0.32
	25.50	52.88			
	(25.50)	(27.38)			
4:46.11Y	T # 16	Mixed 400 IM	3	16	7.27
	28.57	1:01.23 1:38.54			
	(28.57)	(32.66) (37.31)			
		2:15.67 2:58.36			
		(37.13) (42.69)			
		3:41.72 4:14.35			
		(43.36) (32.63)			
		4:46.11			
		(31.76)			
24.56Y	T # 17	Mixed 50 Free	1	20	---
Rachel Tate-Cohen (8) F					
51.49Y	T # 2	Mixed 50 Free	39	---	0.50
1:11.31Y	T # 5	Mixed 50 Back	19	---	6.97
Noelle Theodoulou (11) F					
32.52Y	T # 7	Mixed 50 Fly	3	16	-0.47
1:03.10Y	T # 9	Mixed 100 Free	13	4	-1.62
	30.25	1:03.10			
	(30.25)	(32.85)			
29.31Y	T # 17	Mixed 50 Free	11	6	-0.63
Olivia Wons (14) F					
1:00.65Y	T # 9	Mixed 100 Free	9	9	0.61
	29.34	1:00.65			
	(29.34)	(31.31)			
5:55.33Y	T # 15	Mixed 500 Free	3	16	11.16
	30.88	1:04.68 1:39.94			
	(30.88)	(33.80) (35.26)			
		2:16.07 2:52.44			
		(36.13) (36.37)			
		3:29.07 4:05.89			
		(36.63) (36.82)			
		4:42.85			
		(36.96)			
	5:19.72	5:55.33			
	(36.87)	(35.61)			