Swim 400m + 200m Benchmark TT August 2nd 2016

| Swimmer | 50 | 100 | 150 | 200 | 250 | 300 | 350 | 400 | |
|---|---|---|---|---|---|---|---|---|---|
| Maggie | 51 | 1 49 | 2 48 | 3 48 | 4 48 | 5 49 | 6 47 | 7 43 | |
| Olivia | 53 | 1 50 | 2 48 | 3 45 | 4 43 | 5 40 | 6 38 | 7 33 | |
| | | | | | | | | | |
| Maggie | 54 | 1 54 | 2 54 | 3 50 | | | | | |
| Olivia | 57 | 1 52 | 2 49 | 3 43 | | | | | |
| | | | | | | | | | |
| Emily | 40 | 1 25 | 2 11 | 2 59 | 3 47 | 4 35 | 5 24 | 6 13 | |
| Pete W | 39 | 1 21 | 2 06 | 2 50 | 3 33 | 4 18 | 5 04 | 5 49 | |
| | | | | | | | | | |
| Emily | 43 | 1 29 | 2 15 | 3 01 | | | | | |
| Pete W | 41 | 1 25 | 2 09 | 2 53 | | | | | |
| | | | | | | | | | |
| Kenny | 1 06 | 2 18 | 3 34 | 4 54 | 6 11 | 7 28 | 8 44 | 9 59 | |
| Duggie | 46 | 1 38 | 2 30 | 3 22 | 4 15 | 5 08 | 6 02 | 6 53 | |
| | | | | | | | | | |
| Kenny | 58 | 2 04 | 3 14 | 4 25 | | | | | |
| Duggie | 45 | 1 35 | 2 26 | 3 15 | | | | | |
| | | | | | | | | | |
| | | | | | | | | | |
| | | | | | | | | | |
| | | | | | | | | | |