

Improvements Report

Improvement Report
Cambridge Grand Prix Regional
Meet Date: 28/09/2018
Location: Cambridge,
Report Date: 03/10/2018

Athlete Name	Age	Gen	Event	P/F/T	Place	Points	Time	Base Line	Improvement
AHMED, Ilyas	14	M	Open 100 Free	P			58.54S	1:00.77S	-2.23 (-3.67%)
			Open 200 Fly	P			2:36.56S	2:20.05S	16.51 (11.79%)
			Open 200 IM	P			2:27.46S	2:25.66S	1.80 (1.24%)
			Open 400 IM	P			5:10.52S	5:05.42S	5.10 (1.67%)
			Open 50 Fly	P			29.15S	28.27S	0.88 (3.11%)
Celestine, Margot	15	F	Open 100 Fly	P			1:14.83S	1:13.62S	1.21 (1.64%)
			Open 200 Back	P			2:36.58S	2:30.83S	5.75 (3.81%)
			Open 200 Fly	P			2:49.83S	2:49.05S	0.78 (0.46%)
			Open 200 IM	P			2:41.53S	2:38.23S	3.30 (2.09%)
			Open 400 IM	P			5:41.34S	5:53.63S	-12.29 (-3.48%)
			Open 50 Fly	P			33.81S	34.20S	-0.39 (-1.14%)
			Open 50 Free	P			31.09S	32.23S	-1.14 (-3.54%)
Costley, Jude	15	M	Open 100 Back	P			1:00.87S	1:04.29S	-3.42 (-5.32%)
			Open 100 Breast	P			1:14.77S	1:19.75S	-4.98 (-6.24%)
			Open 100 Free	P			57.32S	1:00.44S	-3.12 (-5.16%)
			Open 50 Back	P			28.30S	30.97S	-2.67 (-8.62%)
			Open 50 Breast	P			32.64S	35.96S	-3.32 (-9.23%)
			Open 50 Fly	P			28.51S	29.66S	-1.15 (-3.88%)
			Open 50 Free	P			26.52S	28.26S	-1.74 (-6.16%)
Cudmore, Kaia	15	F	Open 200 Breast	P			3:03.33S	2:54.38S	8.95 (5.13%)
			Open 50 Breast	P			38.03S	36.95S	1.08 (2.92%)
			Open 50 Free	P			29.68S	28.20S	1.48 (5.25%)
DePeza-Purvis, Marlow	15	M	Open 100 Breast	P			1:15.10S	1:15.06S	0.04 (0.05%)
			Open 100 Free	P			57.26S	58.22S	-0.96 (-1.65%)
			Open 200 IM	P			2:20.62S	2:21.94S	-1.32 (-0.93%)
			Open 400 IM	P			5:01.60S	4:59.89S	1.71 (0.57%)
Deaner, Tahlia	14	F	Open 100 Back	P			1:16.25S	1:12.94S	3.31 (4.54%)
			Open 100 Free	P			1:05.06S	1:05.31S	-0.25 (-0.38%)
			Open 200 Back	P			2:43.15S	2:36.28S	6.87 (4.40%)
			Open 200 IM	P			2:40.71S	2:39.95S	0.76 (0.48%)
			Open 400 Free	P			5:00.03S	4:56.99S	3.04 (1.02%)
			Open 50 Back	P			34.93S	34.83S	0.10 (0.29%)
			Open 50 Free	P			30.38S	30.56S	-0.18 (-0.59%)
McCoy, Ryan	15	M	Open 100 Free	P			56.21S	57.46S	-1.25 (-2.18%)
			Open 200 Fly	P			2:15.08S	2:21.22S	-6.14 (-4.35%)
			Open 200 IM	P			2:19.55S	2:18.77S	0.78 (0.56%)

Nguyen, Louis	15	M	Open 400 IM	P	4:59.19S	5:26.82S	-27.63 (-8.45%)
			Open 100 Breast	P	1:12.45S		
			Open 100 Fly	P	1:04.29S	1:07.50S	-3.21 (-4.76%)
			Open 100 Free	P	57.43S		
			Open 200 Free	P	2:05.18S	2:21.33S	-16.15 (-11.43%)
			Open 50 Back	P	32.62S		
			Open 50 Breast	P	32.36S		
			Open 50 Fly	P	28.32S		
Ogden, Kai	15	M	Open 50 Free	P	26.21S	28.55S	-2.34 (-8.20%)
			Open 100 Breast	P	1:10.74S	1:12.60S	-1.86 (-2.56%)
			Open 200 Back	P	2:14.73S	2:15.73S	-1.00 (-0.74%)
			Open 200 Breast	P	2:31.96S	2:46.12S	-14.16 (-8.52%)
			Open 200 IM	P	2:14.85S	2:15.95S	-1.10 (-0.81%)
Ogden, Mika	12	F	Open 400 Free	P	4:19.90S	4:14.00S	5.90 (2.32%)
			Open 100 Back	P	1:12.33S	1:12.21S	0.12 (0.17%)
			Open 100 Free	P	1:05.14S	1:06.23S	-1.09 (-1.65%)
			Open 200 Back	P	2:33.17S	2:31.52S	1.65 (1.09%)
			Open 200 IM	P	2:41.11S	2:39.92S	1.19 (0.74%)
			Open 400 Free	P	5:16.83S	5:00.17S	16.66 (5.55%)
			Open 50 Fly	P	33.50S	32.13S	1.37 (4.26%)
Pearson, Aoife	14	F	Open 100 Breast	P	1:24.14S	1:26.10S	-1.96 (-2.28%)
			Open 100 Free	P	1:06.29S	1:10.26S	-3.97 (-5.65%)
			Open 200 Breast	P	2:56.67S	3:01.41S	-4.74 (-2.61%)
			Open 200 IM	P	2:38.60S	2:41.25S	-2.65 (-1.64%)
			Open 400 Free	P	5:06.24S	5:04.59S	1.65 (0.54%)
			Open 50 Breast	P	38.33S	40.86S	-2.53 (-6.19%)
Phillimore, Ronni	13	F	Open 100 Breast	P	1:28.69S	1:26.33S	2.36 (2.73%)
			Open 100 Fly	P	1:16.36S	1:19.74S	-3.38 (-4.24%)
			Open 200 Breast	P	3:12.50S	3:06.10S	6.40 (3.44%)
			Open 200 Fly	P	2:53.38S	2:49.21S	4.17 (2.46%)
			Open 50 Back	P	36.18S	37.54S	-1.36 (-3.62%)
			Open 50 Breast	P	41.36S	41.59S	-0.23 (-0.55%)
			Open 50 Fly	P	34.82S	34.86S	-0.04 (-0.11%)
Piedra Ojeda, Bryan	13	M	Open 50 Free	P	32.20S	33.09S	-0.89 (-2.69%)
			Open 100 Fly	P	1:08.50S	1:09.32S	-0.82 (-1.18%)
			Open 100 Free	P	59.54S	1:00.18S	-0.64 (-1.06%)
			Open 200 Fly	P	2:38.81S	2:56.84S	-18.03 (-10.20%)
			Open 200 IM	P	2:35.54S	2:32.89S	2.65 (1.73%)
			Open 400 Free	P	4:48.05S	5:08.19S	-20.14 (-6.53%)
			Open 400 IM	P	5:21.32S	5:25.07S	-3.75 (-1.15%)
			Open 50 Fly	P	31.26S	30.52S	0.74 (2.42%)
Silva, Isla	12	F	Open 50 Free	P	27.96S	27.84S	0.12 (0.43%)
			Open 100 Breast	P	1:23.66S	1:21.50S	2.16 (2.65%)
			Open 100 Fly	P	1:16.18S	1:17.39S	-1.21 (-1.56%)
			Open 100 Free	P	1:07.65S	1:09.24S	-1.59 (-2.30%)
			Open 200 Breast	P	2:57.67S	2:54.14S	3.53 (2.03%)

Taggart, Cressida	12	F	Open 200 IM	P	2:41.79S	2:39.33S	2.46 (1.54%)
			Open 400 IM	P	5:35.75S	5:32.17S	3.58 (1.08%)
			Open 50 Breast	P	39.02S	37.35S	1.67 (4.47%)
			Open 50 Free	P	31.05S	31.25S	-0.20 (-0.64%)
			Open 100 Back	P	1:12.86S	1:13.03S	-0.17 (-0.23%)
			Open 100 Fly	P	1:19.09S	1:18.42S	0.67 (0.85%)
			Open 100 Free	P	1:07.24S	1:08.90S	-1.66 (-2.41%)
			Open 400 Free	P	5:12.58S	5:10.99S	1.59 (0.51%)
			Open 400 IM	P	5:58.33S	5:55.86S	2.47 (0.69%)
			Open 50 Back	P	33.79S	33.89S	-0.10 (-0.30%)
Taggart, Ophelia	13	F	Open 50 Fly	P	34.59S	33.39S	1.20 (3.59%)
			Open 50 Free	P	31.64S	31.68S	-0.04 (-0.13%)
			Open 100 Back	P	1:16.70S	1:16.25S	0.45 (0.59%)
			Open 100 Free	P	1:10.56S	1:09.27S	1.29 (1.86%)
			Open 200 IM	P	2:50.33S	2:47.80S	2.53 (1.51%)
			Open 50 Back	P	35.36S	35.34S	0.02 (0.06%)
			Open 50 Breast	P	40.35S	40.85S	-0.50 (-1.22%)
			Open 50 Fly	P	34.16S	33.49S	0.67 (2.00%)
			Open 50 Free	P	32.42S	32.94S	-0.52 (-1.58%)