



ALASKA WOMEN'S SWIMMING

2007 – 2008 Aerobic Test Set 20 x 100 Free Swim @ 1:10/1:15/1:20

Date: October 24, 2007

NAME	AV 100	Fastest 100	Slowest 100
20 x 100 @ 1:10			
Sam Zinsli	1:05.53	1:03.02 ₁	1:06.92 ₁₈
Mariya Pavlovskaya	1:05.82	1:04.04 ₁	1:06.73 ₁₃
Kelly Becker	1:06.47	1:04.14 ₁	1:07.72 ₁₇
Kinsey Laine	1:06.76	1:05.52 ₁	1:07.29 _{15,18}
Heidi Tilicki	1:07.69	1:05.47 ₁	1:09.97 ₁₇
20 x 100 @ 1:15			
Jacqueline van Driessche	1:09.30	1:07.15 ₂₀	1:10.16 ₉
Kathryn Niemi	1:10.83	1:08.24 ₁	1:11.83 ₄
Joann Kump	1:14.84	1:07.86 ₁	1:16.82 ₁₂
Courtney Miller	1:15.44	1:09.00 ₁	1:19.08 ₁₇
20 x 100 @ 1:20			
Karin Wagner	1:07.81	1:05.64 ₂₀	1:09.09 ₁₇
Erin Widby	1:11.29	1:07.44 ₁	1:13.26 ₁₄
Amanda Hartman	1:12.52	1:07.50 ₂₀	1:14.23 ₁₀
Abbey Jackson	1:21.41	1:11.53 ₁	1:26.20 ₁₈