

2009 VIRTUAL ROTTNEST CHANNEL SWIM

INDIVIDUAL SOLO EFFORT - RYAN WHIDDETT

Ryan 20km		
	Prog Time	1km Split
1km	0:18:06.15	0:18:06.15
2km	0:36:50.03	0:18:43.88
3km	0:55:36.59	0:18:46.56
4km	1:13:46.94	0:18:10.35
5km	1:34:57.12	0:21:10.18
6km	1:57:35.14	0:22:38.02
7km	2:16:49.73	0:19:14.59
8km	2:42:42.63	0:25:52.90
9km	3:06:30.22	0:23:47.59
10km	3:24:38.53	0:18:08.31
11km	3:50:48.04	0:26:09.51
12km	4:17:31.33	0:26:43.29
13km	4:35:51.63	0:18:20.30
14km	5:02:26.17	0:26:34.54
15km	5:31:02.29	0:28:36.12
16km	5:59:18.84	0:28:16.55
17km	6:25:24.53	0:26:05.69
18km	6:52:48.03	0:27:23.50
19km	7:21:06.42	0:28:18.39
20km	7:54:12.67	0:33:06.25

2km	4km	5km	10km
Splits	Splits	Splits	Splits
0:36:50.03	1:13:46.94	1:34:57.12	3:24:38.53
0:36:56.91			
0:43:48.20	1:28:55.69	1:49:41.41	
0:45:07.49			
0:41:55.90	1:34:48.70	2:06:23.76	4:29:34.14
0:52:52.80			
0:44:54.84	1:41:47.51	2:23:10.38	
0:56:52.67			
0:53:29.19	1:54:53.83		
1:01:24.64			