



BENCHMARK TRAINING SETS

400 Kick

MEN						
#	NAME	AGE	CLUB	COURSE	DISTANCE	TIME
1	CHAMBERS, Cameron	26	KISU	Back	SCM	5:52.47
2	WU, Max	14	PSW	Back	SCM	6:51.30
3	GUO, Tim	14	PSW	Back	SCM	6:53.20
1	GILMAN, Hercules	16	KISU	Breast	SCM	6:20.88
2	WU, Elden	18	PSW	Breast	SCM	6:21.60
3	CAO, Matthew	13	PSW	Breast	SCM	6:26.56
4	BOURNE, Charlie	15	KISU	Breast	SCM	6:41.42
5	ZHOU, Neil	14	PSW	Breast	SCM	6:55.80
6	ZHANG, Li	14	PSW	Breast	SCM	6:58.10
7	DEMMLER, Reuben	17	KISU	Breast	SCM	7:05.10
8	WANG, Edward	14	PSW	Breast	SCM	7:15.00
9	ZHANG, Nicholas	12	PSW	Breast	SCM	7:33.40
10	WESTERKOWSKY, Michael	16	KISU	Breast	SCM	7:49.44
11	ATILANO, Lorenzo	15	KISU	Breast	SCM	7:55.18
12	YOFONOFF, Kai	15	KISU	Breast	SCM	8:21.73
1	WANG, Matthew	17	PSW	Fly	SCM	5:59.00
2	MENG, Jiankun	13	PSW	Fly	SCM	6:32.40
3	ZHANG, Borui	14	PSW	Fly	SCM	6:39.80
1	LAI, Jonathan	17	PSW	Free	SCM	5:47.10
2	CHEN, George	13	PSW	Free	SCM	6:04.40
3	LI, Nio Xuchen	13	PSW	Free	SCM	6:06.40
4	ALLEN, Oliver	16	PSW	Free	SCM	6:10.53
5	BARTKOWICZ, Julius	14	KISU	Free	SCM	6:25.75
6	PARK, Yejun	16	KISU	Free	SCM	6:31.48
7	LAI, Jeffrey	11	PSW	Free	SCM	6:33.30
8	WANG, EDWARD	13	PSW	Free	SCM	6:37.10
9	GUO, Ethan	14	PSW	Free	SCM	6:42.20
10	LIU, Xizhou	14	PSW	Free	SCM	6:43.40
11	XU, Curtis	13	PSW	Free	SCM	6:44.00
12	ZHOU, Haoran	17	PSW	Free	SCM	6:50.20
13	SONG, Zhifei	15	PSW	Free	SCM	6:51.00
14	MA, Ryan	13	PSW	Free	SCM	6:52.80
15	OTKE, Simon	17	KISU	Free	SCM	6:54.39
16	CAO, Ray	17	PSW	Free	SCM	6:54.50
17	CAMMER, Larsen	11	PSW	Free	SCM	7:03.10
18	AN, Jialin	13	PSW	Free	SCM	7:06.30
19	NIE, Luca	11	PSW	Free	SCM	7:06.40
20	MATHEW, Prehan	15	KISU	Free	SCM	7:11.04
21	JIANG, Lewin	16	PSW	Free	SCM	7:25.41
22	ZENG, Bowen	15	PSW	Free	SCM	7:43.40
23	ISAAK, Casey	16	KISU	Free	SCM	7:47.11
24	SHI, Dong Fang	15	PSW	Free	SCM	8:17.12
25	KIM, Yejun	15	PSW	Free	SCM	8:29.36
26	ZHANG, Ian	16	PSW	Free	SCM	11:15.64