



BENCHMARK TRAINING SETS

400 Kick

WOMEN						
#	NAME	AGE	CLUB	COURSE	DISTANCE	TIME
1	RUTTEN, Hannah	15	KISU	Back	SCM	6:33.88
2	GLYNES, Charlotte	15	KISU	Back	SCM	6:50.16
3	CLARK, Adriene	16	KISU	Back	SCM	7:10.33
1	DE MITRI, Kyah	15	KISU	Breast	SCM	6:42.66
2	TIAN, Xinyi	12	PSW	Breast	SCM	6:44.30
3	ZHANG, Mofan	16	PSW	Breast	SCM	6:45.50
4	MCEACHERN, Nina	14	KISU	Breast	SCM	6:50.66
5	HAMILTON, Norah	16	KISU	Breast	SCM	7:06.26
1	FIRTH, Kailyn	16	PSW	Fly	SCM	6:22.40
1	WEATHERHEAD, Taryn	15	KISU	Free	SCM	6:13.26
2	HUANG, Elina	16	PSW	Free	SCM	6:15.80
3	GRECOFF, Isabelle	17	KISU	Free	SCM	6:21.44
4	WINSER, Marlee	15	KISU	Free	SCM	6:33.31
5	JIANG, Rhianna	13	PSW	Free	SCM	6:47.20
6	WANG, Angelica	14	PSW	Free	SCM	6:47.20
7	SLATER, Isla	13	PSW	Free	SCM	7:00.90
8	ROH, Hyewon	15	PSW	Free	SCM	7:04.31
9	ORGE, Chloe	17	KISU	Free	SCM	7:20.41
10	HANNA, Elizabeth	17	KISU	Free	SCM	7:26.31
11	ALLEN, Sarocha	13	PSW	Free	SCM	7:31.20
12	CHEN, Ella	12	PSW	Free	SCM	7:35.00
13	ISAAK, Hope	16	KISU	Free	SCM	7:45.46
14	BARTON, Paige	15	KISU	Free	SCM	8:15.59
15	ZHANG, Dolly	15	PSW	Free	SCM	8:18.20
16	XIE, Christina	15	PSW	Free	SCM	8:30.45
17	SHAO, Sabrina	11	PSW	Free	SCM	8:33.80
18	PARK, Seohyeong	15	PSW	Free	SCM	9:17.70