



# BENCHMARK TRAINING SETS

## Distance Swims

MEN								
#	NAME	AGE	CLUB	COURSE	DISTANCE	TIME	SCM	LCM
1	CAMMER, Lansen	11	PSW	SCM	2000m	0:28:37.92	0:28:37.92	0:29:12.27
2	LAI, Jeffrey	11	PSW	SCM	2000m	0:29:34.77	0:29:34.77	0:30:10.26
3	NIE, Luca	11	PSW	SCM	2000m	0:31:10.49	0:31:10.49	0:31:47.89
4	LEE, Harang	11	CDSC	LCM	2000m	0:33:07.00	0:32:27.26	0:33:07.00
1	ZHANG, Nicholas	12	PSW	SCM	3000m	0:46:28.08	0:46:28.08	0:47:23.84
1	CAO, Matthew	13	PSW	SCM	4000m	0:48:41.19	0:48:41.19	0:49:39.61
2	MA, Ryan	13	PSW	SCM	4000m	0:52:00.00	0:52:00.00	0:53:02.40
3	CHEN, George	13	PSW	SCM	4000m	0:52:15.00	0:52:15.00	0:53:17.70
4	MENG, Jiankun	13	PSW	SCM	4000m	0:52:41.00	0:52:41.00	0:53:44.22
5	LI, Nio Xuchen	13	PSW	SCM	4000m	0:53:44.22	0:53:44.22	0:54:48.70
6	XU, Curtis	13	PSW	SCM	4000m	0:54:10.20	0:54:10.20	0:55:15.20
7	WANG, EDWARD	13	PSW	SCM	4000m	0:54:39.51	0:54:39.51	0:55:45.10
8	AN, Jialin	13	PSW	SCM	4000m	0:55:13.40	0:55:13.40	0:56:19.66
9	HEUSEL, Sam	13	CDSC	LCM	4000m	1:01:06.74	0:59:53.40	1:01:06.74
10	CHUA, Jacob	13	CDSC	LCM	4000m	1:05:00.00	1:03:42.00	1:05:00.00
11	MOON, Jonah	13	CDSC	LCM	4000m	1:05:07.00	1:03:48.86	1:05:07.00
1	LAI, Jonathan	17	PSW	SCM	5000m	1:00:40.94	1:00:40.94	1:01:53.75
2	WU, Elden	18	PSW	SCM	5000m	1:01:52.00	1:01:52.00	1:03:06.24
3	GUO, Tim	14	PSW	SCM	5000m	1:02:24.54	1:02:24.54	1:03:39.43
4	ZHANG, Borui	14	PSW	SCM	5000m	1:04:04.00	1:04:04.00	1:05:20.88
5	CAO, Ray	17	PSW	SCM	5000m	1:05:04.00	1:05:04.00	1:06:22.08
6	WU, Max	14	PSW	SCM	5000m	1:05:10.00	1:05:10.00	1:06:28.20
7	JIN, Atom	14	CDSC	LCM	5000m	1:06:28.07	1:05:08.30	1:06:28.07
8	ZHOU, Haoran	17	PSW	SCM	5000m	1:06:44.18	1:06:44.18	1:08:04.26
9	GUO, Ethan	14	PSW	SCM	5000m	1:07:01.00	1:07:01.00	1:08:21.42
10	SKINDER, Joseph	15	CDSC	LCM	5000m	1:07:17.00	1:05:56.26	1:07:17.00
11	CLOGG, Tyler	13	CDSC	LCM	5000m	1:07:30.40	1:06:09.39	1:07:30.40
12	YEHIA, Moaz	14	CDSC	LCM	5000m	1:07:51.74	1:06:30.30	1:07:51.74
13	ZHOU, Neil	14	PSW	SCM	5000m	1:08:03.00	1:08:03.00	1:09:24.66
14	ZHANG, Li	14	PSW	SCM	5000m	1:08:24.38	1:08:24.38	1:09:46.46
15	ZENG, Bowen	15	PSW	SCM	5000m	1:08:42.70	1:08:42.70	1:10:05.15
16	GUO, Jiaxing	13	CDSC	LCM	5000m	1:09:38.41	1:08:14.84	1:09:38.41
17	MILOSEVSKI, Filip	14	CDSC	LCM	5000m	1:10:10.35	1:08:46.14	1:10:10.35
18	OLEINIC, Dmitrii	14	CDSC	LCM	5000m	1:11:55.65	1:10:29.33	1:11:55.65
19	WIWCHAR, Victor	15	CDSC	LCM	5000m	1:13:10.00	1:11:42.20	1:13:10.00
20	CHEN, Quinton Jun Gang	15	CDSC	LCM	5000m	1:13:16.28	1:11:48.35	1:13:16.28
21	LIU, Xizhou	14	PSW	SCM	5000m	1:13:27.46	1:13:27.46	1:14:55.60
22	ZHANG, TianYi	14	PSW	SCM	5000m	1:13:46.94	1:13:46.94	1:15:15.47
23	CHEUNG, Shun Yu Julius	15	CDSC	LCM	5000m	1:14:30.00	1:13:00.60	1:14:30.00
24	ROSARION, Joshua	18	CDSC	LCM	5000m	1:18:24.00	1:16:49.92	1:18:24.00
25	LEE, Hajoon	15	CDSC	LCM	5000m	1:18:42.00	1:17:07.56	1:18:42.00