

Animal Kicks

Week 2

Name		Hometown	Club	300	Avg	Interval	Avg	Imp
Elrod, Rebecca	F	Cary, IL	Mundelein Mustangs	4: 26.0	1: 28.7	2:00	1: 23.7	-6%
Lawson, Tara	F	Mundelein, IL	Mundelein Mustangs	4: 41.0	1: 33.7	2:00	1: 28.7	-5%
Kroc, Samantha	F	Gurnee, IL	Blue Devil Swim Club	4: 56.0	1: 38.7	2:00	1: 37.7	-1%
Byrne, Kelly	F	Elgin, IL	Elgin Cyclones	5: 13.0	1: 44.3	2:00	1: 39.3	-5%
Becker, Sarah	F	Grayslake, IL	Blue Devil Swim Club	5: 06.0	1: 42.0	2:00	1: 39.7	-2%
Brady, Claire	F	naperville, IL	Fox Valley Swim Team	5: 25.0	1: 48.3	2:15	1: 40.0	-8%
Baelum, Nicole	F	Gurnee, IL	Blue Devil Swim Club	5: 24.0	1: 48.0	2:15	1: 41.3	-6%
DelRosario, Danyelle	F	South Elgin, IL	Elgin Cyclones	5: 29.0	1: 49.7	2:15	1: 42.7	-6%
Sahr, Brooke	F	Grayslake, IL	Blue Devil Swim Club	5: 18.0	1: 46.0	2:00	1: 43.3	-3%
Edmondson, Ashley	F	Gurnee, IL	Blue Devil Swim Club	5: 18.0	1: 46.0	2:00	1: 44.7	-1%
Ulicny, Amanda Rose	F	Gardner, MA	Greenwood Memorial	5: 31.0	1: 50.3	2:15	1: 46.3	-4%
Meyer, Megan	F	Naperville, IL	Fox Valley Swim Team	5: 34.0	1: 51.3	2:15	1: 48.7	-2%
Mishler, Molly	F	Hawthorn Woods, IL	Mundelein Mustangs	5: 47.0	1: 55.7	2:15	1: 49.0	-6%
Roth, Lauren	F	Libertyville, IL		5: 39.0	1: 53.0	2:15	1: 49.3	-3%
Raeder, Kathryn	F	River Forest, IL	Team Millennium	5: 57.0	1: 59.0	2:15	1: 49.7	-8%
Kordik, Angela	F	Mundelein, IL	Mundelein Mustangs	5: 51.0	1: 57.0	2:15	1: 49.7	-6%
Mondzelewski, Sydney	F	Round Lake, IL	Mundelein Mustangs	5: 51.0	1: 57.0	2:15	1: 50.0	-6%
Gould, Samantha	F	Hoffman Estates, IL	Elgin Cyclones	5: 52.0	1: 57.3	2:15	1: 52.7	-4%
Grackowski, Eleya	F	Kenosha, WI	Pleasant Prairie Patriots	5: 58.0	1: 59.3	13%	1: 55.7	-3%
Agoranos, Alexa	F	Gilberts, IL	Elgin Cyclones	6: 22.0	2: 07.3	2:30	1: 57.0	-8%
Kozak, Avery	F	Oak Park, IL	Team Millennium	7: 04.0	2: 21.3	3:00	1: 59.3	-16%
Malagoli, Grace	F	Oak Park, IL	Team Millennium	6: 42.0	2: 14.0	2:30	2: 03.3	-8%
Gogan, Annika	F	Whitefish Bay, WI	North Shore Swim Club	7: 17.0	2: 25.7	3:00	2: 09.3	-11%
Holsen, Eva	F	Hawthorn Woods, IL	Patriot Aquatic	5: 43.0	1: 54.3	2:15	2: 10.3	14%
Girardot, Katherine	F	River Forest, IL	Team Millennium	6: 36.0	2: 12.0	2:30	2: 11.3	-1%
Gruber, Mikayla	F	Grayslake, IL	Mundelein Mustangs	7: 19.0	2: 26.3	3:00	2: 15.0	-8%
Froiland, Betsy	F	Whitefish Bay, WI	North Shore Swim Club	7: 34.0	2: 31.3	3:00	2: 18.0	-9%
Fidanze, Mia	F	Grayslake, IL	Mundelein Mustangs	7: 40.0	2: 33.3	3:00	2: 21.3	-8%

Name	M/	Hometown	Club	300	Avg	Interval	Avg	Imp
Holck, Paul	M	Island Lake, IL	Mundelein Mustangs	5: 05.0	1: 41.7	2:00	1: 33.3	-8%
Grant, Jake	M	River Forest, IL	Team Millennium	5: 11.0	1: 43.7	2:00	1: 37.0	-6%
Solski, Jon	M	Naperville, IL	Fox Valley Swim Team	6: 08.0	2: 02.7	2:15	1: 48.7	-11%
Guenther, Nathaniel	M	Des Plaines, IL	Lattof Neptunes	5: 58.0	1: 59.3	2:15	1: 50.0	-8%
Malagoli, Dan	M	Oak Park, IL	Team Millennium	6: 02.0	2: 00.7	13%	1: 53.3	-6%
Zygadlo, Anton	M	Vernon Hills, IL	Patriot Aquatic	6: 31.0	2: 10.3	2:30	1: 54.0	-13%
Ogranovich, Danny	M	Northbrook, IL	Glenbrook Aquatics	6: 05.0	2: 01.7	2:15	1: 57.3	-4%
Volpyansky, Eli	M	Northbrook, IL	Spartans	6: 47.0	2: 15.7	2:30	2: 09.0	-5%
Vaccarello, Phillip	M	Des Plaines, IL	Lattof Neptunes	6: 39.0	2: 13.0	2:30	2: 11.3	-1%
Obrecht, Kevin	M	Oak Park, IL	Team Millennium	7: 07.0	2: 22.3	3:00	2: 12.3	-7%
Ogranovich, Arie	M	Northbrook, IL	Glenbrook Aquatics	7: 06.0	2: 22.0	3:00	2: 15.3	-5%
Williams, Jack	M	Wind Lake, WI	Muskego High School	7: 17.0	2: 25.7	3:00	2: 16.3	-6%
Shchekin, Alen	M	Long Grove, IL	Patriot Aquatic	6: 18.0	2: 06.0	2:30	2: 17.0	9%
Brown, Matthew	M	Bartlett, IL	BEST	7: 42.0	2: 34.0	3:00	2: 18.0	-10%

6 x 50 @Race Pace

Week 2

Name	Age	Hometown	Club	Add-Up	Best Time	Improve
Elrod, Rebecca	12	F Cary, IL	Mundelein Mustangs	2: 00.5	2: 08.0	6%
Lawson, Tara	13	F Mundelein, IL	Mundelein Mustangs	2: 01.2	2: 14.3	10%
Byrne, Kelly	12	F Elgin, IL	Elgin Cyclones	2: 09.2	2: 32.0	15%
Becker, Sarah	14	F Grayslake, IL	Blue Devil Swim Club	2: 12.9	2: 19.6	5%
DelRosario, Danyelle	12	F South Elgin, IL	Elgin Cyclones	2: 13.0	2: 37.2	15%
Kroc, Samantha	13	F Gurnee, IL	Blue Devil Swim Club	2: 18.5	2: 22.5	3%
Brady, Claire	13	F Naperville, IL	Fox Valley Swim Team	2: 18.6	2: 25.1	4%
Agoranos, Alexa	12	F Gilberts, IL	Elgin Cyclones	2: 19.0	2: 45.1	16%
Meyer, Megan	13	F Naperville, IL	Fox Valley Swim Team	2: 20.4	2: 36.8	10%
Mishler, Molly	11	F Hawthorn Woods, IL	Mundelein Mustangs	2: 21.0	2: 45.0	15%
Mondzelewski, Sydney	11	F Round Lake, IL	Mundelein Mustangs	2: 26.0	2: 49.5	14%
Edmondson, Ashley	11	F Gurnee, IL	Blue Devil Swim Club	2: 27.0	2: 53.4	15%
Roth, Lauren	10	F Libertyville, IL		2: 27.0		
Kordik, Angela	10	F Mundelein, IL	Mundelein Mustangs	2: 28.0	2: 44.3	10%
Sahr, Brooke	11	F Grayslake, IL	Blue Devil Swim Club	2: 28.0	2: 36.8	6%
Lundeen, Valerie	13	F River Forest, IL	Team Millennium	2: 28.6	2: 51.6	13%
Raeder, Kathryn	12	F River Forest, IL	Team Millennium	2: 29.0		
Gould, Samantha	12	F Hoffman Estates, IL	Elgin Cyclones	2: 36.0	2: 58.7	13%
Girardot, Katherine	12	F River Forest, AL	Team Millennium	2: 37.2	2: 41.4	3%
Holsen, Eva	12	F Hawthorn Woods, IL	Patriot Aquatic	2: 38.0	2: 23.1	-10%
Baelum, Nicole	11	F Gurnee, IL	Blue Devil Swim Club	2: 41.0	3: 03.3	12%
Malagoli, Grace	10	F Oak Park, IL	Team Millennium	2: 47.3		
Ulicny, Amanda Rose	7	F Gardner, MA		2: 52.0	3: 02.7	6%
Gruber, Mikayla	10	F Grayslake, IL	Mundelein Mustangs	2: 53.8		
Kozak, Avery	10	F Oak Park, IL	Team Millennium	3: 01.3		
Fidanze, Mia	10	F Grayslake, IL	Mundelein Mustangs	3: 02.0		
Gogan, Annika	10	F Whitefish Bay, WI	North Shore Swim Club	3: 07.3		
Froiland, Betsy	11	F Whitefish Bay, WI	North Shore Swim Club	3: 12.0	3: 36.3	11%

Name	Age	Hometown	Club	Add-Up	Best Time	Improve
Holck, Paul	13	M Island Lake, IL	Mundelein Mustangs	2: 09.0	2: 13.6	3%
Vaccarello, Phillip	13	M DesPlaines, IL	Lattof Neptunes	2: 12.5		
Grant, Jake	12	M River Forest, IL	Team Millennium	2: 16.0	2: 38.4	14%
Guenther, Nathaniel	12	M Des Plaines, IL	Lattof Neptunes	2: 18.4	2: 16.5	-1%
Williams, Jack	14	M Wind Lake, WI	Muskego High School	2: 23.9		
Solski, Jon	15	M Naperville, IL	Fox Valley Swim Team	2: 24.3	2: 49.7	15%
Brown, Matthew	13	M Bartlett, IL		2: 30.0		
Zygodlo, Anton	10	M Vernon Hills, IL	Patriot Aquatic	2: 36.7	2: 38.8	1%
Volpyansky, Eli	11	M Northbrook, IL	Spartans	2: 37.9	2: 45.9	5%
Obrecht, Kevin	12	M Oak Park, IL	Team Millennium	2: 42.0		
Shchekin, Alen	10	M Long Grove, IL	Patriot Aquatic	3: 13.3	3: 09.4	-2%
Ogranovich, Danny	11	M Northbrook, IL	Glenbrook Aquatics	3: 18.0		
Ogranovich, Arie	9	M Northbrook, IL	Glenbrook Aquatics	3: 40.8		

Distance Challenge - 500, 1000 or 1650

Week 2

Name	Age		Distance	Time	Avg
Becker, Sarah	14.0	F	1650	21: 44.0	1: 19.0
Kroc, Samantha	12.0	F	1650	22: 05.0	1: 20.3
Byrne, Kelly	12.0	F	1650	23: 13.0	1: 24.4
Mishler, Molly	11.0	F	1650	24: 50.0	1: 30.3
Edmondson, Ashley	11.0	F	1650	26: 12.0	1: 35.3
Ulicny, Amanda Rose	7.0	F	1650	26: 13.0	1: 35.3
Mondzelewski, Sydney	11.0	F	1650	26: 16.0	1: 35.5
Sahr, Brooke	11.0	F	1650	26: 47.0	1: 37.4
Holsen, Eva	12.0	F	1650	27: 19.0	1: 39.3
Baelum, Nicole	11.0	F	1650	28: 24.0	1: 43.3
Gruber, Mikayla	12.0	F	1650	30: 29.0	1: 50.8
Elrod, Rebecca	12.0	F	1000	11: 58.0	1: 11.8
Lawson, Tara	12.0	F	1000	12: 04.0	1: 12.4
DelRosario, Danyelle	12.0	F	1000	13: 46.0	1: 22.6
Agoranos, Alexa	12.0	F	1000	14: 23.0	1: 26.3
Roth, Lauren	12.0	F	1000	15: 58.0	1: 35.8
Froiland, Betsy	12.0	F	1000	18: 25.0	1: 50.5
Gogan, Annika	12.0	F	1000	18: 28.0	1: 50.8
Brady, Claire	13.0	F	500	6: 53.0	1: 22.6
Meyer, Megan	12.0	F	500	7: 06.0	1: 25.2
Kordik, Angela	10.0	F	500	7: 19.0	1: 27.8
Gould, Samantha	12.0	F	500	7: 33.0	1: 30.6
Raeder, Kathryn	12.0	F	500	7: 39.0	1: 31.8
Grackowski, Eleyna	12.0	F	500	7: 45.0	1: 33.0
Kozak, Avery	12.0	F	500	8: 21.0	1: 40.2
Malagoli, Grace	12.0	F	500	8: 26.0	1: 41.2
Girardot, Katherine	12.0	F	500	8: 37.0	1: 43.4
Fidanze, Mia	12.0	F	500	8: 49.0	1: 45.8

Name	Age		Distance	Time	Avg
Vaccarello, Phillip	13.0	M	1650	22: 55.0	1: 23.3
Volpyansky, Eli	11.0	M	1650	26: 21.0	1: 35.8
Ogranovich, Danny	12.0	M	1650	30: 46.0	1: 51.9
Grant, Jake	12.0	M	1000	13: 00.0	1: 18.0
Zygadlo, Anton	10.0	M	1000	15: 22.0	1: 32.2
Williams, Jack	12.0	M	1000	16: 54.0	1: 41.4
Holck, Paul	12.0	M	500	5: 58.0	1: 11.6
Guenther, Nathaniel	12.0	M	500	6: 09.0	1: 13.8
Solski, Jon	12.0	M	500	7: 18.0	1: 27.6
Brown, Matthew	12.0	M	500	7: 30.0	1: 30.0
Malagoli, Daniel	12.0	M	500	7: 56.0	1: 35.2
Obrecht, Kevin	12.0	M	500	7: 58.0	1: 35.6
Shchekin, Alen	10.0	M	500	8: 50.0	1: 46.0
Ogranovich, Arie	12.0	M	500	10: 32.0	2: 06.4