

100 TIME TRIAL(1st week endurance cycle, very hard session in the morning)

Name	Event	Date/Time	Result	50 split	1st 25	2nd 25	3rd 25	4th 25	Comments
<i>Kotuku Ngawati</i>	100 Breastroke	22/05/2009PM	1.15.14	35.21	16.51	18.70	20.03	19.90	
<i>Daniel Esposito</i>	100 Breastroke	20/06/09AM	1.24.34	39.22	17.89	21.33	22.38	22.74	