

**Casco Bay YMCA Toughen up Masters Swim Meet
Toughen Up Challenge Results**

Womens Sprint Competition		50BA		50FL		50FR		50BR		100IM		Total	
Name	Age	Raw Time	Adjusted Time	Raw Time	Adjusted Time	Raw Time	Adjusted Time	Raw Time	Adjusted Time	Raw Time	Adjusted Time	Adjusted Time	Place
Mary Estabrook	45	35.43	32.26	32.14	28.76	27.34	25.26	39.74	36.03	1:15.62	1:07.47	3:09.78	1
Ronnie Kamphausen	72	45.36	30.71	45.25	31.21	36.31	26.73	50.69	34.92	1:35.95	1:06.44	3:10.02	2
Clarire Russo	23	34.79	33.82	31.57	29.98	28.35	27.13	35.95	35.78	1:08.48	1:05.65	3:12.35	3
Beth Estel	50	36.99	33.12	37.19	32.34	30.64	27.68	38.34	33.58	1:19.81	1:09.29	3:16.00	4
Cheryl Daly	34	35.16	35.16	32.22	32.22	30.16	30.16	37.57	37.22	1:13.35	1:13.03	3:27.79	5
Jill Snyder	60	51.25	38.60	44.07	32.86	41.61	33.31	44.28	36.05	1:40.86	1:18.22	3:39.03	6
Susan Sullivan	53	45.04	40.32	38.24	33.25	33.59	30.35	44.71	39.16	1:27.68	1:16.12	3:39.20	7
Nancy O'Brien Mackinnon	54	47.23	42.28	42.81	37.22	32.95	29.77	43.16	37.80	1:35.78	1:23.15	3:50.23	8
Lynette Braunhardt	52	47.25	42.30	46.93	40.80	42.55	38.45	53.21	46.60	1:40.10	1:26.90	4:15.06	9

Mens Sprint Competition		50BA		50FL		50FR		50BR		100IM		Total	
Name	Age	Raw Time	Adjusted Time	Raw Time	Adjusted Time	Raw Time	Adjusted Time	Raw Time	Adjusted Time	Raw Time	Adjusted Time	Adjusted Time	Place
Tim Lecrone	34	30.12	29.96	26.19	26.04	23.90	23.52	35.74	34.97	1:04.05	1:02.99	2:57.48	1
Son Nguyen	27	31.97	31.93	28.94	28.94	25.84	25.84	32.27	32.24	1:06.93	1:06.66	3:05.62	2
Kevin Crowley	43	45.33	43.36	34.27	33.10	30.37	28.75	35.36	34.65	1:17.00	1:13.41	3:33.26	3
Joe Harper	45	34.30	31.80	30.38	29.18	26.08	24.29	33.46	31.00	DQ	DQ	DQ	4

Womens Distance Competition		400IM		200Fr		200Br		200BK		200FL		Total	
Name	Age	Raw Time	Adjusted Time	Raw Time	Adjusted Time	Raw Time	Adjusted Time	Raw Time	Adjusted Time	Raw Time	Adjusted Time	Adjusted Time	Place
Becky McKinnon	26	5:57.01	5:52.71	2:19.31	2:19.31	2:58.66	2:54.72	2:43.75	2:41.92	2:55.83	2:55.83	16:44.49	1
Nancy Tunstall	44	5:32.20	5:19.29	2:30.88	2:27.81	3:34.46	3:31.08	2:52.48	2:45.10	3:15.91	3:06.28	17:09.56	2
Amy Klodzinski	28	6:13.79	6:09.29	2:28.38	2:28.38	3:13.07	3:08.82	2:50.89	2:48.98	3:09.84	3:09.84	17:45.30	3
Kristi Panayotoff	58	7:57.92	6:20.61	3:17.16	2:43.51	4:00.58	3:07.86	3:40.05	2:56.60	3:58.57	3:04.23	18:12.81	4
Dolly Slater	73	12:32.25	8:04.78	4:46.83	3:20.24	7:08.59	4:46.45	5:42.95	3:48.33	7:39.51	4:35.55	24:35.35	5

Mens Distance Competition		400IM		200Fr		200Br		200BK		200FL		Total	
Name	Age	Raw Time	Adjusted Time	Raw Time	Adjusted Time	Raw Time	Adjusted Time	Raw Time	Adjusted Time	Raw Time	Adjusted Time	Adjusted Time	Place
Pieter deHart	28	4:32.36	4:32.01	1:54.34	1:54.34	2:34.29	2:34.29	2:13.58	2:13.47	2:14.31	2:13.78	13:27.89	1
Geoffrey Hadam	26	4:44.64	4:44.27	2:00.52	2:00.52	2:31.91	2:31.91	2:09.56	2:09.46	2:29.54	2:28.95	13:55.10	2
Dave Bright	54	5:32.42	4:52.13	2:21.78	2:15.05	3:03.05	2:47.04	2:42.11	2:26.59	2:40.92	2:23.98	14:44.81	3
Simon Wignall	30	5:17.05	5:15.41	2:12.20	2:11.43	2:44.02	2:41.41	2:34.22	2:30.88	2:36.63	2:34.05	15:13.18	4
William Jones	69	7:18.57	5:42.25	2:50.57	2:17.31	3:24.58	2:51.46	3:25.21	2:37.88	3:23.78	2:40.80	16:09.71	5
Doug Roth	45	6:13.55	5:46.36	2:22.03	2:16.41	3:11.67	2:58.53	2:46.52	2:34.27	3:44.07	3:25.92	17:01.49	6
John Hussey	56	7:17.19	6:18.58	2:33.26	2:17.68	DQ	DQ	4:02.97	3:34.28	3:50.50	3:16.59	DQ	7
Andrew Pulsifer	40	4:48.94	4:36.36	2:01.32	1:57.18	2:28.76	2:20.81	SCR	SCR	SCR	SCR	SCR	8