

Individual Best Times (All Time)

Emilia Alfano - (1114892) - Braunstone SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	37.11	36.50	257	24/03/18	Corby Annual Long Course Open Meet	Corby	EM180193	3
100 Freestyle	1:38.26	1:37.40	145	31/10/15	Corby 50th Anniversary Long Course Open Meet	Corby	EM150873	3
400 Freestyle	6:11.30	6:07.50	254	25/03/18	Corby Annual Long Course Open Meet	Corby	EM180193	3
50 Breaststroke	1:04.83	1:04.30	90	31/10/15	Corby 50th Anniversary Long Course Open Meet	Corby	EM150873	3
50 Butterfly	1:03.79	1:03.50	56	31/10/15	Corby 50th Anniversary Long Course Open Meet	Corby	EM150873	3
50 Backstroke	51.01	50.60	145	31/10/15	Corby 50th Anniversary Long Course Open Meet	Corby	EM150873	3
200 Backstroke	3:13.51	3:11.80	257	25/03/18	Corby Annual Long Course Open Meet	Corby	EM180193	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	34.36	35.00	297	20/11/21	The 2021 Leicester Penguins Autumn Open Meet	Braunstone	EM210916	3
100 Freestyle	1:15.37	1:16.50	296	20/11/21	The 2021 Leicester Penguins Autumn Open Meet	Braunstone	EM210916	3
200 Freestyle	2:50.60	2:52.60	270	08/11/18	Braunstone Long Distance Championships 2018	Winstanley	EM182410	4
400 Freestyle	6:04.57	6:08.40	255	01/11/17	Braunstone Long Distance Championships 2017	Winstanley College	EM172421	4
800 Freestyle	12:11.86	12:19.70	277	21/01/18	Leicestershire County Age Groups & Championships	Hinckley	EM180329	2
50 Breaststroke	49.39	50.00	189	19/05/18	Braunstone Age Group Championships	Braunstone	EM180854	4
100 Breaststroke	2:00.89	2:01.90	137	15/05/16	Braunstone SC Age Group Championships 2016	Aylestone	EM161028	4
200 Breaststroke	4:11.90	4:14.00	152	30/10/16	Braunstone Long Distance Club Championships	Braunstone	EM162412	4
50 Butterfly	41.72	42.20	199	19/05/18	Braunstone Age Group Championships	Braunstone	EM180854	4
50 Backstroke	38.97	39.50	272	18/11/21	Braunstone SC Club Championships 2021	Winstanley	EM211272	4
100 Backstroke	1:24.18	1:25.10	277	02/10/22	35th Leicester Penguins Open Meet Autumn 2022	Braunstone	EM221760	3
200 Backstroke	3:07.37	3:09.10	255	21/01/17	Leicestershire County Championships	Braunstone	EM170274	2
200 Individual Medley	3:13.79	3:15.80	248	03/11/18	Braunstone Long Distance Championships 2018	Winstanley	EM182409	4
100 Individual Medley	1:28.23	1:28.20	262	19/05/18	Braunstone Age Group Championships	Braunstone	EM180854	4