

Individual Best Times (All Time)

Isabella Amendola - (387726) - Fox Hollies

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	30.36	29.70	470	10/05/15	City of Coventry May Open Meet	Coventry	WM150396	1
100 Freestyle	1:04.37	1:03.10	518	20/02/16	Warwickshire ASA Championships	Coventry	WM160089	1
200 Freestyle	2:21.51	2:19.00	507	29/10/16	City of Bristol L3 Long Course Early Bird Open	Bristol	SW160659	3
400 Freestyle	5:03.34	4:58.70	467	21/03/15	Warwickshire County Championships and Age Group	Coventry	CC150057	1
50 Breaststroke	40.25	39.50	380	27/11/16	City of Sheffield Snow Frills Meet	Sheffield	NE160213	3
100 Breaststroke	1:27.33	1:25.90	395	26/11/16	City of Sheffield Snow Frills Meet	Sheffield	NE160213	3
200 Breaststroke	3:11.27	3:08.50	371	18/05/13	Rotherham Metro Level 1 Open Meet	Sheffield	NE3049	1
50 Butterfly	35.35	34.80	330	02/12/17	City of Coventry Winter Open Meet 2017	Coventry	WM170723	3
100 Butterfly	1:20.64	1:19.70	325	18/06/16	Torfaen Dolphins LC Open Meet 2016	Bristol	SW160625	3
50 Backstroke	38.18	37.60	348	07/03/15	Warwickshire County Championships and Age Group	Coventry	CC150055	1
100 Backstroke	1:21.15	1:20.20	352	01/11/15	City of Bristol SC Level 3 Open Meet	Hengrove	SW151421	3
200 Backstroke	2:53.93	2:52.00	354	12/07/14	Torfaen Dolphins Non National Qualifier 2014	Bristol	SW4593	3
200 Individual Medley	2:45.71	2:43.30	440	29/10/16	City of Bristol L3 Long Course Early Bird Open	Bristol	SW160659	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	29.82	30.50	454	26/04/15	Rugby Open Meet 2015	Rugby	WM150141	3
100 Freestyle	1:04.30	1:05.60	477	04/03/17	Rugby Open Meet 2017	Rugby	WM170333	3
200 Freestyle	2:19.02	2:21.50	499	19/11/16	The Boldmere Open Meet	Boldmere	WM161930	3
400 Freestyle	4:59.29	5:03.90	461	25/04/15	Rugby Open Meet 2015	Rugby	WM150141	3
50 Breaststroke	39.79	40.60	362	20/11/16	The Boldmere Open Meet	Boldmere	WM161930	3
100 Breaststroke	1:25.16	1:26.60	392	18/11/17	The Boldmere Open Meet 2017	Stetchford	WM172013	3
200 Breaststroke	3:11.78	3:14.50	345	09/02/13	Rugby Open Meet 2013	Rugby	WM3083	3
50 Butterfly	34.79	35.30	344	02/04/17	Haden Hill Open Meet 2017	Wolverhampton	WM170583	3
100 Butterfly	1:18.20	1:19.20	330	25/04/15	Rugby Open Meet 2015	Rugby	WM150141	3
50 Backstroke	37.35	37.90	308	05/07/14	Boldmere SC Water Carnival	Birmingham	WM4563	3
100 Backstroke	1:18.85	1:19.90	337	17/10/15	Boldmere SC Open Meet 2015	Boldmere	WM151336	3
200 Backstroke	2:53.28	2:55.20	323	11/01/15	Stourbridge Crystal Open Meet 2015	Wolverhampton	WM150089	3
200 Individual Medley	2:43.04	2:45.40	417	16/04/16	Rugby Open Meet 2016	Rugby	WM160313	3
100 Individual Medley	1:15.61	1:15.60	417	04/03/17	Rugby Open Meet 2017	Rugby	WM170333	3