

# Individual Best Times (All Time)

Gemma Spencer - (1105418) - Woking SC

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	32.62	33.30	347	01/07/17	Wey Valley Summer Sprints 2017	Guildford	SE171289	4
100 Freestyle	1:11.57	1:12.70	346	03/03/19	Cranleigh ASC Summer Meet	Cranleigh	SE190411	3
200 Freestyle	2:31.60	2:33.90	385	18/11/18	Wey Valley Club Championships 2018	Godalming	SE182722	4
400 Freestyle	5:16.91	5:21.30	388	02/07/22	Wey Valley SC Summer Sprints	Guildford	SE221058	4
50 Breaststroke	39.42	40.20	372	01/12/18	Guildford City L3 County Qualifier	Spectrum LC	SE180712	3
100 Breaststroke	1:25.83	1:27.30	383	08/12/18	National Arena Swimming League South R3 2018	Southampton	SE182775	3
200 Breaststroke	3:10.84	3:13.60	350	17/11/19	Wey Valley Club Champs 2019	Godalming LC	SE193117	4
50 Butterfly	36.76	37.30	291	06/07/19	Wey Valley Summer Sprints 2019	Spectrum	SE192077	4
100 Butterfly	1:26.59	1:27.50	243	09/11/19	National Arena Swimming League South Round Two	Portsmouth	SE193247	3
50 Backstroke	34.91	35.50	378	01/12/18	Guildford City L3 County Qualifier	Spectrum LC	SE180712	3
100 Backstroke	1:17.17	1:18.20	359	07/12/19	Wey Valley Club Champs 2019	Spectrum LC	SE193119	4
200 Backstroke	2:41.73	2:43.80	397	03/03/19	Cranleigh ASC Summer Meet	Cranleigh	SE190411	3
200 Individual Medley	2:53.23	2:55.50	348	09/11/19	National Arena Swimming League South Round Two	Portsmouth	SE193247	3
100 Individual Medley	1:18.05	1:18.10	379	18/11/18	Wey Valley Club Championships 2018	Godalming	SE182722	4