

Individual Best Times (All Time)

Emily Sellen - (1106689) - Watford SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	32.47	31.80	384	11/07/15	Bishops Stortford End of Season LC Open Meet	Luton	ER150028	3
100 Freestyle	1:08.07	1:06.80	438	11/07/15	Bishops Stortford End of Season LC Open Meet	Luton	ER150028	3
200 Freestyle	2:27.96	2:25.60	443	11/07/15	Bishops Stortford End of Season LC Open Meet	Luton	ER150028	3
50 Breaststroke	36.20	35.30	522	05/05/18	East Swimming Long Course Championships 2018	Norwich	ER180213	1
100 Breaststroke	1:19.78	1:18.20	519	06/05/18	East Swimming Long Course Championships 2018	Norwich	ER180213	1
200 Breaststroke	2:49.67	2:46.50	532	05/05/18	East Swimming Long Course Championships 2018	Norwich	ER180213	1
50 Butterfly	36.76	36.20	293	11/07/15	Bishops Stortford End of Season LC Open Meet	Luton	ER150028	3
200 Individual Medley	2:39.52	2:37.00	494	04/11/17	East Region Winter Championships	Norwich	ER170911	1
400 Individual Medley	5:46.59	5:41.50	451	30/04/17	ASA East Long Course Championships	Luton	ER170219	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	29.83	30.50	454	04/03/18	Watford Regional Qualifier	Watford	ER180443	3
100 Freestyle	1:03.39	1:04.70	498	18/03/17	Watford Regional Qualifier	Watford	ER170103	3
200 Freestyle	2:19.20	2:21.70	497	17/06/17	The Terry Davies Alternative Nationals	Watford	ER170876	3
400 Freestyle	4:54.46	4:59.20	484	13/11/16	Watford & Hemel Hempstead Club Champs	Hemel Hempstead	ER162493	3
800 Freestyle	9:57.95	10:07.50	508	05/02/17	Herts County Champs & Age Group Champs	Borehamwood	ER170424	2
50 Breaststroke	35.32	36.20	518	10/11/18	BUCS Short Course Swimming Championships 2018	Sheffield	NE182328	2
100 Breaststroke	1:15.20	1:16.90	570	04/03/18	Watford Regional Qualifier	Watford	ER180443	3
200 Breaststroke	2:43.00	2:46.20	562	03/03/18	Watford Regional Qualifier	Watford	ER180443	3
50 Butterfly	32.43	33.00	424	15/07/17	Watford Club Championships 2017	Hemel Hempstead	ER171169	4
100 Butterfly	1:12.29	1:13.30	417	21/01/17	Herts County Champs & Age Group Champs	Borehamwood	ER170422	2
200 Butterfly	2:46.47	2:48.40	370	23/09/17	Hemel Hempstead 200 Fly Fest	Hemel Hempstead	ER171353	3
50 Backstroke	35.86	36.40	349	15/07/17	Watford Club Championships 2017	Hemel Hempstead	ER171169	4
100 Backstroke	1:17.41	1:18.40	356	15/07/17	Watford Club Championships 2017	Hemel Hempstead	ER171169	4
200 Backstroke	2:38.83	2:40.90	419	18/10/17	Watford Club Championships 2017	Woodside LC	ER172216	4
200 Individual Medley	2:30.74	2:33.30	528	18/03/17	Watford Regional Qualifier	Watford	ER170103	3
400 Individual Medley	5:24.69	5:30.10	507	18/11/17	Watford & Hemel Hempstead Joint Club Champs	Hemel Hempstead	ER171354	3
100 Individual Medley	1:11.98	1:12.00	483	03/12/17	Open Winter Meet 2017	St Albans	ER171804	3