

Individual Best Times (All Time)

Molly Francis - (1106789) - Loughborough University Swimming

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	27.95	27.20	602	05/11/17	ASA SWR LC Winter Championships	Millfield	SW171934	1
100 Freestyle	59.29	57.90	663	13/02/16	International Swim Meet "Victoria" Rijeka	Croatia	GBR280	1
200 Freestyle	2:05.83	2:03.00	721	10/02/18	Victoria 8th International Swim Meet	Rijeka, Croatia	GBR648	1
400 Freestyle	4:25.95	4:20.60	693	03/03/18	Edinburgh International Inc British Championships	Edinburgh	SCO1430	1
800 Freestyle	9:14.86	9:04.40	666	17/02/19	Swansea Aquatics Spring Long Course 2019	WNPS	WL190224	1
1500 Freestyle	17:51.01	17:31.60	634	19/05/18	ASA SWR Summer Championships	Millfield	SW180514	1
50 Breaststroke	35.84	35.00	538	07/02/15	Derwentio Excel February Festival	Sheffield	EM150033	1
100 Breaststroke	1:17.49	1:15.80	566	02/08/14	BG ASA National Age Groups Champs 2014	Sheffield	ASA134	1
200 Breaststroke	2:44.85	2:41.60	580	31/07/14	BG ASA National Age Groups Champs 2014	Sheffield	ASA134	1
50 Butterfly	31.49	30.90	466	12/03/16	Wycombe Inaugural LC Premier Meet	Wycombe	SE160111	1
100 Butterfly	1:08.98	1:07.90	520	01/05/16	ASA East Region Long Course Championships	Norwich	ER160820	1
50 Backstroke	37.16	36.60	377	08/02/14	Derwentio Excel February Festival	Sheffield	EM4028	1
200 Individual Medley	2:25.39	2:22.70	652	26/01/20	Chester le Street & Derwentside Burns Meet 2020	Sheffield	NE200004	1
400 Individual Medley	5:04.08	4:58.30	668	31/07/18	Swim England National Summer Meet	Sheffield	ENG009	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	27.90	28.60	555	08/11/15	ASA East Region Winter Championships 2015	Luton	ER151653	2
100 Freestyle	57.47	58.90	668	17/12/15	ASA Winter Meet	Sheffield	ASA146	2
200 Freestyle	2:04.18	2:06.90	700	20/12/15	ASA Winter Meet	Sheffield	ASA146	2
400 Freestyle	4:24.17	4:29.40	671	17/12/16	ASA Winter Meet 2016	Sheffield	ASA153	2
800 Freestyle	8:59.19	9:09.80	694	17/11/18	The Plymouth Leander Winter National Qualifier	Plymouth	SW182405	2
50 Breaststroke	35.38	36.30	515	07/12/14	ASA East Region Winter Championships	Luton	ERX432	2
100 Breaststroke	1:14.63	1:16.30	583	06/12/14	ASA East Region Winter Championships	Luton	ERX432	2
200 Breaststroke	2:44.28	2:47.50	549	07/12/14	ASA East Region Winter Championships	Luton	ERX432	2
50 Butterfly	31.35	31.90	470	20/09/15	Hatfield Club Championships 2015	Hatfield	ER151699	4
100 Butterfly	1:04.71	1:05.90	582	02/10/16	Exeter October Meet	Plymouth	SW161181	2
200 Butterfly	2:30.81	2:32.90	498	04/10/15	Hatfield Club Championships 2015	Hatfield	ER151701	4
50 Backstroke	33.88	34.50	413	20/09/15	Hatfield Club Championships 2015	Hatfield	ER151699	4
100 Backstroke	1:11.55	1:12.70	451	03/04/16	Hatfield Spring Gala	Hatfield	ER160704	3
200 Backstroke	2:30.19	2:32.40	496	21/09/15	Hatfield Club Championships 2015	Hatfield	ER151700	4
200 Individual Medley	2:21.38	2:24.10	640	18/11/18	The Plymouth Leander Winter National Qualifier	Plymouth	SW182405	2
400 Individual Medley	4:54.44	5:00.30	680	17/11/18	The Plymouth Leander Winter National Qualifier	Plymouth	SW182405	2
100 Individual Medley	1:06.93	1:06.90	601	18/12/15	ASA Winter Meet	Sheffield	ASA146	2