

# Individual Best Times (All Time)

Christina Wilson - (1107494) - North Norfolk Vikings SC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	31.16	30.50	435	20/04/14	UEA City of Norwich Easter LC Meet 2014	Norwich	ER4035	1
100 Freestyle	1:06.31	1:05.00	474	03/04/15	UEA City of Norwich Easter LC Meet 2015	Norwich	ER150080	1
800 Freestyle	10:31.78	10:22.60	451	14/02/15	Norfolk County Championships	Norwich	CC150387	1
100 Breaststroke	1:39.69	1:38.40	266	08/02/14	UEA City of Norwich Groundhog LC Meet 2014	Norwich	ER4036	1
50 Butterfly	33.36	32.80	392	08/02/15	UEA City of Norwich SC February Groundhog Meet	Norwich	ER150078	1
100 Butterfly	1:13.78	1:12.70	425	01/05/16	ASA East Region Long Course Championships	Norwich	ER160820	1
200 Butterfly	2:53.35	2:51.50	346	02/05/15	ASA East Region Summer Championships Weekend 1	Luton	ER150672	1
50 Backstroke	37.00	36.50	382	19/04/14	UEA City of Norwich Easter LC Meet 2014	Norwich	ER4035	1
100 Backstroke	1:13.50	1:12.40	474	08/02/15	UEA City of Norwich SC February Groundhog Meet	Norwich	ER150078	1
200 Backstroke	2:35.69	2:33.50	494	30/04/16	ASA East Region Long Course Championships	Norwich	ER160820	1
200 Individual Medley	2:44.82	2:42.40	448	08/02/15	UEA City of Norwich SC February Groundhog Meet	Norwich	ER150078	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	30.21	30.90	437	28/02/15	Norfolk County Championships	Thetford	CC150389	2
100 Freestyle	1:05.80	1:07.10	445	18/01/15	UEA City of Norwich January Resolution Meet	Norwich	ER150082	3
200 Freestyle	2:17.19	2:19.70	519	26/06/16	Norfolk County Challenge	Dereham	ER161179	3
400 Freestyle	4:47.52	4:52.40	520	23/01/16	Norfolk County Championships 2016	Wymondham	ER160403	2
800 Freestyle	10:39.53	10:48.50	416	09/07/14	Norwich Swan SC Club Championships	Wymondham	ER4745	4
50 Breaststroke	42.34	43.10	300	18/01/15	UEA City of Norwich January Resolution Meet	Norwich	ER150082	3
100 Breaststroke	1:26.51	1:28.00	374	02/07/16	Norwich Swan Club Championships	Wymondham	ER161286	4
200 Breaststroke	3:03.78	3:06.60	392	26/06/16	Norfolk County Challenge	Dereham	ER161179	3
50 Butterfly	32.43	33.00	424	08/03/15	Norfolk County Championships	Thetford	CC150391	2
100 Butterfly	1:10.93	1:12.00	442	07/03/15	Norfolk County Championships	Thetford	CC150391	2
200 Butterfly	2:38.95	2:40.90	426	03/07/16	Norwich Swan Club Championships	Wymondham	ER161286	4
50 Backstroke	33.40	34.00	432	08/04/16	Cambridge April Open 2016	Cambridge	ER160167	3
100 Backstroke	1:09.90	1:11.00	484	28/01/17	Norfolk ASA County Championships 2017	Norfolk	ER170329	2
200 Backstroke	2:28.61	2:30.80	512	09/04/16	Cambridge April Open 2016	Cambridge	ER160167	3
200 Individual Medley	2:35.46	2:38.00	481	02/07/16	Norwich Swan Club Championships	Wymondham	ER161286	4
400 Individual Medley	5:32.58	5:37.80	471	21/01/17	Norfolk ASA County Championships 2017	Norfolk	ER170328	2
100 Individual Medley	1:15.33	1:15.30	422	19/04/15	Newmarket & District Seventh Open Meet	Newmarket	ER150020	3