

Individual Best Times (All Time)

Rosina Hanington - (1123224) - Elmbridge Phoenix SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	33.33	32.70	355	28/09/19	Lis Hartley Long Course Open Meet	K2 LC	SE190314	3
400 Freestyle	5:29.18	5:24.90	365	30/09/18	Lis Hartley Long Course Open Meet	Crawley	SE180015	3
50 Breaststroke	40.63	39.80	369	23/02/19	Surrey Age Group Championships 2019	London	LR190271	1
100 Breaststroke	1:29.50	1:28.10	367	02/12/18	Rushmoor Royals Last Chance County Qualifier Meet	Aldershot	SE182310	3
200 Breaststroke	3:10.93	3:08.10	373	02/12/18	Rushmoor Royals Last Chance County Qualifier Meet	Aldershot	SE182310	3
100 Backstroke	1:24.20	1:23.20	315	29/09/19	Lis Hartley Long Course Open Meet	K2 LC	SE190314	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	32.40	33.00	354	18/05/19	Box Hill Club Championships	Guildford	SE191166	4
100 Freestyle	1:10.83	1:12.00	357	06/01/19	The Royals New Year Meet 2019	Walton-on-Thames	LR190174	3
200 Freestyle	2:29.51	2:31.80	401	06/06/21	Elmbridge Phoenix	Xcel	LEX1611	0
400 Freestyle	5:15.72	5:20.10	393	15/06/21	Elmbridge Phoenix	Xcel Leisure Complex	LEX1911	0
50 Breaststroke	40.16	40.90	352	16/05/21	Elmbridge Phoenix	Xcel Leisure Complex	LEX1168	0
100 Breaststroke	1:25.27	1:26.70	391	09/10/21	National Arena Swimming League South Round One	High Wycombe	SE210736	3
200 Breaststroke	3:04.56	3:07.40	387	21/11/21	Kingston Royals The Royals Autumn Open Meet 2021	Walton-onThames	LR210720	3
50 Butterfly	36.13	36.70	307	14/11/21	Elmbridge Phoenix SC Club Championships 2021	Walton on Thames	SE211423	4
100 Butterfly	1:33.82	1:34.60	191	25/11/17	Box Hill Club Championships	Guildford	SE170055	4
50 Backstroke	36.44	37.00	332	18/05/19	Box Hill Club Championships	Guildford	SE191166	4
100 Backstroke	1:20.51	1:21.50	316	21/11/21	Kingston Royals The Royals Autumn Open Meet 2021	Walton-onThames	LR210720	3
200 Backstroke	2:51.35	2:53.30	334	13/06/21	Elmbridge Phoenix	Xcel	LEX1742	0
200 Individual Medley	2:45.53	2:47.90	398	13/06/21	Elmbridge Phoenix	Xcel	LEX1742	0
400 Individual Medley	5:44.40	5:49.50	425	08/06/21	Elmbridge	Xcel Leisure Centre	LEX1734	0
100 Individual Medley	1:18.62	1:18.60	371	06/06/21	Elmbridge Phoenix	Xcel	LEX1611	0