

Individual Best Times (All Time)

Michelle Francis - (1129515) - City of Southampton SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Backstroke	40.72	40.20	287	06/04/14	Frome & Wells 3 Towers Open Meet	Millfield	SW4310	3
100 Backstroke	1:26.32	1:25.40	292	06/04/14	Frome & Wells 3 Towers Open Meet	Millfield	SW4310	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	36.39	37.00	250	29/10/14	City of Southampton Club Championships	Southampton	SE4383	4
100 Freestyle	1:17.03	1:18.10	277	29/10/14	City of Southampton Club Championships	Southampton	SE4383	4
200 Freestyle	2:42.74	2:44.90	311	29/10/14	City of Southampton Club Championships	Southampton	SE4383	4
400 Freestyle	5:30.53	5:34.80	342	29/10/14	City of Southampton Club Championships	Southampton	SE4383	4
50 Butterfly	38.27	38.80	258	29/10/14	City of Southampton Club Championships	Southampton	SE4383	4
100 Butterfly	1:28.69	1:29.50	226	29/10/14	City of Southampton Club Championships	Southampton	SE4383	4
50 Backstroke	40.08	40.60	250	29/10/14	City of Southampton Club Championships	Southampton	SE4383	4
100 Backstroke	1:23.87	1:24.80	280	12/07/14	Hampshire County Development Meet	Waterlooville	SE4415	3
200 Backstroke	3:02.18	3:04.00	278	29/10/14	City of Southampton Club Championships	Southampton	SE4383	4
400 Individual Medley	6:18.76	6:23.40	319	29/10/14	City of Southampton Club Championships	Southampton	SE4383	4
100 Individual Medley	1:25.64	1:25.60	287	29/10/14	City of Southampton Club Championships	Southampton	SE4383	4