

Individual Best Times (All Time)

Alice Nelson - (1129570) - Epping Forest Dist SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	32.42	31.80	386	06/02/16	Essex Age Group Championships 2016	London	ER160003	1
100 Freestyle	1:12.25	1:11.10	366	20/02/16	Essex Age Group Championships 2016	Basildon	ER160005	1
50 Breaststroke	46.25	45.60	250	07/05/16	BPSC Non Regional Qualifiers Gala	Basildon	ER160489	3
50 Butterfly	32.77	32.20	414	03/02/18	Essex Age Group Championships 2018	London	ER180155	1
100 Butterfly	1:14.71	1:13.70	409	17/02/19	Essex Age Group Champs 2019	Basildon	ER190211	1
200 Butterfly	3:00.25	2:58.50	308	24/01/16	Essex Age Group Championships 2016	Basildon	ER160002	1
50 Backstroke	36.22	35.70	407	04/02/17	Essex Age Group Championships	London	ER170023	1
100 Backstroke	1:18.72	1:17.70	386	21/01/17	Essex Age Group Championships 2017	Basildon	ER170022	1
200 Backstroke	2:52.09	2:50.10	366	13/05/17	BPSC Spring Long Course Meet	Basildon	ER170183	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	31.03	31.70	403	18/12/16	LBRSC Last Chance Qualifying Meet	Fullwell Cross	LR161365	3
100 Freestyle	1:08.75	1:10.00	390	30/03/19	Harlow Penguins 2019 Regional Qualifier Open Meet	Harlow	ER190522	3
200 Freestyle	2:29.08	2:31.40	405	15/06/19	8th Eric Shepherd Open Meet	Harlow	ER191328	3
400 Freestyle	5:32.85	5:37.00	335	22/11/17	Epping Forest Internal Club Champs	Loughton	ER172207	4
800 Freestyle	11:25.02	11:33.40	338	25/11/18	Epping Forest Internal Club Champs 2018	Loughton	ER181659	4
50 Breaststroke	43.92	44.60	269	08/07/18	Epping Forest Internal Club Champs 2018	Loughton	ER181654	4
100 Breaststroke	1:35.58	1:36.90	277	06/11/16	Epping Forest Club Championships	Loughton	ER161338	4
200 Breaststroke	3:25.98	3:28.50	278	11/12/16	Epping Forest Club Championships	Loughton	ER161339	4
50 Butterfly	32.01	32.60	441	26/03/16	LBRSC Last Chance Regional Meet 2016	Fullwell Cross	LR160131	3
100 Butterfly	1:12.15	1:13.20	420	26/03/16	LBRSC Last Chance Regional Meet 2016	Fullwell Cross	LR160131	3
200 Butterfly	2:47.57	2:49.40	363	27/03/16	LBRSC Last Chance Regional Meet 2016	Fullwell Cross	LR160131	3
50 Backstroke	34.52	35.10	391	17/11/17	Harlow Penguins 2017 Winter Open Meet	Harlow	ER172064	3
100 Backstroke	1:14.59	1:15.70	398	18/11/17	Harlow Penguins 2017 Winter Open Meet	Harlow	ER172064	3
200 Backstroke	2:40.42	2:42.50	407	30/11/16	Epping Forest Club Championships	Loughton	ER161340	4
200 Individual Medley	2:52.79	2:55.10	350	11/11/18	Epping Forest Internal Club Champs 2018	Loughton	ER181658	4
400 Individual Medley	6:11.69	6:16.40	338	02/12/15	Epping Forest District Club Championships	Loughton	ER151121	4
100 Individual Medley	1:23.70	1:23.70	307	18/10/15	Epping Forest District SC 2015 Club Championships	Loughton	ER151115	4