

Individual Best Times (All Time)

Bethany Proost - (1136061) - Stocksbridge Pentaqua SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	31.49	30.80	421	20/04/19	STOCKSBRIDGE SPRING OPEN MEET 2019	SHEFFIELD	NE190193	3
100 Freestyle	1:09.88	1:08.70	405	20/04/19	STOCKSBRIDGE SPRING OPEN MEET 2019	SHEFFIELD	NE190193	3
50 Breaststroke	43.19	42.50	307	20/04/19	STOCKSBRIDGE SPRING OPEN MEET 2019	SHEFFIELD	NE190193	3
100 Breaststroke	1:37.36	1:36.10	285	21/04/18	Stocksbridge Spring Open	Sheffield	NE180244	3
50 Butterfly	34.69	34.10	349	20/04/19	STOCKSBRIDGE SPRING OPEN MEET 2019	SHEFFIELD	NE190193	3
50 Backstroke	36.29	35.70	405	23/02/19	Yorkshire County Championships	Sheffield	NE190129	1
100 Backstroke	1:18.64	1:17.60	387	20/04/19	STOCKSBRIDGE SPRING OPEN MEET 2019	SHEFFIELD	NE190193	3
200 Backstroke	2:54.29	2:52.40	352	08/09/19	Sheffield & District ASA Championships	Sheffield	NE191611	4
200 Individual Medley	3:19.94	3:18.00	250	23/04/16	Stocksbridge Spring Open Meet 2016	Sheffield	NE160227	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	30.84	31.50	411	08/07/18	BOBSC 11th Annual Summer Sizzler	Leeds	NE180767	3
100 Freestyle	1:07.80	1:09.00	407	08/07/18	BOBSC 11th Annual Summer Sizzler	Leeds	NE180767	3
200 Freestyle	2:31.42	2:33.70	386	13/10/18	Stocksbridge & District Pentaqua Club Championship	Stocksbridge	NE182111	4
50 Breaststroke	41.56	42.30	318	08/07/18	BOBSC 11th Annual Summer Sizzler	Leeds	NE180767	3
100 Breaststroke	1:29.78	1:31.20	335	13/10/18	Stocksbridge & District Pentaqua Club Championship	Stocksbridge	NE182111	4
50 Butterfly	33.98	34.50	369	21/10/18	Yorkshire Winter Competition	Sheffield	NE182206	2
100 Butterfly	1:30.77	1:31.60	211	07/10/17	Stocksbridge & District Club Championships	Stocksbridge	NE171820	4
50 Backstroke	34.31	34.90	398	21/10/18	Yorkshire Winter Competition	Sheffield	NE182206	2
100 Backstroke	1:15.23	1:16.30	388	06/10/18	Stocksbridge & District Pentaqua Club Championship	Stocksbridge	NE182110	4
200 Individual Medley	2:50.31	2:52.60	366	06/10/18	Stocksbridge & District Pentaqua Club Championship	Stocksbridge	NE182110	4