

Individual Best Times (All Time)

Emma Ferone - (1156381) - Brompton SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	33.44	32.80	351	01/10/17	BWFSC County Qualifier Meet	London Aqua Centre	LR171707	3
50 Breaststroke	41.18	40.40	355	04/03/17	ISM Berlin 2017	Berlin	GBR464	1
100 Breaststroke	1:34.15	1:32.80	316	05/03/17	ISM Berlin 2017	Berlin	GBR464	1
200 Breaststroke	3:30.75	3:28.20	278	20/03/16	Atlantis Regional-National Chaser Meet	Crawley	SE160056	1
50 Butterfly	39.36	38.90	239	25/03/17	MCASA Open Meet	London	LR170009	1
100 Backstroke	1:26.86	1:25.90	287	04/03/17	ISM Berlin 2017	Berlin	GBR464	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	33.80	34.40	312	26/02/17	ESC February L3 Open	Northolt	LR170029	3
100 Freestyle	1:16.39	1:17.50	284	09/07/16	Black Swan Summer Open Meet	Walton on Thames	SE161058	3
200 Freestyle	2:51.98	2:54.00	263	27/11/16	Brompton Winter Club Championships	London	LR162510	4
400 Freestyle	6:37.11	6:40.60	197	06/10/14	Middlesex Winter Development Meet	Southbury	LR14036	3
800 Freestyle	12:24.78	12:32.50	263	03/10/15	MCASA Winter Development Meet	Enfield	LR151830	3
50 Breaststroke	40.55	41.30	342	23/04/17	Middlesex Spring Development Meet	Enfield	LR170773	3
100 Breaststroke	1:31.59	1:33.00	315	03/12/16	Ealing December Christmas L3 Open Meet	Northolt	LR161086	3
200 Breaststroke	3:15.93	3:18.60	323	27/11/16	Brompton Winter Club Championships	London	LR162510	4
50 Butterfly	38.94	39.40	245	04/12/16	Ealing December Christmas L3 Open Meet	Northolt	LR161086	3
100 Butterfly	1:38.56	1:39.30	164	21/06/15	Brompton Summer Sprints Champs 2015	London	LR151344	4
50 Backstroke	39.03	39.50	270	25/02/17	ESC February L3 Open	Northolt	LR170029	3
100 Backstroke	1:29.57	1:30.50	230	11/10/15	Hillingdon Autumn Short Course Meet 2015	Hillingdon	LR151546	3
200 Backstroke	3:05.46	3:07.30	263	31/10/15	Ealing November Open Meet	Northolt	LR150789	3
200 Individual Medley	3:06.03	3:08.10	281	11/10/15	Hillingdon Autumn Short Course Meet 2015	Hillingdon	LR151546	3
100 Individual Medley	1:24.69	1:24.70	297	04/10/15	MCASA Winter Development Meet	Enfield	LR151830	3