

Individual Best Times (All Time)

Joanna Flowers - (1160571) - Blackpool Aquatics ASC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	31.48	30.80	421	21/03/15	Lancashire County Age Groups & Championships	Manchester	CC150113	1
100 Freestyle	1:09.29	1:08.10	415	21/03/15	Lancashire County Age Groups & Championships	Manchester	CC150113	1
200 Freestyle	2:30.49	2:28.20	421	22/03/15	Lancashire County Age Groups & Championships	Manchester	CC150113	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	30.66	31.30	418	28/06/15	Preston Summer Spectacular - L3 Open	Darwen	NW150775	3
100 Freestyle	1:05.37	1:06.60	454	01/05/16	Blackpool Rocks 2016	Blackpool	NW160510	3
200 Freestyle	2:24.27	2:26.70	447	30/04/16	Blackpool Rocks 2016	Blackpool	NW160510	3
400 Freestyle	5:27.92	5:32.20	350	01/05/15	Blackpool Rocks Level 3 Open Meet	Blackpool	NW150232	3
800 Freestyle	10:57.76	11:06.50	382	09/12/14	Blackpool Club Champs	Blackpool	NW14649	4
50 Breaststroke	42.10	42.80	306	30/04/16	Blackpool Rocks 2016	Blackpool	NW160510	3
100 Breaststroke	1:31.10	1:32.50	320	30/04/16	Blackpool Rocks 2016	Blackpool	NW160510	3
200 Breaststroke	3:19.29	3:21.90	307	27/06/15	Preston Summer Spectacular - L3 Open	Darwen	NW150775	3
50 Butterfly	37.61	38.10	272	01/05/16	Blackpool Rocks 2016	Blackpool	NW160510	3
50 Backstroke	36.42	37.00	333	30/04/16	Blackpool Rocks 2016	Blackpool	NW160510	3
100 Backstroke	1:19.28	1:20.30	331	28/11/15	Percy Mason Memorial Gala	Warrington	NW151819	3
200 Backstroke	2:49.60	2:51.60	344	11/06/16	Preston Summer Spectacular 2016 Open Meet	Darwen	NW160845	3
200 Individual Medley	2:58.58	3:00.80	317	29/11/15	Percy Mason Memorial Gala	Warrington	NW151819	3
100 Individual Medley	1:20.68	1:20.70	343	01/05/16	Blackpool Rocks 2016	Blackpool	NW160510	3