

# Individual Best Times (All Time)

Emily Cunningham - (1168637) - Flixton SC

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	32.17	32.80	362	16/12/18	Flixton Christmas Cracker 2018	Stretford LC	NW181771	3
100 Freestyle	1:13.04	1:14.20	325	16/12/18	Flixton Christmas Cracker 2018	Stretford LC	NW181771	3
200 Freestyle	2:45.34	2:47.40	296	27/10/18	FLIXTON CLUB CHAMPIONSHIP DISTANCE MEET	Stretford	NW182546	4
400 Freestyle	5:58.28	6:02.20	269	03/11/18	FLIXTON CLUB CHAMPIONSHIP DISTANCE MEET	Stretford	NW182547	4
800 Freestyle	12:05.97	12:13.90	284	17/11/18	FLIXTON CLUB CHAMPIONSHIP DISTANCE MEET	Stretford	NW182548	4
50 Breaststroke	46.15	46.80	232	27/11/16	Bolton Metro SS November Sprint Meet 2016	Bolton	NW161619	3
100 Breaststroke	1:42.16	1:43.40	227	21/05/16	Flixton Swim Team Club Championship Sprint Meet	Urmston	NW160791	4
50 Butterfly	38.47	39.00	254	08/06/19	Flixton Club Championship Sprint Meet	Irlam & Cadishead LC	NW192165	4
100 Butterfly	1:29.41	1:30.30	220	09/06/19	Flixton Club Championship Sprint Meet	Irlam & Cadishead LC	NW192165	4
200 Butterfly	4:16.78	4:18.00	101	13/11/16	Flixton Swim Team Club Championships Distance Meet	Urmston	NW162146	4
50 Backstroke	37.88	38.40	296	09/06/19	Flixton Club Championship Sprint Meet	Irlam & Cadishead LC	NW192165	4
100 Backstroke	1:23.63	1:24.60	282	08/06/19	Flixton Club Championship Sprint Meet	Irlam & Cadishead LC	NW192165	4
200 Backstroke	3:04.32	3:06.10	268	13/11/16	Flixton Swim Team Club Championships Distance Meet	Urmston	NW162146	4
200 Individual Medley	3:12.33	3:14.40	254	19/11/17	Flixton Club Championship Distance Meet	Urmston	NW171145	4
400 Individual Medley	7:05.88	7:10.00	224	25/11/17	Flixton Club Championship Distance Meet	Urmston	NW171146	4
100 Individual Medley	1:24.22	1:24.20	302	08/06/19	Flixton Club Championship Sprint Meet	Irlam & Cadishead LC	NW192165	4