

# Individual Best Times (All Time)

Gemma Sproates - (1168714) - City of Sunderland ASC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	38.18	37.60	236	13/10/13	Northumberland & Durham SA Autumn Meet	Sunderland	NE3822	3
100 Freestyle	1:26.10	1:25.10	216	02/11/14	City of Sunderland Firecracker Meet	Sunderland	NE14446	3
50 Breaststroke	49.80	49.20	200	02/11/14	City of Sunderland Firecracker Meet	Sunderland	NE14446	3
50 Backstroke	42.62	42.10	250	02/11/14	City of Sunderland Firecracker Meet	Sunderland	NE14446	3

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	37.80	38.40	223	06/07/14	Peterlee ASC Annual Graded Gala	Stanley	NE4067	3
50 Breaststroke	51.03	51.60	171	29/09/13	City of Sunderland Time Trial 2013	Sunderland	NE3913	4
100 Breaststroke	1:52.29	1:53.40	171	17/05/14	Wear Valley ASC May 2014 Level 3 Meet	Bishop Auckland	NE4302	3
50 Butterfly	57.30	57.60	77	29/09/13	City of Sunderland Time Trial 2013	Sunderland	NE3913	4
50 Backstroke	42.84	43.30	204	17/05/14	Wear Valley ASC May 2014 Level 3 Meet	Bishop Auckland	NE4302	3
100 Backstroke	1:38.91	1:39.70	170	06/07/14	Peterlee ASC Annual Graded Gala	Stanley	NE4067	3