

Individual Best Times (All Time)

Elyssa Palmer - (1172869) - City of Sunderland ASC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	29.98	29.30	488	10/02/19	Northumberland & Durham Swimming Association 2019	Sunderland	NE190300	1
100 Freestyle	1:04.60	1:03.30	512	02/02/19	Northumberland & Durham Swimming Association 2019	Sunderland	NE190300	1
200 Freestyle	2:20.95	2:18.50	513	23/03/19	City of Sunderland National Qualifier 2019	Sunderland	NE190554	1
400 Freestyle	5:15.80	5:11.30	414	22/07/18	City of Sheffield Summer Meet 2018	Sheffield	NE180166	3
800 Freestyle	10:12.90	10:03.40	494	22/03/19	City of Sunderland National Qualifier 2019	Sunderland	NE190554	1
50 Breaststroke	50.95	50.30	187	22/07/17	City of Sheffield Summer Meet	Sheffield	NE170250	3
100 Breaststroke	1:42.53	1:41.30	244	01/07/18	City of Sunderland Summer Splash 2018	Sunderland	NE181671	3
50 Butterfly	34.63	34.10	351	19/01/19	City of Sunderland New Year Meet 2019	Sunderland	NE190293	1
100 Butterfly	1:18.59	1:17.60	351	06/07/19	City of Sunderland ASC Summer Splash 2019	Sunderland	NE192020	3
50 Backstroke	34.19	33.60	484	09/02/19	Northumberland & Durham Swimming Association 2019	Sunderland	NE190300	1
100 Backstroke	1:11.68	1:10.50	511	11/05/19	Swim England North East Region Championships (50)	Leeds	NE190136	1
200 Backstroke	2:31.49	2:29.30	537	02/02/19	Northumberland & Durham Swimming Association 2019	Sunderland	NE190300	1
200 Individual Medley	2:46.24	2:43.80	436	23/03/19	City of Sunderland National Qualifier 2019	Sunderland	NE190554	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	30.10	30.80	442	07/12/19	Middlesbrough Christmas 2019 Meet	Middlesbrough	NE192243	3
100 Freestyle	1:04.20	1:05.50	479	16/02/19	Durham City Valentines Gala	Durham	NE190294	3
200 Freestyle	2:19.14	2:21.60	498	17/02/19	Durham City Valentines Gala	Durham	NE190294	3
400 Freestyle	4:53.62	4:58.40	488	17/02/19	Durham City Valentines Gala	Durham	NE190294	3
800 Freestyle	10:04.98	10:14.50	491	16/03/19	Tynemouth ASC 2019 Spring Gala	Tynemouth Pool	NE191463	3
1500 Freestyle	20:33.71	20:50.30	398	20/10/18	Middlesbrough Halloween 2018 Gala	The Neptune Centre	NE182125	2
50 Breaststroke	46.68	47.40	224	04/01/20	Billingham New Year Meet	Billingham	NE200174	3
100 Breaststroke	1:38.51	1:39.80	253	06/01/19	Billingham New Year Meet 2019	Billingham	NE190139	3
200 Breaststroke	4:18.01	4:20.10	141	13/12/15	Middlesborough Christmas Meet 2015	Middlesborough	NE152273	3
50 Butterfly	34.68	35.20	347	29/11/19	Swim Wales Short Course Championships	WNPS	WL190048	2
100 Butterfly	1:16.83	1:17.80	348	17/02/19	Durham City Valentines Gala	Durham	NE190294	3
50 Backstroke	33.16	33.80	441	02/11/19	North East Region Open Championships (25m)	Sheffield	NE192157	2
100 Backstroke	1:10.59	1:11.70	470	01/12/19	Swim Wales Short Course Championships	WNPS	WL190048	2
200 Backstroke	2:31.76	2:33.90	481	29/11/19	Swim Wales Short Course Championships	WNPS	WL190048	2
200 Individual Medley	2:42.22	2:44.60	423	16/02/19	Durham City Valentines Gala	Durham	NE190294	3
100 Individual Medley	1:30.18	1:30.20	246	13/09/18	City of Sunderland Club Championships 2018	Sunderland	NE182134	4