

Individual Best Times (All Time)

Emily Vincent - (1184460) - Harrogate District SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
100 Breaststroke	1:35.09	1:33.80	306	20/12/15	City of Leeds Christmas Meet 2015	Leeds	NE150109	3
200 Breaststroke	3:36.20	3:33.70	257	30/05/15	Sports Aid Long Course Licensed Meet	Leeds	NE150214	1
50 Butterfly	40.31	39.80	222	20/12/15	City of Leeds Christmas Meet 2015	Leeds	NE150109	3
50 Backstroke	41.14	40.60	278	30/05/15	Sports Aid Long Course Licensed Meet	Leeds	NE150214	1
200 Backstroke	2:49.84	2:47.90	381	19/12/15	City of Leeds Christmas Meet 2015	Leeds	NE150109	3
200 Individual Medley	2:52.40	2:50.10	391	19/12/15	City of Leeds Christmas Meet 2015	Leeds	NE150109	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	32.74	33.40	343	05/12/15	Derwentside Christmas Cracker	Stanley	NE150753	3
100 Freestyle	1:11.43	1:12.60	348	09/01/16	Harrogate District Janus Meet	Harrogate	NE160212	3
200 Freestyle	2:31.87	2:34.10	383	05/12/15	Derwentside Christmas Cracker	Stanley	NE150753	3
400 Freestyle	5:10.06	5:14.60	415	09/01/16	Harrogate District Janus Meet	Harrogate	NE160212	3
50 Breaststroke	42.73	43.50	292	10/01/16	Harrogate District Janus Meet	Harrogate	NE160212	3
100 Breaststroke	1:32.55	1:33.90	305	10/10/15	Yorkshire Winter Competition	Sheffield	NE151548	2
200 Breaststroke	3:24.41	3:27.00	285	28/09/15	Harrogate District SC Club Championships	Harrogate	NE152047	4
50 Butterfly	39.08	39.60	242	09/01/16	Harrogate District Janus Meet	Harrogate	NE160212	3
100 Butterfly	1:27.78	1:28.60	233	05/12/15	Derwentside Christmas Cracker	Stanley	NE150753	3
50 Backstroke	36.87	37.40	321	10/01/16	Harrogate District Janus Meet	Harrogate	NE160212	3
100 Backstroke	1:18.54	1:19.60	341	06/12/15	Derwentside Christmas Cracker	Stanley	NE150753	3
200 Backstroke	2:43.45	2:45.50	385	09/01/16	Harrogate District Janus Meet	Harrogate	NE160212	3
200 Individual Medley	2:48.18	2:50.50	380	10/01/16	Harrogate District Janus Meet	Harrogate	NE160212	3