

Individual Best Times (All Time)

Jaron Rose - (1208457) - City Of Ely Amateur Swimming Clu

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	38.08	38.60	148	22/06/15	City of Ely Summer Competition	Ely	ER151071	4
100 Freestyle	1:17.59	1:18.70	193	08/05/16	West Suffolk A'May'zing Spring Development Meet	Bury St Edmunds	ER160492	3
200 Freestyle	2:47.43	2:49.50	209	07/05/16	West Suffolk A'May'zing Spring Development Meet	Bury St Edmunds	ER160492	3
400 Freestyle	6:38.81	6:42.30	150	16/11/15	City of Ely Winter Competition	Ely	ER151893	4
50 Breaststroke	47.06	47.70	149	08/05/16	West Suffolk A'May'zing Spring Development Meet	Bury St Edmunds	ER160492	3
100 Breaststroke	1:44.18	1:45.40	149	07/05/16	West Suffolk A'May'zing Spring Development Meet	Bury St Edmunds	ER160492	3
200 Breaststroke	4:03.85	4:06.00	119	21/11/15	City of Ely Winter Competition	Ely	ER151895	4
50 Butterfly	41.55	42.00	143	07/05/16	West Suffolk A'May'zing Spring Development Meet	Bury St Edmunds	ER160492	3
200 Butterfly	4:07.49	4:08.80	80	21/11/15	City of Ely Winter Competition	Ely	ER151895	4
50 Backstroke	41.55	42.00	150	07/05/16	West Suffolk A'May'zing Spring Development Meet	Bury St Edmunds	ER160492	3
200 Backstroke	3:27.10	3:28.70	132	22/11/15	City of Ely Winter Competition	Ely	ER151895	4
200 Individual Medley	3:26.15	3:28.10	150	22/11/15	City of Ely Winter Competition	Ely	ER151895	4