

Individual Best Times (All Time)

Rebecca Johnson - (1211720) - Dunmow Atlantis SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	27.37	26.60	641	14/01/24	2024 Essex County Age Group Championships	London	ER240054	1
100 Freestyle	1:01.50	1:00.10	594	30/04/23	Swim England East Region LC Championships 2023	Norwich	ER230334	1
200 Freestyle	2:21.59	2:19.10	506	16/02/20	Essex Age Group Championships 2020	Basildon	ER200178	1
50 Breaststroke	41.73	41.00	341	01/02/20	Essex Age Group Championships 2020	London	ER200176	1
100 Breaststroke	1:45.40	1:44.20	225	21/01/17	Essex Age Group Championships 2017	Basildon	ER170022	1
200 Breaststroke	3:51.12	3:48.80	210	21/02/16	Essex Age Group Championships 2016	Basildon	ER160005	1
50 Butterfly	29.45	28.80	570	14/01/24	2024 Essex County Age Group Championships	London	ER240054	1
100 Butterfly	1:10.81	1:09.70	480	25/02/24	2024 Essex County Age Group Championships	London	ER240055	1
50 Backstroke	32.14	31.50	583	25/02/24	2024 Essex County Age Group Championships	London	ER240055	1
100 Backstroke	1:10.52	1:09.40	537	13/01/24	2024 Essex County Age Group Championships	London	ER240054	1
200 Backstroke	2:36.75	2:34.60	484	25/05/19	Swim England East Region Long Course Champs 2019	UEA Sportspark	ER190179	1
200 Individual Medley	2:40.90	2:38.40	481	24/02/24	2024 Essex County Age Group Championships	London	ER240055	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	26.56	27.30	643	05/11/23	SE East Region Short Course Championships 2023	Luton	ER231769	2
100 Freestyle	58.55	1:00.00	632	09/12/23	National Arena Swimming League - London 2023	Hatfield	ER231481	3
200 Freestyle	2:13.92	2:16.50	558	28/10/23	Teamipswich SC Spooktacular Open 2023	Ipswich	ER231145	3
400 Freestyle	5:04.75	5:09.30	437	30/06/19	Dunmow Atlantis Club Championships	Dunmow	ER192114	4
800 Freestyle	10:20.49	10:29.70	455	09/06/23	Dunmow Atlantis SC Club Championships 2023	Dunmow	ER231075	4
50 Breaststroke	40.21	41.00	351	20/10/19	Essex Senior Winter Champs	Basildon	ER191968	2
100 Breaststroke	1:30.41	1:31.80	328	30/06/19	Dunmow Atlantis Club Championships	Dunmow	ER192114	4
200 Breaststroke	3:29.25	3:31.80	265	21/09/17	Dunmow Atlantis Club Championships	Great Dunmow	ER171867	4
50 Butterfly	28.90	29.50	600	04/11/23	SE East Region Short Course Championships 2023	Luton	ER231769	2
100 Butterfly	1:06.71	1:07.80	531	09/12/23	National Arena Swimming League - London 2023	Hatfield	ER231481	3
50 Backstroke	30.98	31.60	541	04/11/23	SE East Region Short Course Championships 2023	Luton	ER231769	2
100 Backstroke	1:07.04	1:08.20	548	25/02/23	Essex Age Group County Championships 2023	Basildon	ER230023	2
200 Backstroke	2:32.27	2:34.40	476	19/10/19	Essex Senior Winter Champs	Basildon	ER191968	2
200 Individual Medley	2:28.20	2:30.80	555	09/12/23	National Arena Swimming League - London 2023	Hatfield	ER231481	3
400 Individual Medley	5:36.47	5:41.70	455	29/06/19	Dunmow Atlantis Club Championships	Dunmow	ER192114	4
100 Individual Medley	1:07.90	1:07.90	576	18/11/23	Swim England Essex Winter Championships 2023	Basildon	ER231482	2