

Individual Best Times (All Time)

Charlotte Roome - (1212176) - Derby Excel Swimming Club

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	27.83	27.10	610	12/02/23	Derbyshire ASA County Championships 2023	Derby	EM230182	1
100 Freestyle	1:00.15	58.70	635	03/04/22	Derwentio eXcel April Meet	Sheffield	EM220191	1
200 Freestyle	2:08.89	2:06.20	671	11/03/23	Edinburgh International 2023	Edinburgh	SCO1993	1
400 Freestyle	4:29.43	4:24.20	666	08/04/23	British Swimming Championships 2023	Sheffield	BSW024	1
800 Freestyle	9:58.24	9:48.50	532	06/05/19	SE East Midlands Region Champs 2019 Gala 2	Sheffield	EM191624	1
50 Breaststroke	36.73	35.90	500	05/02/23	Derbyshire ASA County Championships 2023	Derby	EM230181	1
100 Breaststroke	1:19.15	1:17.50	531	31/07/21	SE East Midlands Festival of Swimming 2021	Nottingham	EM210145	1
200 Breaststroke	3:15.88	3:13.20	346	28/04/18	Swim England East Midland Championships 2018	Corby	EM180959	1
50 Butterfly	29.84	29.20	548	02/05/22	SE East Midland Regional Long Course Championships	Sheffield	EM220575	1
100 Butterfly	1:08.54	1:07.40	530	08/05/22	SE East Midland Regional Long Course Championships	Sheffield	EM220576	1
50 Backstroke	31.12	30.50	642	11/02/23	Derbyshire ASA County Championships 2023	Derby	EM230182	1
100 Backstroke	1:07.35	1:06.10	616	12/02/23	Derbyshire ASA County Championships 2023	Derby	EM230182	1
200 Backstroke	2:28.23	2:26.00	573	29/02/20	ESSA 70th National Inter-Divisional Championships	Sheffield	NE200158	1
200 Individual Medley	2:25.51	2:22.80	651	12/03/23	Edinburgh International 2023	Edinburgh	SCO1993	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	27.64	28.40	570	25/09/22	The eXcel September Spectacular	Derby	EM221352	2
100 Freestyle	58.95	1:00.40	619	05/11/22	SE East Midlands Regional SC Championships 2022	Nottingham	EM222140	2
200 Freestyle	2:05.36	2:08.10	681	04/12/22	National Winter Championships 2022	Sheffield	ENG027	2
400 Freestyle	4:24.48	4:29.70	668	05/11/22	SE East Midlands Regional SC Championships 2022	Nottingham	EM222140	2
800 Freestyle	9:23.24	9:33.40	609	07/11/21	East Midland Region Short Course Championships 21	Nottingham	EM211276	2
50 Breaststroke	36.12	37.00	484	16/02/20	Derbyshire ASA County Championships 2020	Matlock	EM200327	2
100 Breaststroke	1:19.75	1:21.30	478	23/02/20	Derbyshire ASA County Championships 2020	Matlock	EM200328	2
200 Breaststroke	2:59.60	3:02.50	420	22/09/19	City of Derby Club Championships 2019	Derby	EM192472	4
50 Butterfly	29.68	30.30	554	05/11/22	SE East Midlands Regional SC Championships 2022	Nottingham	EM222140	2
100 Butterfly	1:11.80	1:12.90	426	07/12/19	Chesterfield Winter Open Championships	Matlock	EM192125	3
200 Butterfly	2:41.47	2:43.40	406	22/09/19	City of Derby Club Championships 2019	Derby	EM192472	4
50 Backstroke	30.94	31.60	543	02/10/22	National County Team Championships 2022 Div Two	Sheffield	ASA156	2
100 Backstroke	1:06.01	1:07.20	574	06/11/21	East Midland Region Short Course Championships 21	Nottingham	EM211276	2
200 Backstroke	2:21.22	2:23.60	597	16/02/20	Derbyshire ASA County Championships 2020	Matlock	EM200327	2
200 Individual Medley	2:21.11	2:23.90	644	06/11/22	SE East Midlands Regional SC Championships 2022	Nottingham	EM222140	2
400 Individual Medley	5:16.15	5:21.70	549	20/10/19	City of Derby Long Distance Club Championships	Repton Derbys	EM192473	4
100 Individual Medley	1:06.24	1:06.20	620	03/12/22	National Winter Championships 2022	Sheffield	ENG027	2