

# Individual Best Times (All Time)

Emma Simmonds - (1218536) - West Norfolk Swimming Club

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	32.00	31.30	401	02/03/24	City of Norwich March LC Open Meet 2024	Norwich	ER240009	3
100 Freestyle	1:11.84	1:10.70	372	03/03/24	City of Norwich March LC Open Meet 2024	Norwich	ER240009	3
50 Butterfly	33.80	33.20	377	03/03/24	City of Norwich March LC Open Meet 2024	Norwich	ER240009	3
100 Butterfly	1:25.00	1:24.10	278	02/03/24	City of Norwich March LC Open Meet 2024	Norwich	ER240009	3

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	30.65	31.30	418	17/03/24	West Norfolk Open Meet 2024	King's Lynn	ER240029	3
100 Freestyle	1:09.74	1:10.90	374	16/03/24	West Norfolk Open Meet 2024	King's Lynn	ER240029	3
50 Butterfly	33.05	33.60	401	17/03/24	West Norfolk Open Meet 2024	King's Lynn	ER240029	3
100 Butterfly	1:19.83	1:20.80	310	16/03/24	West Norfolk Open Meet 2024	King's Lynn	ER240029	3
50 Backstroke	38.46	39.00	282	01/10/23	Dereham and District ASC Icen Open 2023	Dereham	ER230657	3