

Individual Best Times (All Time)

Martine Henderson - (1236692) - Grantham SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Breaststroke	39.28	38.50	409	06/05/19	SE East Midlands Region Champs 2019 Gala 2	Sheffield	EM191624	1
100 Breaststroke	1:27.43	1:26.00	394	19/05/19	SE East Midlands Region Champs 2019 Gala 3	Sheffield	EM191625	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	30.95	31.60	406	27/01/19	Lincolnshire County Championships 2019	Grantham	EM190238	2
100 Freestyle	1:07.35	1:08.60	415	10/11/19	GSC Winter Club Champs 2019	Grantham	EM193186	3
200 Freestyle	2:27.47	2:29.80	418	16/06/19	LUSC-GSC Short Course Level 3 Meet	Grantham	EM191238	3
400 Freestyle	5:20.23	5:24.60	376	21/07/19	GSC Summer Club Champs 2019	Grantham	EM192292	3
50 Breaststroke	37.15	38.00	445	10/02/19	Lincolnshire County Championships 2019	Grantham	EM190239	2
100 Breaststroke	1:20.79	1:22.30	459	27/01/19	Lincolnshire County Championships 2019	Grantham	EM190238	2
200 Breaststroke	2:59.23	3:02.20	423	10/11/19	GSC Winter Club Champs 2019	Grantham	EM193186	3
50 Butterfly	34.97	35.50	338	14/07/19	GSC Summer Club Champs 2019	Grantham	EM192291	3
100 Butterfly	1:24.79	1:25.70	259	18/11/18	Grantham Winter Club Championships 2018	Grantham	EM182573	3
50 Backstroke	37.76	38.30	299	07/07/19	GSC Summer Club Champs 2019	Grantham	EM192290	3
100 Backstroke	1:22.95	1:23.90	289	24/06/18	Grantham Summer Club Championships	Grantham	EM181248	3
200 Backstroke	2:57.41	2:59.30	301	18/11/18	Grantham Winter Club Championships 2018	Grantham	EM182573	3
200 Individual Medley	2:45.39	2:47.80	399	27/01/19	Lincolnshire County Championships 2019	Grantham	EM190238	2
400 Individual Medley	5:57.99	6:02.90	378	21/07/19	GSC Summer Club Champs 2019	Grantham	EM192292	3
100 Individual Medley	1:16.96	1:17.00	395	02/02/20	Lincolnshire County Championships 2020	Grantham	EM200132	2