Individual Best Times (All Time)

Francesca Empson - (1249662) - City of Derby Swimming Club

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	41.22	40.70	187	12/03/17	City of Sheffield March Madness	Sheffield	NE170247	3
50 Breaststroke	54.16	53.60	156	04/12/16	Derbyshire ASA 2016 Long Course Competition	Sheffield	EM161371	3
100 Breaststroke	1:49.70	1:48.50	199	12/03/17	City of Sheffield March Madness	Sheffield	NE170247	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	39.26	39.80	199	26/03/17	Thirty Fourth City of Derby Short Course Open Meet	Derby	EM170637	3
100 Freestyle	1:27.69	1:28.60	188	25/03/17	Thirty Fourth City of Derby Short Course Open Meet	Derby	EM170637	3
200 Freestyle	3:45.48	3:47.00	117	18/09/16	City of Derby Club Championships 2016	Derby	EM161866	4
50 Breaststroke	49.56	50.20	187	26/03/17	Thirty Fourth City of Derby Short Course Open Meet	Derby	EM170637	3
100 Breaststroke	1:49.65	1:50.80	183	25/03/17	Thirty Fourth City of Derby Short Course Open Meet	Derby	EM170637	3
200 Breaststroke	4:22.91	4:24.90	134	10/01/16	Rascals January Open Meet	Matlock	EM160117	3
50 Butterfly	1:04.43	1:04.70	54	20/09/15	City of Derby Club Championships 2015	Derby	EM151525	4
50 Backstroke	1:01.76	1:02.10	68	04/07/15	City of Derby B Grade 2015 Level 3 Open Meet	Derby	EM150461	3
100 Individual Medley	1:43.90	1:43.90	160	25/03/17	Thirty Fourth City of Derby Short Course Open Meet	Derby	EM170637	3