

Individual Best Times (All Time)

Isla Grove - (1319951) - Nottingham Leander SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	37.91	37.40	241	22/01/23	Nottinghamshire ASA County Championships 2023	Nottingham	EM230409	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	38.50	39.00	211	17/12/22	Nottinghamshire ASA Stage 1 Gala 2022	Lammas LC	EM220286	4
100 Freestyle	1:41.22	1:42.00	122	28/11/21	Nottingham Leander SC 2021 Club Championships	Hucknall	EM210511	4
50 Breaststroke	55.58	56.10	132	01/10/22	Nottinghamshire ASA Stage 2 Gala 2022	Bramcote	EM220294	4
100 Breaststroke	1:59.61	2:00.70	141	04/11/23	Nottingham Leander SC 2023 Club Champs	Hucknall	EM231752	4
50 Butterfly	49.05	49.40	122	04/11/23	Nottingham Leander SC 2023 Club Champs	Hucknall	EM231752	4
50 Backstroke	50.04	50.40	128	01/07/23	Nottingham LSC The Tony Holmes Sprint Meet 2023	Nottingham	EM230747	3
100 Backstroke	1:47.85	1:48.60	131	04/11/23	Nottingham Leander SC 2023 Club Champs	Hucknall	EM231752	4
100 Individual Medley	1:41.59	1:41.60	172	02/07/23	Nottingham LSC The Tony Holmes Sprint Meet 2023	Nottingham	EM230747	3