

Individual Best Times (All Time)

Zoe Wilson - (1328975) - West Norfolk Swimming Club

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	32.77	32.10	373	02/03/24	City of Norwich March LC Open Meet 2024	Norwich	ER240009	3
100 Freestyle	1:10.09	1:08.90	401	03/03/24	City of Norwich March LC Open Meet 2024	Norwich	ER240009	3
200 Freestyle	2:29.75	2:27.40	427	23/06/24	Norwich Swan & West Norfolk Boudicca L3 Open Meet	Norwich	ER241058	3
400 Freestyle	5:11.28	5:06.70	432	02/03/24	City of Norwich March LC Open Meet 2024	Norwich	ER240009	3
50 Butterfly	35.35	34.80	330	03/03/24	City of Norwich March LC Open Meet 2024	Norwich	ER240009	3
100 Butterfly	1:19.16	1:18.20	344	02/03/24	City of Norwich March LC Open Meet 2024	Norwich	ER240009	3
200 Butterfly	2:59.55	2:57.80	312	22/06/24	Norwich Swan & West Norfolk Boudicca L3 Open Meet	Norwich	ER241058	3
50 Backstroke	36.37	35.80	402	02/03/24	City of Norwich March LC Open Meet 2024	Norwich	ER240009	3
100 Backstroke	1:14.99	1:13.90	446	03/03/24	City of Norwich March LC Open Meet 2024	Norwich	ER240009	3
200 Backstroke	2:41.04	2:39.00	447	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	32.04	32.70	366	17/03/24	West Norfolk Open Meet 2024	King's Lynn	ER240029	3
100 Freestyle	1:09.30	1:10.50	381	16/03/24	West Norfolk Open Meet 2024	King's Lynn	ER240029	3
200 Freestyle	2:26.63	2:29.00	425	25/02/24	SE Norfolk Warwick Thompson Memorial Gala 2024	Thetford	ER240454	3
400 Freestyle	5:09.25	5:13.80	418	15/07/23	West Norfolk Club Championships 2023	King's Lynn	ER231201	4
800 Freestyle	10:40.48	10:49.50	414	13/07/23	West Norfolk Club Championships 2023	King's Lynn	ER231201	4
1500 Freestyle	20:48.83	21:05.30	384	06/07/23	West Norfolk Club Championships 2023	King's Lynn	ER231200	4
50 Breaststroke	49.11	49.70	192	11/09/22	Thetford Dolphins Swimming Club Nifty 50s	Thetford	ER221507	3
100 Breaststroke	1:51.44	1:52.60	175	12/11/19	Wisbech Swimming Club Championships	Wisbech	ER193065	4
200 Breaststroke	3:49.57	3:51.90	201	19/11/19	Wisbech Swimming Club Championships	Wisbech	ER193066	4
50 Butterfly	35.00	35.50	337	17/03/24	West Norfolk Open Meet 2024	King's Lynn	ER240029	3
100 Butterfly	1:17.83	1:18.80	334	16/03/24	West Norfolk Open Meet 2024	King's Lynn	ER240029	3
200 Butterfly	2:48.48	2:50.30	357	16/03/24	West Norfolk Open Meet 2024	King's Lynn	ER240029	3
50 Backstroke	35.44	36.00	361	16/03/24	West Norfolk Open Meet 2024	King's Lynn	ER240029	3
100 Backstroke	1:13.29	1:14.40	420	24/02/24	SE Norfolk Warwick Thompson Memorial Gala 2024	Thetford	ER240454	3
200 Backstroke	2:36.22	2:38.30	441	16/03/24	West Norfolk Open Meet 2024	King's Lynn	ER240029	3
200 Individual Medley	2:51.97	2:54.30	355	16/07/23	West Norfolk Club Championships 2023	Downham Market	ER231202	4
400 Individual Medley	6:39.44	6:43.80	272	12/11/19	Wisbech Swimming Club Championships	Wisbech	ER193065	4
100 Individual Medley	1:23.60	1:23.60	308	10/09/23	Thetford Dolphins SC Nifty 50s 2023	Thetford	ER231204	3