

Individual Best Times (All Time)

Amelie Torode - (1373185) - Beau Sejour Barracuda SC

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	30.27	31.00	434	12/02/22	Beau Sejour Barracudas The Oak Series 2022	Beau Sejour	SE220350	4
100 Freestyle	1:06.67	1:07.90	428	28/11/20	The Island Swimming Championships	St Sampsons High	SE201193	3
200 Freestyle	2:29.53	2:31.80	401	01/02/20	Hampshire County Championships 2020	Waterlooville	SE200383	2
400 Freestyle	5:44.64	5:48.70	302	06/11/19	Beau Sejour Barracudas Oak Series 2019	Guernsey	SE191296	4
50 Breaststroke	41.24	42.00	325	27/11/20	The Island Swimming Championships	St Sampsons High	SE201193	3
100 Breaststroke	1:34.18	1:35.50	290	05/10/19	Jersey & Guernsey Inter Insular 2019	Haute Vallee	SE192394	4
200 Breaststroke	3:24.52	3:27.10	284	07/03/20	Beau Sejour Barracudas LBG The Oak Series	Guernsey	SE200648	4
50 Butterfly	32.95	33.50	405	03/07/21	GASA 50m Sprint Gala	Guernsey	SE210112	4
100 Butterfly	1:18.14	1:19.10	330	28/11/20	The Island Swimming Championships	St Sampsons High	SE201193	3
50 Backstroke	35.32	35.90	365	03/07/21	GASA 50m Sprint Gala	Guernsey	SE210112	4
100 Backstroke	1:18.02	1:19.00	348	03/10/20	GASA 100m Sprint Gala	St Sampsons High Sch	SE201192	4
200 Backstroke	2:52.80	2:54.70	326	16/10/19	Beau Sejour Barracudas Oak Series 2019	Guernsey	SE191292	4
200 Individual Medley	2:46.81	2:49.20	389	28/11/20	The Island Swimming Championships	St Sampsons High	SE201193	3
100 Individual Medley	1:17.35	1:17.30	389	26/06/21	The Oak Series 2021	Guernsey	SE210019	4