

# Individual Best Times (All Time)

Ella Plant - (1378085) - Cinderford & District SC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	34.26	33.60	327	31/01/22	Gloucester County Championships 2022	Hengrove LC	SW220074	1
100 Freestyle	1:13.31	1:12.20	350	16/01/23	Gloucestershire County Swimming Championships 2023	Bristol	SW230117	1
200 Freestyle	2:43.63	2:41.50	328	18/01/23	Gloucestershire County Swimming Championships 2023	Bristol	SW230118	1
50 Breaststroke	51.81	51.20	178	19/01/20	Gloucester County Championships	Hengrove, Bristol	SW200241	1
50 Backstroke	43.01	42.50	243	19/01/20	Gloucester County Championships	Hengrove, Bristol	SW200241	1
100 Backstroke	1:23.96	1:23.00	318	15/01/23	Gloucestershire County Swimming Championships 2023	Bristol	SW230116	1
200 Backstroke	2:57.72	2:55.80	332	18/01/23	Gloucestershire County Swimming Championships 2023	Bristol	SW230118	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	31.91	32.60	371	28/05/23	Southwold ASC May L3 Meet 2023	Gloucester	SW230625	3
100 Freestyle	1:11.11	1:12.30	352	02/07/23	Gloucester City SC Summer L3 Open Meet	Gloucester	SW230999	3
200 Freestyle	2:37.65	2:39.80	342	22/10/23	Gloucester City SC Autumn L2 Open Meet 2023	Gloucester	SW231829	2
400 Freestyle	5:37.66	5:41.80	321	22/10/23	Gloucester City SC Autumn L2 Open Meet 2023	Gloucester	SW231829	2
800 Freestyle	11:52.82	12:00.90	300	13/11/22	Gloucester County ASA Distance Meet 2022	Bristol	SW222111	3
50 Breaststroke	45.94	46.60	235	24/09/23	Gloucester City SC Autumn Level 3 Sprint Meet 2023	Gloucester	SW231616	3
100 Breaststroke	1:40.72	1:42.00	237	03/07/22	Gloucester City Swimming Club Summer L3 Open Meet	Gloucester	SW220614	3
50 Butterfly	38.57	39.10	252	24/09/23	Gloucester City SC Autumn Level 3 Sprint Meet 2023	Gloucester	SW231616	3
50 Backstroke	38.18	38.70	289	24/09/23	Gloucester City SC Autumn Level 3 Sprint Meet 2023	Gloucester	SW231616	3
100 Backstroke	1:20.18	1:21.20	320	27/05/23	Southwold ASC May L3 Meet 2023	Gloucester	SW230625	3
200 Backstroke	2:54.46	2:56.40	316	28/05/23	Southwold ASC May L3 Meet 2023	Gloucester	SW230625	3
200 Individual Medley	3:01.42	3:03.60	303	01/07/23	Gloucester City SC Summer L3 Open Meet	Gloucester	SW230999	3
100 Individual Medley	1:24.30	1:24.30	301	27/05/23	Southwold ASC May L3 Meet 2023	Gloucester	SW230625	3