

Individual Best Times (All Time)

Gabriella Sales - (1390694) - Epping Forest Dist SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	37.75	37.20	244	13/01/24	2024 Essex County Age Group Championships	London	ER240054	1
100 Freestyle	1:22.93	1:21.90	242	14/01/24	2024 Essex County Age Group Championships	London	ER240054	1
200 Freestyle	3:06.59	3:04.70	221	24/02/24	2024 Essex County Age Group Championships	London	ER240055	1
400 Freestyle	6:28.29	6:24.60	222	14/01/24	2024 Essex County Age Group Championships	London	ER240054	1
50 Breaststroke	53.65	53.10	160	24/02/24	2024 Essex County Age Group Championships	London	ER240055	1
100 Breaststroke	1:53.65	1:52.50	179	25/02/24	2024 Essex County Age Group Championships	London	ER240055	1
200 Breaststroke	4:03.65	4:01.50	179	25/02/24	2024 Essex County Age Group Championships	London	ER240055	1
50 Backstroke	44.73	44.30	216	25/02/24	2024 Essex County Age Group Championships	London	ER240055	1
200 Backstroke	3:39.77	3:38.20	175	13/01/24	2024 Essex County Age Group Championships	London	ER240054	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	35.49	36.10	269	18/05/24	Cheshunt SC May Anniversary Meet 2024	Harlow	ER240235	3
100 Freestyle	1:18.81	1:19.90	259	18/05/24	Cheshunt SC May Anniversary Meet 2024	Harlow	ER240235	3
200 Freestyle	2:53.34	2:55.30	257	23/03/24	Harlow & Bishops Stortford 2024 Regional Qualifier	Harlow	ER240144	3
400 Freestyle	6:14.30	6:18.00	235	14/04/24	Romford Town Last Chance Regional Qualifier 2024	Romford	LR240535	3
50 Breaststroke	49.95	50.60	183	23/06/24	City of St Albans Summer Meet 2024	St Albans	ER240215	3
100 Breaststroke	1:49.34	1:50.50	185	23/03/24	Harlow & Bishops Stortford 2024 Regional Qualifier	Harlow	ER240144	3
200 Breaststroke	3:49.81	3:52.10	200	22/06/24	City of St Albans Summer Meet 2024	St Albans	ER240215	3
50 Butterfly	45.64	46.10	152	23/03/24	Harlow & Bishops Stortford 2024 Regional Qualifier	Harlow	ER240144	3
50 Backstroke	42.70	43.20	206	18/05/24	Cheshunt SC May Anniversary Meet 2024	Harlow	ER240235	3
100 Backstroke	1:31.72	1:32.60	214	18/05/24	Cheshunt SC May Anniversary Meet 2024	Harlow	ER240235	3
200 Backstroke	3:28.71	3:30.30	185	09/12/23	Harlow Penguins County Age Group Qualifying Meet	Harlow	ER231226	3
200 Individual Medley	3:24.58	3:26.50	211	14/04/24	Romford Town Last Chance Regional Qualifier 2024	Romford	LR240535	3
100 Individual Medley	1:36.55	1:36.60	200	23/06/24	City of St Albans Summer Meet 2024	St Albans	ER240215	3