

Individual Best Times (All Time)

Gabriella Troman - (1412258) - Team Ipswich Swimming

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	33.30	32.70	356	22/01/22	Swim England Essex Age Group Championships 2022	London	ER220048	1
100 Freestyle	1:04.37	1:03.10	518	21/04/24	Swim England East Region LC Championships 2024	Luton	ER240236	1
200 Freestyle	2:15.87	2:13.30	572	03/03/24	City of Norwich March LC Open Meet 2024	Norwich	ER240009	3
400 Freestyle	4:40.11	4:35.10	593	20/04/24	Swim England East Region LC Championships 2024	Luton	ER240236	1
800 Freestyle	9:41.44	9:31.40	579	19/04/24	Swim England East Region LC Championships 2024	Luton	ER240236	1
1500 Freestyle	18:37.97	18:19.40	558	05/05/24	Swim England East Region LC Championships 2024	Norwich	ER240237	1
50 Breaststroke	46.69	46.00	243	22/01/22	Swim England Essex Age Group Championships 2022	London	ER220048	1
200 Breaststroke	3:05.25	3:02.40	409	07/04/23	City of Norwich Easter Meet 2023	Norwich	ER230119	1
50 Butterfly	39.48	39.00	236	22/01/22	Swim England Essex Age Group Championships 2022	London	ER220048	1
100 Butterfly	1:14.29	1:13.30	416	07/04/23	City of Norwich Easter Meet 2023	Norwich	ER230119	1
200 Butterfly	2:40.93	2:39.00	433	08/04/23	City of Norwich Easter Meet 2023	Norwich	ER230119	1
50 Backstroke	33.82	33.20	500	02/03/24	City of Norwich March LC Open Meet 2024	Norwich	ER240009	3
100 Backstroke	1:11.49	1:10.40	515	14/05/23	Swim England East Region LC Championships 2023	Luton	ER230335	1
200 Backstroke	2:29.70	2:27.50	556	20/04/24	Swim England East Region LC Championships 2024	Luton	ER240236	1
200 Individual Medley	2:37.85	2:35.30	510	23/04/23	Swim England East Region LC Championships 2023	Norwich	ER230333	1
400 Individual Medley	5:30.20	5:24.80	522	04/03/23	CONSC March LC Open Meet 2023	Sportspark	ER230010	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	29.67	30.40	461	17/03/24	Teamipswich SC The Mighty March Meet 2024	Ipswich	ER240266	3
100 Freestyle	1:02.51	1:03.80	519	27/01/24	Swim England Suffolk County Championships 2024	Ipswich	ER240220	2
200 Freestyle	2:11.92	2:14.50	584	28/01/24	Swim England Suffolk County Championships 2024	Ipswich	ER240220	2
400 Freestyle	4:34.26	4:39.30	599	04/02/24	Swim England Suffolk County Championships 2024	Ipswich	ER240221	2
800 Freestyle	9:29.79	9:39.80	588	03/11/23	SE East Region Short Course Championships 2023	Luton	ER231769	2
1500 Freestyle	18:57.00	19:15.00	509	26/11/23	SE Suffolk County Long Distance Qualifier A 2023	Southwold	ER232126	4
50 Breaststroke	43.15	43.90	284	16/10/22	Suffolk Development Meet 2022	Ipswich	ER221949	3
100 Breaststroke	1:24.19	1:25.70	406	11/03/23	Teamipswich Mighty March Meet 2023	Ipswich	ER230196	3
200 Breaststroke	2:53.40	2:56.40	467	12/03/23	Teamipswich Mighty March Meet 2023	Ipswich	ER230196	3
50 Butterfly	33.89	34.40	372	28/01/23	SE Suffolk County Championships 2023	Ipswich	ER230213	2
100 Butterfly	1:13.01	1:14.00	405	23/09/23	Teamipswich Club Championships 2023	Ipswich	ER231153	4
200 Butterfly	2:37.36	2:39.40	439	12/03/23	Teamipswich Mighty March Meet 2023	Ipswich	ER230196	3
50 Backstroke	32.58	33.20	465	29/10/23	Teamipswich SC Spooktacular Open 2023	Ipswich	ER231145	3
100 Backstroke	1:08.34	1:09.50	518	16/03/24	Teamipswich SC The Mighty March Meet 2024	Ipswich	ER240266	3
200 Backstroke	2:26.90	2:29.20	530	04/11/23	SE East Region Short Course Championships 2023	Luton	ER231769	2
200 Individual Medley	2:33.24	2:35.80	502	19/11/23	City of Norwich SC L3 November SC Open Meet 2023	Norwich	ER231215	3
400 Individual Medley	5:18.69	5:24.20	536	12/03/23	Teamipswich Mighty March Meet 2023	Ipswich	ER230196	3
100 Individual Medley	1:13.47	1:13.50	455	23/09/23	Teamipswich Club Championships 2023	Ipswich	ER231153	4