

Individual Best Times (All Time)

Emily Beck - (1420162) - Beau Sejour Barracuda SC

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	31.00	31.70	404	04/03/23	Guernsey GASA 50 & 100 Sprint Gala 2023	Amherst, Guernsey	SE230662	3
100 Freestyle	1:07.86	1:09.10	406	10/06/23	The Beau Sejour Barracudas 33rd Open Meet 2023	Amherst, Guernsey	SE230902	3
200 Freestyle	2:42.43	2:44.60	313	12/11/22	Beau Sejour Barracudas The Oak Series 2022	Beau Sejour	SE220351	4
400 Freestyle	6:00.15	6:04.00	264	07/11/22	Beau Sejour Barracudas The Oak Series 2022	Beau Sejour	SE220353	4
50 Breaststroke	42.40	43.10	299	25/11/22	Guernsey SC Island Swimming Championships 2022	Beau Sajour LC	SE222283	3
100 Breaststroke	1:37.82	1:39.10	259	28/11/20	The Island Swimming Championships	St Sampsons High	SE201193	3
200 Breaststroke	3:53.82	3:56.10	190	07/03/20	Beau Sejour Barracudas LBG The Oak Series	Guernsey	SE200648	4
50 Butterfly	37.09	37.60	284	04/03/23	Guernsey GASA 50 & 100 Sprint Gala 2023	Amherst, Guernsey	SE230662	3
100 Butterfly	2:15.60	2:16.20	63	22/05/19	Beau Sejour Barracudas Oak Series 2019	Guernsey	SE191289	4
50 Backstroke	40.32	40.80	245	05/03/22	Guernsey ASA 50m Sprint Gala	Beau Sejour	SE220564	4
100 Backstroke	1:27.84	1:28.80	244	25/09/21	Guernsey ASA 100m Sprint Gala	Guernsey	SE211038	4
200 Backstroke	3:37.39	3:38.90	163	16/10/19	Beau Sejour Barracudas Oak Series 2019	Guernsey	SE191292	4
200 Individual Medley	3:10.75	3:12.80	260	03/12/22	Beau Sejour Barracudas The Oak Series 2022	Beau Sejour	SE220355	4
100 Individual Medley	1:22.24	1:22.20	324	27/11/22	Guernsey SC Island Swimming Championships 2022	Beau Sajour LC	SE222283	3