

Individual Best Times (All Time)

Thea Rule - (1424698) - Dunmow Atlantis SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	31.56	30.90	418	14/01/24	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	31.12	31.80	400	15/12/23	Dunmow Atlantis SC Winter Time Trials 2023	Great Dunmow	ER232438	4
100 Freestyle	1:09.28	1:10.50	381	02/06/24	Dunmow Atlantis 2024 Club Championships	Great Dunmow	ER241053	4
200 Freestyle	2:34.01	2:36.30	367	03/12/23	BBSC & DASC Christmas Cracker Meet 2023	Braintree	ER231878	3
400 Freestyle	5:29.51	5:33.80	345	29/10/23	Teamipswich SC Spooktacular Open 2023	Ipswich	ER231145	3
800 Freestyle	11:11.37	11:19.90	359	25/11/23	Basildon & Phoenix 800m County/Regional Qualifier	Basildon	ER232297	3
1500 Freestyle	22:17.21	22:32.60	313	07/06/24	Dunmow Atlantis 2024 Club Championships	Great Dunmow	ER241054	4
50 Breaststroke	42.00	42.70	308	29/10/23	Teamipswich SC Spooktacular Open 2023	Ipswich	ER231145	3
100 Breaststroke	1:34.63	1:36.00	286	23/06/24	Dunmow Atlantis 2024 Club Championships	Great Dunmow	ER241056	4
200 Breaststroke	3:28.63	3:31.20	268	02/12/23	BBSC & DASC Christmas Cracker Meet 2023	Braintree	ER231878	3
50 Butterfly	45.76	46.20	151	27/11/22	Braintree & Dunmow Atlantis Christmas Cracker 2022	Braintree	ER221818	3
100 Butterfly	1:39.03	1:39.80	162	23/06/24	Dunmow Atlantis 2024 Club Championships	Great Dunmow	ER241056	4
50 Backstroke	36.36	36.90	334	14/06/24	Dunmow Atlantis 2024 Club Championships	Great Dunmow	ER241055	4
100 Backstroke	1:20.10	1:21.10	321	03/12/23	BBSC & DASC Christmas Cracker Meet 2023	Braintree	ER231878	3
200 Backstroke	2:51.20	2:53.10	335	15/12/23	Dunmow Atlantis SC Winter Time Trials 2023	Great Dunmow	ER232438	4
200 Individual Medley	2:59.48	3:01.70	312	23/06/24	Dunmow Atlantis 2024 Club Championships	Great Dunmow	ER241056	4
100 Individual Medley	1:22.56	1:22.60	320	02/06/24	Dunmow Atlantis 2024 Club Championships	Great Dunmow	ER241053	4