

# Individual Best Times (All Time)

Erin Haselwood - (1447490) - Stowmarket SC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	33.35	32.70	354	23/06/24	Norwich Swan & West Norfolk Boudicca L3 Open Meet	Norwich	ER241058	3
50 Breaststroke	50.00	49.40	198	09/07/23	Co Norwich SC Midsummer Madness Open Meet 2023	Norwich	ER230398	3
100 Breaststroke	1:42.62	1:41.40	244	23/06/24	Norwich Swan & West Norfolk Boudicca L3 Open Meet	Norwich	ER241058	3
50 Butterfly	39.38	38.90	238	09/07/23	Co Norwich SC Midsummer Madness Open Meet 2023	Norwich	ER230398	3
50 Backstroke	39.33	38.80	318	23/06/24	Norwich Swan & West Norfolk Boudicca L3 Open Meet	Norwich	ER241058	3
200 Individual Medley	3:20.62	3:18.60	248	08/07/23	Co Norwich SC Midsummer Madness Open Meet 2023	Norwich	ER230398	3

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	32.27	32.90	358	08/10/23	David Robinson Suffolk Development Meet 2023	Ipswich	ER231795	3
100 Freestyle	1:11.96	1:13.10	340	18/11/23	Deben Woodbridge SC November 2023 Meet	Ipswich	ER230782	3
200 Freestyle	2:44.89	2:47.00	299	16/09/23	Stowmarket SC Club Championships 2023	Stowmarket	ER231904	4
400 Freestyle	6:06.65	6:10.50	251	15/09/23	Stowmarket SC Club Championships 2023	Stowmarket	ER231904	4
50 Breaststroke	46.53	47.20	226	19/11/23	Deben Woodbridge SC November 2023 Meet	Ipswich	ER230782	3
100 Breaststroke	1:41.90	1:43.10	229	19/11/23	Deben Woodbridge SC November 2023 Meet	Ipswich	ER230782	3
200 Breaststroke	3:39.50	3:41.90	230	07/10/23	David Robinson Suffolk Development Meet 2023	Ipswich	ER231795	3
50 Butterfly	36.85	37.40	289	08/10/23	David Robinson Suffolk Development Meet 2023	Ipswich	ER231795	3
100 Butterfly	1:42.53	1:43.30	146	16/09/23	Stowmarket SC Club Championships 2023	Stowmarket	ER231904	4
200 Butterfly	3:57.20	3:58.50	128	19/09/23	Stowmarket SC Club Championships 2023	Stowmarket	ER231905	4
50 Backstroke	37.71	38.20	300	07/10/23	David Robinson Suffolk Development Meet 2023	Ipswich	ER231795	3
100 Backstroke	1:24.55	1:25.50	273	16/12/23	Stowmarket SC No Frills Meet 2023	Mid Suffolk	ER232289	3
200 Backstroke	3:14.69	3:16.40	228	17/09/23	Stowmarket SC Club Championships 2023	Stowmarket	ER231904	4
200 Individual Medley	3:17.79	3:19.80	233	17/09/23	Stowmarket SC Club Championships 2023	Stowmarket	ER231904	4
400 Individual Medley	7:03.09	7:07.20	229	18/09/23	Stowmarket SC Club Championships 2023	Stowmarket	ER231905	4
100 Individual Medley	1:23.42	1:23.40	310	07/10/23	David Robinson Suffolk Development Meet 2023	Ipswich	ER231795	3