

Individual Best Times (All Time)

Martha Green - (1457899) - City of Southend on Sea SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
200 Backstroke	3:38.46	3:36.90	179	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	40.69	41.20	178	16/03/24	Basildon Spring Regional Qualifier 2024	Basildon	ER240455	3
100 Freestyle	1:29.25	1:30.20	178	17/03/24	Basildon Spring Regional Qualifier 2024	Basildon	ER240455	3
200 Freestyle	3:11.18	3:13.00	192	16/03/24	Basildon Spring Regional Qualifier 2024	Basildon	ER240455	3
400 Freestyle	7:23.93	7:27.10	141	10/11/23	City of Southend on Sea SC Annual Club Champs 2023	Southend	ER232208	4
50 Breaststroke	53.37	54.00	150	01/06/24	Chelmsford Nicki Wiseman Summer Sprints Meet 2024	Chelmsford City	ER240735	4
100 Breaststroke	1:55.16	1:56.30	158	01/06/24	Chelmsford Nicki Wiseman Summer Sprints Meet 2024	Chelmsford City	ER240735	4
200 Breaststroke	4:00.51	4:02.70	175	16/03/24	Basildon Spring Regional Qualifier 2024	Basildon	ER240455	3
50 Butterfly	50.34	50.70	113	01/06/24	Chelmsford Nicki Wiseman Summer Sprints Meet 2024	Chelmsford City	ER240735	4
100 Butterfly	2:19.16	2:19.70	58	24/11/23	City of Southend on Sea SC Annual Club Champs 2023	Southend	ER232209	4
50 Backstroke	45.91	46.30	166	17/03/24	Basildon Spring Regional Qualifier 2024	Basildon	ER240455	3
100 Backstroke	1:38.45	1:39.30	173	01/06/24	Chelmsford Nicki Wiseman Summer Sprints Meet 2024	Chelmsford City	ER240735	4
200 Backstroke	3:24.42	3:26.00	196	17/03/24	Basildon Spring Regional Qualifier 2024	Basildon	ER240455	3
200 Individual Medley	4:01.69	4:03.30	128	03/11/23	City of Southend on Sea SC Annual Club Champs 2023	Southend	ER232207	4
100 Individual Medley	1:39.45	1:39.50	183	01/06/24	Chelmsford Nicki Wiseman Summer Sprints Meet 2024	Chelmsford City	ER240735	4