

# Individual Best Times (All Time)

Isla Holland - (1484979) - Gateshead & Whickham SC

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	31.71	32.40	378	12/04/24	Gateshead & Whickham ASC Spring Meet 2024	Gateshead	NE240550	3
100 Freestyle	1:10.61	1:11.80	360	17/03/24	Gateshead & Whickham ASC Spring Meet 2024	Gateshead	NE240550	3
200 Freestyle	2:27.12	2:29.50	421	28/06/24	Gateshead & Whickham Summer Meet 2024	Gateshead	NE241180	3
400 Freestyle	5:41.93	5:46.00	309	11/02/24	Durham City Aquatics Valentine Gala	Durham	NE240405	3
800 Freestyle	10:52.39	11:01.20	391	24/05/24	South Tyneside 2024 Spring Meet	South Shields	NE240614	3
50 Breaststroke	45.84	46.50	237	19/05/24	Durham City Aquatics Sprint & Relay Meet 2024	Durham	NE240949	3
200 Breaststroke	3:30.13	3:32.60	262	12/04/24	Gateshead & Whickham ASC Spring Meet 2024	Gateshead	NE240550	3
50 Butterfly	39.84	40.30	229	19/05/24	Durham City Aquatics Sprint & Relay Meet 2024	Durham	NE240949	3
50 Backstroke	38.32	38.80	286	19/05/24	Durham City Aquatics Sprint & Relay Meet 2024	Durham	NE240949	3
100 Backstroke	1:24.66	1:25.60	272	24/09/23	Gateshead & Whickham Summer Meet 2023	Gateshead	NE231703	3
200 Backstroke	2:52.26	2:54.20	329	12/04/24	Gateshead & Whickham ASC Spring Meet 2024	Gateshead	NE240550	3
200 Individual Medley	3:08.39	3:10.50	270	17/03/24	Gateshead & Whickham ASC Spring Meet 2024	Gateshead	NE240550	3
100 Individual Medley	1:26.11	1:26.10	282	25/02/24	Derwentside ASC Sprint Meet 2024	Stanley	NE240495	3