

# Individual Best Times (All Time)

Isla Hall - (1495151) - Basildon and Phoenix SC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	37.27	36.70	254	13/01/24	2024 Essex County Age Group Championships	London	ER240054	1
100 Freestyle	1:23.16	1:22.10	240	14/01/24	2024 Essex County Age Group Championships	London	ER240054	1
200 Freestyle	3:06.07	3:04.20	223	24/02/24	2024 Essex County Age Group Championships	London	ER240055	1
50 Breaststroke	49.60	49.00	203	24/02/24	2024 Essex County Age Group Championships	London	ER240055	1
50 Butterfly	41.80	41.30	199	24/02/24	2024 Essex County Age Group Championships	London	ER240055	1
100 Butterfly	1:40.32	1:39.60	169	14/01/24	2024 Essex County Age Group Championships	London	ER240054	1
50 Backstroke	43.68	43.20	232	24/03/24	Newham & UEL SC National Qualifier Open Meet 2024	Stratford	LR240111	1
200 Individual Medley	3:31.75	3:29.90	211	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	36.47	37.00	248	18/05/24	Basildon & Phoenix Spring SC Meet 2024	Basildon	ER240790	3
100 Freestyle	1:20.83	1:21.90	240	19/05/24	Basildon & Phoenix Spring SC Meet 2024	Basildon	ER240790	3
200 Freestyle	3:01.73	3:03.60	223	09/12/23	Basildon & Phoenix Last Chance County Qualifier 23	Basildon	ER232491	3
400 Freestyle	6:10.57	6:14.40	243	06/04/24	Basildon & Phoenix Easter Meet 2024	Basildon	ER240561	3
50 Breaststroke	47.47	48.10	213	19/05/24	Basildon & Phoenix Spring SC Meet 2024	Basildon	ER240790	3
100 Breaststroke	1:45.33	1:46.50	207	18/05/24	Basildon & Phoenix Spring SC Meet 2024	Basildon	ER240790	3
200 Breaststroke	3:45.30	3:47.60	213	07/04/24	Basildon & Phoenix Easter Meet 2024	Basildon	ER240561	3
50 Butterfly	40.28	40.70	221	18/05/24	Basildon & Phoenix Spring SC Meet 2024	Basildon	ER240790	3
100 Butterfly	1:32.45	1:33.30	199	19/05/24	Basildon & Phoenix Spring SC Meet 2024	Basildon	ER240790	3
50 Backstroke	42.91	43.40	203	17/03/24	Basildon Spring Regional Qualifier 2024	Basildon	ER240455	3
100 Backstroke	1:30.65	1:31.50	222	16/03/24	Basildon Spring Regional Qualifier 2024	Basildon	ER240455	3
200 Backstroke	3:08.08	3:09.80	252	19/05/24	Basildon & Phoenix Spring SC Meet 2024	Basildon	ER240790	3
200 Individual Medley	3:11.74	3:13.80	256	19/05/24	Basildon & Phoenix Spring SC Meet 2024	Basildon	ER240790	3
100 Individual Medley	1:38.86	1:38.90	186	23/09/23	Basildon & Phoenix Autumn Season Opener 2023	Basildon	ER231881	3