

Individual Best Times (All Time)

Marisa Jarman-Hall - (1500491) - Rochford & District SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
400 Freestyle	7:14.18	7:10.90	159	14/01/24	2024 Essex County Age Group Championships	London	ER240054	1
50 Breaststroke	51.42	50.80	182	24/02/24	2024 Essex County Age Group Championships	London	ER240055	1
200 Breaststroke	3:51.77	3:49.50	209	25/02/24	2024 Essex County Age Group Championships	London	ER240055	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	40.23	40.70	185	16/04/23	Halstead SC Annual Open Meet 2023	Braintree	ER230217	3
100 Freestyle	1:23.31	1:24.30	219	07/04/24	Basildon & Phoenix Easter Meet 2024	Basildon	ER240561	3
200 Freestyle	3:05.33	3:07.20	210	07/04/24	Basildon & Phoenix Easter Meet 2024	Basildon	ER240561	3
400 Freestyle	6:50.53	6:53.90	178	01/10/23	Romford Town SC Autumn Season Opener Meet 2023	Romford	LR231604	3
50 Breaststroke	53.12	53.70	152	02/12/23	Rochford and District Open Meet 2023	Clements Hall	ER232196	4
100 Breaststroke	1:55.43	1:56.50	157	01/04/23	Basildon & Phoenix SC Easter Meet 2023	Basildon	ER230462	3
200 Breaststroke	3:52.68	3:54.90	193	16/03/24	Basildon Spring Regional Qualifier 2024	Basildon	ER240455	3
50 Butterfly	55.02	55.40	87	07/04/24	Basildon & Phoenix Easter Meet 2024	Basildon	ER240561	3
50 Backstroke	47.89	48.30	146	02/09/23	Halstead SC Annual Open Meet 2023	Braintree	ER232095	3
100 Backstroke	1:37.16	1:38.00	180	16/03/24	Basildon Spring Regional Qualifier 2024	Basildon	ER240455	3
200 Backstroke	3:22.62	3:24.30	202	06/04/24	Basildon & Phoenix Easter Meet 2024	Basildon	ER240561	3
200 Individual Medley	3:39.00	3:40.80	172	06/04/24	Basildon & Phoenix Easter Meet 2024	Basildon	ER240561	3