

Individual Best Times (All Time)

Molly Bowe - (1504802) - City of Sunderland ASC

Long Course

| Stroke | LC Time | Converted to SC | LC WA Pts | Date | Meet | Venue | Licence | Level |
|-----------------------|---------|-----------------|-----------|----------|--|------------|----------|-------|
| 50 Freestyle | 36.99 | 36.40 | 260 | 20/01/24 | City of Sunderland ASC New Year Meet 2024 | Sunderland | NE240152 | 1 |
| 100 Freestyle | 1:23.02 | 1:22.00 | 241 | 03/02/24 | Northumberland & Durham SA County Championships 24 | Sunderland | NE240247 | 1 |
| 200 Freestyle | 2:53.07 | 2:51.00 | 277 | 13/04/24 | City of Sunderland National Qualifier 2024 | Sunderland | NE240694 | 1 |
| 50 Breaststroke | 53.17 | 52.60 | 164 | 04/02/24 | Northumberland & Durham SA County Championships 24 | Sunderland | NE240247 | 1 |
| 100 Breaststroke | 1:48.57 | 1:47.40 | 206 | 18/02/24 | Northumberland & Durham SA County Championships 24 | Sunderland | NE240248 | 1 |
| 200 Breaststroke | 3:48.42 | 3:46.10 | 218 | 21/01/24 | City of Sunderland ASC New Year Meet 2024 | Sunderland | NE240152 | 1 |
| 50 Butterfly | 42.49 | 42.00 | 190 | 04/02/24 | Northumberland & Durham SA County Championships 24 | Sunderland | NE240247 | 1 |
| 50 Backstroke | 44.00 | 43.50 | 227 | 17/02/24 | Northumberland & Durham SA County Championships 24 | Sunderland | NE240248 | 1 |
| 100 Backstroke | 1:30.55 | 1:29.70 | 253 | 17/02/24 | Northumberland & Durham SA County Championships 24 | Sunderland | NE240248 | 1 |
| 200 Backstroke | 3:18.61 | 3:16.90 | 238 | 03/02/24 | Northumberland & Durham SA County Championships 24 | Sunderland | NE240247 | 1 |
| 200 Individual Medley | 3:20.67 | 3:18.70 | 248 | 20/01/24 | City of Sunderland ASC New Year Meet 2024 | Sunderland | NE240152 | 1 |

Short Course

| Stroke | SC Time | Converted to LC | SC WA Pts | Date | Meet | Venue | License | Level |
|-----------------------|----------|-----------------|-----------|----------|--|---------------|----------|-------|
| 50 Freestyle | 37.12 | 37.70 | 235 | 11/02/24 | Durham City Aquatics Valentine Gala | Durham | NE240405 | 3 |
| 100 Freestyle | 1:18.96 | 1:20.00 | 257 | 10/02/24 | Durham City Aquatics Valentine Gala | Durham | NE240405 | 3 |
| 200 Freestyle | 2:46.46 | 2:48.50 | 291 | 24/03/24 | Tynemouth ASC NER Qualifier | Tynemouth | NE240406 | 3 |
| 400 Freestyle | 5:47.06 | 5:51.10 | 296 | 24/03/24 | Tynemouth ASC NER Qualifier | Tynemouth | NE240406 | 3 |
| 800 Freestyle | 12:03.72 | 12:11.70 | 287 | 22/03/24 | Tynemouth ASC NER Qualifier | Tynemouth | NE240406 | 3 |
| 50 Breaststroke | 48.88 | 49.50 | 195 | 25/05/24 | South Tyneside 2024 Spring Meet | South Shields | NE240614 | 3 |
| 100 Breaststroke | 1:47.79 | 1:49.00 | 193 | 10/02/24 | Durham City Aquatics Valentine Gala | Durham | NE240405 | 3 |
| 200 Breaststroke | 3:40.71 | 3:43.10 | 226 | 24/03/24 | Tynemouth ASC NER Qualifier | Tynemouth | NE240406 | 3 |
| 50 Butterfly | 41.91 | 42.40 | 196 | 15/10/23 | Bo Stockton Winter Swim Festival 2023 | Billingham | NE231966 | 2 |
| 100 Butterfly | 1:37.38 | 1:38.20 | 170 | 23/03/24 | Tynemouth ASC NER Qualifier | Tynemouth | NE240406 | 3 |
| 50 Backstroke | 44.55 | 45.00 | 182 | 14/10/23 | Bo Stockton Winter Swim Festival 2023 | Billingham | NE231966 | 2 |
| 100 Backstroke | 1:34.54 | 1:35.40 | 195 | 10/12/23 | York City BC Winter Swim Extravaganza 2023 | Leeds | NE231704 | 3 |
| 200 Backstroke | 3:10.50 | 3:12.20 | 243 | 26/05/24 | South Tyneside 2024 Spring Meet | South Shields | NE240614 | 3 |
| 200 Individual Medley | 3:11.59 | 3:13.60 | 257 | 25/05/24 | South Tyneside 2024 Spring Meet | South Shields | NE240614 | 3 |
| 100 Individual Medley | 1:30.79 | 1:30.80 | 241 | 11/02/24 | Durham City Aquatics Valentine Gala | Durham | NE240405 | 3 |