

Individual Best Times (All Time)

Amelie Henson - (1513117) - Douglas SC

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	35.10	35.70	278	18/11/23	Utmost IOM Swimming Championships 2023	Douglas, Isle of Man	NW232559	3
100 Freestyle	1:17.26	1:18.30	275	19/11/23	Utmost IOM Swimming Championships 2023	Douglas, Isle of Man	NW232559	3
200 Freestyle	2:51.68	2:53.70	265	25/11/23	Utmost IOM Swimming Championships 2023	Douglas, Isle of Man	NW232560	3
400 Freestyle	6:11.09	6:14.90	242	26/11/23	Utmost IOM Swimming Championships 2023	Douglas, Isle of Man	NW232560	3
800 Freestyle	13:32.35	13:39.50	202	17/11/23	Utmost IOM Swimming Championships 2023	Douglas, Isle of Man	NW232559	3
1500 Freestyle	24:49.03	25:02.90	226	24/11/23	Utmost IOM Swimming Championships 2023	Douglas, Isle of Man	NW232559	3
50 Breaststroke	45.86	46.50	236	26/11/23	Utmost IOM Swimming Championships 2023	Douglas, Isle of Man	NW232560	3
100 Breaststroke	1:42.72	1:43.90	223	23/06/24	Douglas ASC Annual Club Gala 2024	Douglas, Isle of Man	NW241560	4
200 Breaststroke	3:38.14	3:40.60	234	19/11/23	Utmost IOM Swimming Championships 2023	Douglas, Isle of Man	NW232559	3
50 Butterfly	50.91	51.30	109	14/10/23	IoM Utmost Int'l League Match Winter Series 2023-4	Douglas, IoM	NW232390	3
50 Backstroke	44.59	45.00	181	23/03/24	Utmost Spring Open Meet 2024	Douglas, Isle of Man	NW240839	3
100 Backstroke	1:38.20	1:39.00	174	23/03/24	Utmost Spring Open Meet 2024	Douglas, Isle of Man	NW240839	3
200 Individual Medley	3:20.47	3:22.40	224	18/11/23	Utmost IOM Swimming Championships 2023	Douglas, Isle of Man	NW232559	3
100 Individual Medley	1:31.72	1:31.70	233	25/11/23	Utmost IOM Swimming Championships 2023	Douglas, Isle of Man	NW232560	3