

Individual Best Times (All Time)

Emily David - (1515327) - Cockermouth SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	30.62	29.90	458	04/05/24	SENW Regional Summer Championships 2024	Manchester	NW240306	1
100 Freestyle	1:08.93	1:07.70	422	04/05/24	SENW Regional Summer Championships 2024	Manchester	NW240306	1
200 Freestyle	2:33.82	2:31.50	394	13/04/24	City of Sunderland National Qualifier 2024	Sunderland	NE240694	1
50 Breaststroke	45.06	44.40	271	12/05/24	ARENA Manchester Open Meet 2024	Manchester	NW240840	1
200 Breaststroke	3:31.20	3:28.70	276	04/05/24	SENW Regional Summer Championships 2024	Manchester	NW240306	1
50 Backstroke	36.32	35.80	404	12/05/24	ARENA Manchester Open Meet 2024	Manchester	NW240840	1
100 Backstroke	1:22.86	1:21.90	331	14/04/24	City of Sunderland National Qualifier 2024	Sunderland	NE240694	1
200 Backstroke	2:57.67	2:55.80	332	28/04/24	SENW Regional Summer Championships 2024	Manchester	NW240305	1
200 Individual Medley	3:00.94	2:58.70	338	27/04/24	SENW Regional Summer Championships 2024	Manchester	NW240305	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	30.26	30.90	435	03/02/24	Cumbria County Championships & Age Groups 2024	Workington	NW240299	2
100 Freestyle	1:07.96	1:09.20	404	03/02/24	Cumbria County Championships & Age Groups 2024	Workington	NW240299	2
200 Freestyle	2:27.77	2:30.10	415	08/06/24	Copeland ASC 27th Graded Gala 2024	Whitehaven	NW241218	3
400 Freestyle	5:39.38	5:43.50	316	21/01/24	Cumbria County Championships & Age Groups 2024	Workington	NW240298	2
50 Breaststroke	42.95	43.70	288	03/02/24	Cumbria County Championships & Age Groups 2024	Workington	NW240299	2
100 Breaststroke	1:34.43	1:35.80	287	08/06/24	Copeland ASC 27th Graded Gala 2024	Whitehaven	NW241218	3
200 Breaststroke	3:27.06	3:29.60	274	20/01/24	Cumbria County Championships & Age Groups 2024	Workington	NW240298	2
50 Butterfly	37.29	37.80	279	09/03/24	Copeland 29th Bill and Monica Griffin Gala 2024	Whitehaven	NW240658	3
100 Butterfly	1:28.70	1:29.60	226	08/06/24	Copeland ASC 27th Graded Gala 2024	Whitehaven	NW241218	3
50 Backstroke	36.21	36.80	339	09/03/24	Copeland 29th Bill and Monica Griffin Gala 2024	Whitehaven	NW240658	3
100 Backstroke	1:16.74	1:17.80	365	08/06/24	Copeland ASC 27th Graded Gala 2024	Whitehaven	NW241218	3
200 Backstroke	2:53.15	2:55.10	324	21/01/24	Cumbria County Championships & Age Groups 2024	Workington	NW240298	2
200 Individual Medley	2:55.78	2:58.00	333	03/02/24	Cumbria County Championships & Age Groups 2024	Workington	NW240299	2
100 Individual Medley	1:22.41	1:22.40	322	09/03/24	Copeland 29th Bill and Monica Griffin Gala 2024	Whitehaven	NW240658	3