

Individual Best Times (All Time)

Isabelle Pople - (1516607) - Sevenoaks SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	31.28	30.60	430	11/03/23	Wycombe LC Premier Meet 2023	High Wycombe	SE230318	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	30.23	30.90	436	15/01/23	Haslemere, Farnham & Godalming Last Chance Meet 23	Haslemere	SE230081	3
100 Freestyle	1:08.53	1:09.70	394	27/11/22	Maidstone SC Level 3 Winter Qualifier 2022	Maidstone	SE220847	3
200 Freestyle	2:33.39	2:35.60	371	27/11/22	Maidstone SC Level 3 Winter Qualifier 2022	Maidstone	SE220847	3
400 Freestyle	5:56.36	6:00.30	273	25/09/22	Sevenoaks Club Champs 2022	Sevenoaks	SE221615	4
800 Freestyle	11:48.48	11:56.60	305	10/10/22	Sevenoaks Club Champs 2022	Sevenoaks	SE221616	4
1500 Freestyle	22:44.06	22:59.10	295	14/10/22	Sevenoaks Club Champs 2022	Sevenoaks	SE221617	4
50 Breaststroke	58.60	59.10	113	13/05/21	Sevenoaks SC	Sevenoaks	LEX1118	0
100 Breaststroke	2:23.37	2:24.30	82	27/05/21	Sevenoaks	Sevenoaks	LEX1419	0
50 Butterfly	33.46	34.00	386	27/11/22	Maidstone SC Level 3 Winter Qualifier 2022	Maidstone	SE220847	3
100 Butterfly	1:17.64	1:18.60	337	10/12/22	National Arena Swimming League South 2022 - R3	Dover	SE222479	3
50 Backstroke	36.84	37.40	321	27/11/22	Maidstone SC Level 3 Winter Qualifier 2022	Maidstone	SE220847	3
100 Backstroke	1:21.38	1:22.40	306	26/11/22	Maidstone SC Level 3 Winter Qualifier 2022	Maidstone	SE220847	3
200 Backstroke	2:51.50	2:53.40	333	26/11/22	Maidstone SC Level 3 Winter Qualifier 2022	Maidstone	SE220847	3
200 Individual Medley	3:35.99	3:37.80	179	10/10/21	Sevenoaks SC Club Champs 2021	Sevenoaks	SE211125	3
100 Individual Medley	1:22.19	1:22.20	325	05/03/23	Erith & District & Orpington Ojays Spring Meet 23	Crook Log	LR230003	3