

Individual Best Times (All Time)

Ella Rose - (1589283) - Killerwhales SC (Havering)

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	44.53	44.10	149	25/09/22	Gators Early Season County Qualifier	London	LR221473	3
100 Freestyle	1:37.45	1:36.60	149	03/04/22	Bracknell & Wokingham SC Regional Qualifier Meet	Aldershot Garrison	SE220327	3
50 Breaststroke	1:06.43	1:06.00	84	02/04/22	Bracknell & Wokingham SC Regional Qualifier Meet	Aldershot Garrison	SE220327	3
50 Butterfly	47.83	47.40	133	09/07/23	NUEL SC Joy Atotileto Memorial Open Meet 2023	Stratford	LR230876	3
50 Backstroke	50.55	50.10	150	03/04/22	Bracknell & Wokingham SC Regional Qualifier Meet	Aldershot Garrison	SE220327	3
100 Backstroke	1:44.65	1:43.90	164	09/07/23	NUEL SC Joy Atotileto Memorial Open Meet 2023	Stratford	LR230876	3
200 Individual Medley	3:53.76	3:52.10	157	02/04/22	Bracknell & Wokingham SC Regional Qualifier Meet	Aldershot Garrison	SE220327	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	35.65	36.20	266	16/03/24	Basildon Spring Regional Qualifier 2024	Basildon	ER240455	3
100 Freestyle	1:21.47	1:22.50	234	17/03/24	Basildon Spring Regional Qualifier 2024	Basildon	ER240455	3
200 Freestyle	3:25.20	3:26.90	155	08/03/23	Killerwhales SC Spring Time Trials 2023	Romford	LR230738	4
400 Freestyle	7:25.21	7:28.40	140	06/07/22	KWSC Long Distance Club Champs 2022	Romford	LR221422	4
50 Breaststroke	49.16	49.80	192	10/12/23	Basildon & Phoenix Last Chance County Qualifier 23	Basildon	ER232491	3
100 Breaststroke	1:50.48	1:51.60	179	16/03/24	Basildon Spring Regional Qualifier 2024	Basildon	ER240455	3
50 Butterfly	42.52	43.00	188	16/03/24	Basildon Spring Regional Qualifier 2024	Basildon	ER240455	3
100 Butterfly	1:44.33	1:45.10	139	10/12/23	Basildon & Phoenix Last Chance County Qualifier 23	Basildon	ER232491	3
50 Backstroke	43.00	43.50	202	17/03/24	Basildon Spring Regional Qualifier 2024	Basildon	ER240455	3
100 Backstroke	1:32.46	1:33.30	209	16/03/24	Basildon Spring Regional Qualifier 2024	Basildon	ER240455	3
200 Backstroke	3:20.73	3:22.40	208	11/05/24	Killerwhales Spring Club Champs 2024	Hornchurch	LR240905	4
200 Individual Medley	3:21.39	3:23.30	221	17/03/24	Basildon Spring Regional Qualifier 2024	Basildon	ER240455	3
100 Individual Medley	1:37.05	1:37.10	197	11/11/23	Killerwhales of Havering Autumn Tri Club Gala 2023	Hornchurch	LR232421	4