

Individual Best Times (All Time)

Roisin Banks - (1602999) - Rugby SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	36.23	35.60	276	17/03/24	Derby Excel Spring Qualifier 2024	Sheffield	EM240136	1
100 Freestyle	1:30.26	1:29.30	188	02/07/23	City of Sunderland ASC Summer Splash 2023	Sunderland	NE231255	3
200 Freestyle	3:24.97	3:23.30	166	03/02/24	Warwickshire County ASA 2024 County Championships	Coventry	WM240114	1
50 Breaststroke	47.66	47.00	229	03/02/24	Warwickshire County ASA 2024 County Championships	Coventry	WM240114	1
100 Breaststroke	1:52.98	1:51.90	182	03/02/24	Warwickshire County ASA 2024 County Championships	Coventry	WM240114	1
50 Backstroke	44.07	43.60	226	04/02/24	Warwickshire County ASA 2024 County Championships	Coventry	WM240114	1
200 Backstroke	3:34.24	3:32.70	189	03/02/24	Warwickshire County ASA 2024 County Championships	Coventry	WM240114	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	36.88	37.40	240	10/03/24	Nuneaton & Bedworth Delia Reynolds Spring Open 24	Pingles LC	WM240008	3
100 Freestyle	1:23.24	1:24.20	219	07/04/24	Rugby Open Meet 2024	Rugby	WM240202	3
200 Freestyle	3:06.59	3:08.40	206	07/04/24	Rugby Open Meet 2024	Rugby	WM240202	3
50 Breaststroke	46.97	47.60	220	07/04/24	Rugby Open Meet 2024	Rugby	WM240202	3
100 Breaststroke	1:45.03	1:46.20	209	18/05/24	Coventry & District May Meet 2024	Coventry	WM240675	3
200 Breaststroke	3:48.99	3:51.30	202	06/04/24	Rugby Open Meet 2024	Rugby	WM240202	3
50 Butterfly	46.87	47.30	140	19/05/24	Coventry & District May Meet 2024	Coventry	WM240675	3
50 Backstroke	41.93	42.40	218	06/04/24	Rugby Open Meet 2024	Rugby	WM240202	3
100 Backstroke	1:35.10	1:35.90	192	09/03/24	Nuneaton & Bedworth Delia Reynolds Spring Open 24	Pingles LC	WM240008	3
200 Backstroke	3:25.93	3:27.50	192	06/04/24	Rugby Open Meet 2024	Rugby	WM240202	3
200 Individual Medley	3:28.50	3:30.40	199	19/05/24	Coventry & District May Meet 2024	Coventry	WM240675	3
100 Individual Medley	1:43.61	1:43.60	162	28/10/23	36th Leicester Penguins Open Meet 2023	Leicester	EM230851	3