

Individual Best Times (All Time)

Emily Bowen - (1623433) - Truro City SC

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	30.96	31.60	406	23/03/24	Carn Brea & Helston 7th Open Sprint Meet 2024	Penzance	SW240310	3
100 Freestyle	1:08.06	1:09.30	402	19/11/23	Dawlish Firecracker 2023	Plymouth	SW231524	3
200 Freestyle	2:29.45	2:31.80	402	27/01/24	2024 Cornwall County & Age Groups Championships	Penzance	SW240148	2
400 Freestyle	5:20.95	5:25.30	374	28/01/24	2024 Cornwall County & Age Groups Championships	Bodmin	SW240149	2
800 Freestyle	11:14.36	11:22.90	354	13/01/24	2024 Cornwall County & Age Groups Championships	Penzance	SW240146	2
50 Breaststroke	43.86	44.60	270	20/11/23	Dawlish Firecracker 2023	Plymouth	SW231525	3
100 Breaststroke	1:37.81	1:39.10	259	19/11/23	Dawlish Firecracker 2023	Plymouth	SW231524	3
50 Butterfly	36.01	36.50	310	28/01/24	2024 Cornwall County & Age Groups Championships	Bodmin	SW240149	2
50 Backstroke	37.35	37.90	308	23/03/24	Carn Brea & Helston 7th Open Sprint Meet 2024	Penzance	SW240310	3
200 Individual Medley	2:55.38	2:57.60	335	03/02/24	2024 Cornwall County & Age Groups Championships	Penzance	SW240150	2
100 Individual Medley	1:21.14	1:21.10	337	23/03/24	Carn Brea & Helston 7th Open Sprint Meet 2024	Penzance	SW240310	3