

Individual Best Times (All Time)

Holly Wilson - (1644376) - Barnstaple SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
100 Freestyle	1:26.30	1:25.30	215	16/01/24	Devon County Age Group Championships 2024	Plymouth	SW240141	1
200 Freestyle	3:08.40	3:06.50	214	15/01/24	Devon County Age Group Championships 2024	Plymouth	SW240141	1
400 Freestyle	6:50.16	6:46.70	188	16/01/24	Devon County Age Group Championships 2024	Plymouth	SW240141	1
100 Butterfly	1:53.26	1:52.60	117	16/01/24	Devon County Age Group Championships 2024	Plymouth	SW240141	1
100 Backstroke	1:34.62	1:33.80	222	15/01/24	Devon County Age Group Championships 2024	Plymouth	SW240141	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	35.47	36.10	270	09/06/24	Devon Sprint Competition 2024	Plymouth	SW240824	3
100 Freestyle	1:19.54	1:20.60	252	10/06/24	Devon Developments 2024	Plymouth	SW240823	3
200 Freestyle	3:02.86	3:04.80	219	11/12/23	Plymouth Leander Christmas Open SC L3 2023	Plymouth	SW232227	3
400 Freestyle	6:40.66	6:44.20	192	04/12/23	Barnstable SC 2023 400m Club Championships	Takka LC	SW232320	4
800 Freestyle	14:31.28	14:37.90	164	17/11/23	Barnstable SC 2023 Joint 800m Club Championships	Tarka	SW232250	4
50 Breaststroke	49.68	50.30	186	09/06/24	Devon Sprint Competition 2024	Plymouth	SW240824	3
100 Breaststroke	1:47.05	1:48.20	197	09/06/24	Devon Developments 2024	Plymouth	SW240823	3
200 Breaststroke	4:30.60	4:32.60	122	01/10/23	Tiverton Sparkler 2023	Tiverton	SW230694	3
50 Butterfly	40.76	41.20	213	09/06/24	Devon Sprint Competition 2024	Plymouth	SW240824	3
100 Butterfly	1:58.17	1:58.80	95	01/10/23	Tiverton Sparkler 2023	Tiverton	SW230694	3
200 Butterfly	3:56.64	3:58.00	129	16/03/24	Caradon & Dinnaton Two Counties 2024	Plymouth	SW240204	3
50 Backstroke	42.71	43.20	206	09/06/24	Devon Sprint Competition 2024	Plymouth	SW240824	3
100 Backstroke	1:32.19	1:33.10	211	12/12/23	Plymouth Leander Christmas Open SC L3 2023	Plymouth	SW232227	3
200 Backstroke	3:12.30	3:14.00	236	17/03/24	Caradon & Dinnaton Two Counties 2024	Plymouth	SW240204	3
200 Individual Medley	3:20.31	3:22.30	225	16/03/24	Caradon & Dinnaton Two Counties 2024	Plymouth	SW240204	3
400 Individual Medley	7:09.01	7:13.10	219	10/06/24	Devon Developments 2024	Plymouth	SW240823	3
100 Individual Medley	1:29.83	1:29.80	248	09/06/24	Devon Developments 2024	Plymouth	SW240823	3