

Individual Best Times (All Time)

Allanah Ralfe - (1645102) - Thetford Dolphins SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	35.89	35.30	284	02/03/24	City of Norwich March LC Open Meet 2024	Norwich	ER240009	3
100 Freestyle	1:21.13	1:20.10	258	03/02/24	SE Norfolk County Championships 2024	Norwich	ER240128	1
200 Freestyle	3:02.61	3:00.70	236	03/03/24	City of Norwich March LC Open Meet 2024	Norwich	ER240009	3
50 Breaststroke	1:01.53	1:01.00	106	04/02/23	Norfolk County Championships 2023	Norwich	ER230195	1
50 Butterfly	51.38	51.00	107	27/01/24	SE Norfolk County Championships 2024	Norwich	ER240127	1
100 Butterfly	1:57.66	1:57.00	104	02/03/24	City of Norwich March LC Open Meet 2024	Norwich	ER240009	3
50 Backstroke	44.64	44.20	217	02/03/24	City of Norwich March LC Open Meet 2024	Norwich	ER240009	3
100 Backstroke	1:33.75	1:32.90	228	03/03/24	City of Norwich March LC Open Meet 2024	Norwich	ER240009	3
200 Backstroke	3:30.78	3:29.20	199	02/03/24	City of Norwich March LC Open Meet 2024	Norwich	ER240009	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	34.71	35.30	288	09/06/24	Swim England Norfolk Inter Club Gala 2024	Norwich	ER240910	2
100 Freestyle	1:27.64	1:28.60	188	19/11/23	City of Norwich SC L3 November SC Open Meet 2023	Norwich	ER231215	3
200 Freestyle	3:26.88	3:28.60	151	05/10/23	Thetford Dolphins SC Club Championships 2023	Thetford	ER231223	4
50 Breaststroke	58.99	59.50	111	19/11/23	City of Norwich SC L3 November SC Open Meet 2023	Norwich	ER231215	3
100 Breaststroke	2:14.23	2:15.20	100	12/10/23	Thetford Dolphins SC Club Championships 2023	Thetford	ER231224	4
50 Butterfly	44.61	45.00	163	09/06/24	Swim England Norfolk Inter Club Gala 2024	Norwich	ER240910	2
100 Butterfly	1:46.35	1:47.10	131	05/10/23	Thetford Dolphins SC Club Championships 2023	Thetford	ER231223	4
50 Backstroke	47.09	47.50	154	10/09/23	Thetford Dolphins SC Nifty 50s 2023	Thetford	ER231204	3
100 Backstroke	1:39.60	1:40.40	167	17/03/24	West Norfolk Open Meet 2024	King's Lynn	ER240029	3
200 Backstroke	3:43.18	3:44.70	151	12/10/23	Thetford Dolphins SC Club Championships 2023	Thetford	ER231224	4
100 Individual Medley	1:49.40	1:49.40	137	10/09/23	Thetford Dolphins SC Nifty 50s 2023	Thetford	ER231204	3