

# Individual Best Times (All Time)

Emily O'connor - (1672544) - Witham Dolphins SC

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	35.41	36.00	271	16/03/24	Basildon Spring Regional Qualifier 2024	Basildon	ER240455	3
100 Freestyle	1:19.51	1:20.60	252	17/03/24	Basildon Spring Regional Qualifier 2024	Basildon	ER240455	3
50 Breaststroke	43.84	44.60	270	19/05/24	Basildon & Phoenix Spring SC Meet 2024	Basildon	ER240790	3
100 Breaststroke	1:40.80	1:42.00	236	16/03/24	Basildon Spring Regional Qualifier 2024	Basildon	ER240455	3
200 Breaststroke	3:35.35	3:37.80	244	16/03/24	Basildon Spring Regional Qualifier 2024	Basildon	ER240455	3
50 Butterfly	41.56	42.00	201	16/03/24	Basildon Spring Regional Qualifier 2024	Basildon	ER240455	3
100 Butterfly	1:41.08	1:41.80	152	23/06/24	Witham Dolphins Summer Festival of Swimming 2024	Witham	ER240997	4
50 Backstroke	41.95	42.40	218	14/04/24	Teamipswich Easter Novice 2024	Ipswich	ER240509	4
100 Backstroke	1:36.03	1:36.90	186	23/06/24	Witham Dolphins Summer Festival of Swimming 2024	Witham	ER240997	4
200 Backstroke	3:17.09	3:18.80	219	19/05/24	Basildon & Phoenix Spring SC Meet 2024	Basildon	ER240790	3
200 Individual Medley	3:09.77	3:11.80	264	19/05/24	Basildon & Phoenix Spring SC Meet 2024	Basildon	ER240790	3
100 Individual Medley	1:31.05	1:31.10	239	28/01/24	Braintree & Bocking Winter Sprints Open Meet 2023	Braintree	ER240083	3