

# Individual Best Times (All Time)

Isabella Rose - (1679528) - Hailsham SC

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	36.37	36.90	250	16/03/24	Eastbourne SC Club Championships	Eastbourne	SE240336	4
100 Freestyle	1:22.72	1:23.70	224	07/01/24	Arun Tridents SC Splash Into 2024	Arun	SE240030	3
200 Freestyle	3:03.35	3:05.20	217	16/03/24	Eastbourne SC Club Championships	Eastbourne	SE240336	4
400 Freestyle	7:02.05	7:05.40	164	11/05/24	Hailsham SC 2024 Club Championships	Hailsham	SE240573	4
50 Breaststroke	47.18	47.80	217	26/05/24	Arun Tridents SC Vanessa Knight Meet 2024	Bognor Regis	SE240530	3
100 Breaststroke	1:43.54	1:44.80	218	22/06/24	Hastings Terry Fitzgerald Memorial Open Meet 2024	Hastings	SE240088	3
200 Breaststroke	3:42.99	3:45.40	219	04/11/23	Eastbourne SC 2023 Club Championships	Eastbourne	SE230505	4
50 Butterfly	43.97	44.40	170	16/03/24	Eastbourne SC Club Championships	Eastbourne	SE240336	4
100 Butterfly	1:40.36	1:41.10	156	22/06/24	Hastings Terry Fitzgerald Memorial Open Meet 2024	Hastings	SE240088	3
50 Backstroke	43.61	44.10	194	29/06/24	Hailsham SC 2024 Club Championships	Hailsham	SE240574	4
100 Backstroke	1:40.15	1:41.00	164	04/11/23	Eastbourne SC 2023 Club Championships	Eastbourne	SE230505	4
100 Individual Medley	1:32.33	1:32.30	229	22/06/24	Hastings Terry Fitzgerald Memorial Open Meet 2024	Hastings	SE240088	3