

Individual Best Times (All Time)

Mia Gowland - (1708720) - Basildon and Phoenix SC

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	42.27	42.80	159	18/05/24	Basildon & Phoenix Spring SC Meet 2024	Basildon	ER240790	3
100 Freestyle	1:38.15	1:39.00	134	07/04/24	Basildon & Phoenix Easter Meet 2024	Basildon	ER240561	3
50 Breaststroke	58.34	58.90	114	21/10/23	Basildon & Phoenix Autumn County Qualifier 2023	Basildon	ER232129	3
100 Breaststroke	2:04.29	2:05.30	126	18/05/24	Basildon & Phoenix Spring SC Meet 2024	Basildon	ER240790	3
50 Butterfly	55.67	56.00	83	16/03/24	Basildon Spring Regional Qualifier 2024	Basildon	ER240455	3
50 Backstroke	52.82	53.20	109	17/03/24	Basildon Spring Regional Qualifier 2024	Basildon	ER240455	3
100 Backstroke	1:55.58	1:56.30	107	09/12/23	Basildon & Phoenix Last Chance County Qualifier 23	Basildon	ER232491	3