

Individual Best Times (All Time)

Annabelle Frost - (1733787) - Herne Bay L&SC

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	33.21	33.80	329	30/06/24	Maidstone SC L3 Summer Development Meet 2024	Maidstone	SE240527	3
100 Freestyle	1:14.71	1:15.80	304	19/05/24	East Invicta eXcel Development Meet 2024	Dover	SE240805	3
200 Freestyle	2:43.23	2:45.30	308	18/05/24	East Invicta eXcel Development Meet 2024	Dover	SE240805	3
400 Freestyle	6:10.50	6:14.30	243	05/03/24	Herne Bay Lifeguard & SC - Club Championships 2024	Whitstable	SE240348	4
800 Freestyle	12:19.72	12:27.50	268	19/03/24	Herne Bay Lifeguard & SC - Club Championships 2024	Whitstable	SE240349	4
50 Breaststroke	48.20	48.90	203	10/06/24	Herne Bay Lifeguard & SC - Club Championships 2024	Herne Bay	SE240353	4
50 Butterfly	40.65	41.10	215	19/05/24	East Invicta eXcel Development Meet 2024	Dover	SE240805	3
100 Butterfly	1:45.39	1:46.10	134	10/06/24	Herne Bay Lifeguard & SC - Club Championships 2024	Herne Bay	SE240353	4
50 Backstroke	42.18	42.70	214	30/06/24	Maidstone SC L3 Summer Development Meet 2024	Maidstone	SE240527	3
200 Individual Medley	3:15.33	3:17.30	242	19/05/24	East Invicta eXcel Development Meet 2024	Dover	SE240805	3
400 Individual Medley	7:20.74	7:24.70	202	01/03/24	Herne Bay Lifeguard & SC - Club Championships 2024	Herne Bay	SE240347	4
100 Individual Medley	1:30.90	1:30.90	240	30/06/24	Maidstone SC L3 Summer Development Meet 2024	Maidstone	SE240527	3