

Individual Best Times (All Time)

Emma Trotman - (198477) - Portsmouth Northsea SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	27.44	26.70	636	05/04/15	Portsmouth Northsea Easter Festival L1 Meet	Portsmouth	SE150138	1
100 Freestyle	1:00.02	58.60	639	24/01/15	ISA National Swimming Championships	London	LR150306	3
200 Freestyle	2:08.84	2:06.10	671	20/04/14	Portsmouth Northsea Easter Swim Festival	Portsmouth	SE4255	1
400 Freestyle	4:29.69	4:24.40	664	09/08/15	ASA Summer Nationals 2015	Sheffield	ASA142	1
800 Freestyle	9:21.24	9:10.90	644	16/05/14	Northampton SC Spring Festival Open Meet	Corby	EM4052	1
50 Breaststroke	36.47	35.60	511	01/12/13	Portsmouth Northsea Cracker Meet	Portsmouth	SE3784	1
100 Breaststroke	1:18.29	1:16.70	549	18/04/14	Portsmouth Northsea Easter Swim Festival	Portsmouth	SE4255	1
200 Breaststroke	2:49.70	2:46.60	532	16/03/14	Hampshire County Championships	Portsmouth	CC4116	1
50 Butterfly	31.00	30.40	489	31/01/15	London Swimming South Region Zonal Meet 2015	London Aquatic Cent	LR150017	1
100 Butterfly	1:06.05	1:04.90	592	10/01/15	Portsmouth Northsea January L1 Meet	Portsmouth	SE150137	1
200 Butterfly	2:27.41	2:25.30	564	04/05/14	ASA South East Region Youth Championships	Crawley	SER416	1
50 Backstroke	32.70	32.10	554	13/07/13	Portsmouth Northsea End of Season Meet	Portsmouth	SE3309	3
100 Backstroke	1:10.28	1:09.10	542	14/07/13	Portsmouth Northsea End of Season Meet	Portsmouth	SE3309	3
200 Backstroke	2:35.21	2:33.00	499	25/05/13	ASA South East Region Age Group Champs	Crawley	SER303	1
200 Individual Medley	2:23.05	2:20.30	685	15/03/14	Hampshire County Championships	Portsmouth	CC4116	1
400 Individual Medley	5:16.40	5:10.80	593	18/05/14	Northampton SC Spring Festival Open Meet	Corby	EM4052	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	27.26	28.00	595	06/12/14	ASA South East Region Championships	Portsmouth	SER428	2
100 Freestyle	58.05	59.50	648	30/11/14	Portsmouth Northsea Christmas Cracker	Portsmouth	SE14423	2
200 Freestyle	2:05.13	2:07.90	685	29/11/14	Portsmouth Northsea Christmas Cracker	Portsmouth	SE14728	4
400 Freestyle	4:39.25	4:44.20	568	17/11/13	Swim Bournemouth 5th Christmas Open Meet	Bournemouth	SW3805	3
800 Freestyle	10:07.90	10:17.30	484	21/12/12	Portsmouth & Northsea Distance Day 2012	Portsmouth	SE2856	4
50 Breaststroke	34.53	35.40	554	30/11/14	Portsmouth Northsea Christmas Cracker	Portsmouth	SE14423	2
100 Breaststroke	1:16.66	1:18.30	538	08/03/14	Hampshire County Championships	Waterlooville	CC4115	2
200 Breaststroke	2:45.64	2:48.80	536	09/03/14	Hampshire County Championships	Waterlooville	CC4115	2
50 Butterfly	29.79	30.40	548	30/11/14	Portsmouth Northsea Christmas Cracker	Portsmouth	SE14423	2
100 Butterfly	1:05.42	1:06.60	563	06/12/14	ASA South East Region Championships	Portsmouth	SER428	2
200 Butterfly	2:24.69	2:26.90	564	23/01/15	Portsmouth Northsea Level 4 Time Trials	Portsmouth	SE150119	4
50 Backstroke	31.80	32.40	500	29/11/14	Portsmouth Northsea Christmas Cracker	Portsmouth	SE14423	2
100 Backstroke	1:07.00	1:08.20	549	30/11/14	Portsmouth Northsea Christmas Cracker	Portsmouth	SE14423	2
200 Backstroke	2:26.52	2:28.80	534	16/11/13	Swim Bournemouth 5th Christmas Open Meet	Bournemouth	SW3805	3
200 Individual Medley	2:19.17	2:22.00	671	29/11/14	Portsmouth Northsea Christmas Cracker	Portsmouth	SE14423	2
400 Individual Medley	5:13.17	5:18.70	565	16/11/13	Swim Bournemouth 5th Christmas Open Meet	Bournemouth	SW3805	3
100 Individual Medley	1:06.37	1:06.40	617	07/12/14	ASA South East Region Championships	Portsmouth	SER428	2