

Individual Best Times (All Time)

Flora Shaul - (231546) - City of Norwich SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	27.96	27.20	602	08/04/12	UEA City of Norwich Easter Meet	Norwich	ER2006	1
100 Freestyle	1:01.10	59.70	606	07/04/12	UEA City of Norwich Easter Meet	Norwich	ER2006	1
200 Freestyle	2:13.10	2:10.50	609	29/01/11	East, East Midland & West Midland Zonal	Corby	ZM1134	1
400 Freestyle	4:49.75	4:44.90	536	06/06/10	BG East Region Bagcats	Norwich	ERX012	1
800 Freestyle	9:55.38	9:45.60	539	05/06/10	BG East Region Bagcats	Norwich	ERX012	1
1500 Freestyle	19:45.48	19:27.90	468	20/02/10	Norfolk County Champs	Norwich	CC0087	1
50 Breaststroke	37.56	36.70	467	09/02/14	UEA City of Norwich Groundhog LC Meet 2014	Norwich	ER4036	1
100 Breaststroke	1:18.43	1:16.80	546	28/04/12	Derventio Excel Swimming Squad 6th Open	Sheffield	EM2075	1
200 Breaststroke	2:46.54	2:43.30	563	13/01/13	City of Derby 12th Long Course Open Meet	Sheffield	EM3034	1
50 Butterfly	39.40	38.90	238	22/03/08	City of Norwich Easter Mt	Norwich	ER8089	2
50 Backstroke	39.76	39.30	308	22/03/08	City of Norwich Easter Mt	Norwich	ER8089	2
100 Backstroke	1:19.87	1:18.90	369	10/01/10	City of Derby Long Course	Sheffield	EM0019	1
200 Backstroke	2:45.38	2:43.30	412	10/01/10	City of Derby Long Course	Sheffield	EM0019	1
200 Individual Medley	2:30.63	2:28.00	586	09/04/11	City of Norwich Easter Meet	Norwich	ER1130	1
400 Individual Medley	5:37.57	5:32.30	488	12/06/10	East Region BAGCATS	Norwich	ERX013	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	27.97	28.70	550	01/12/12	ASA East Region Winter Championships	Cambridge	ERX231	2
100 Freestyle	59.60	1:01.00	599	03/03/13	Norfolk County Championships	Thetford	CC3075	2
200 Freestyle	2:09.20	2:11.90	622	09/03/13	Norfolk County Championships	Thetford	CC3076	2
400 Freestyle	4:36.25	4:41.30	586	06/03/11	Norfolk County Championships	Thetford	CC1100	2
800 Freestyle	9:58.53	10:08.10	507	04/12/09	City of Leicester Distance	Leicester	EM9310	2
50 Breaststroke	35.68	36.60	502	07/07/12	City of Norwich Mid Summer Madness	Norwich	ER2007	3
100 Breaststroke	1:15.80	1:17.40	556	02/03/13	Norfolk County Championships	Thetford	CC3075	2
200 Breaststroke	2:41.78	2:45.00	575	13/03/11	Norfolk County Championships	Thetford	CC1101	2
50 Butterfly	31.22	31.80	476	11/03/12	Norfolk County Championships	Thetford	CC2081	2
100 Butterfly	1:08.20	1:09.30	497	09/03/13	Norfolk County Championships	Thetford	CC3076	2
200 Butterfly	2:50.59	2:52.40	344	09/07/11	City of Norwich Midsummer Madness	Norwich	ER1131	3
50 Backstroke	36.94	37.50	319	18/01/09	teamipswich 10th Open	Ipswich	ER9022	2
100 Backstroke	1:16.69	1:17.70	366	31/01/10	28th Harrogate Open Meet	Harrogate	NE0068	2
200 Backstroke	2:34.69	2:36.80	454	04/12/10	Leicester Distance Meet	Braunstone	EM0411	2
200 Individual Medley	2:24.87	2:27.60	595	04/03/12	Norfolk County Championships	Thetford	CC2080	2
400 Individual Medley	5:25.47	5:30.80	503	06/03/10	Norfolk County Champs	Thetford	CC0088	2
100 Individual Medley	1:08.74	1:08.70	555	07/03/15	Norfolk County Championships	Thetford	CC150391	2