

# Individual Best Times (All Time)

Marissa Posnett - (258778) - Killerwhales SC (Havering)

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	27.14	26.40	658	17/11/12	Team Luton Inaugural Long Course Meet	Luton	ER2464	1
100 Freestyle	59.07	57.60	670	24/11/12	Essex Winter Long Course Championships	Basildon	ER2650	1
200 Freestyle	2:10.47	2:07.80	647	25/11/12	Essex Winter Long Course Championships	Basildon	ER2650	1
400 Freestyle	4:41.96	4:36.90	581	17/11/12	Team Luton Inaugural Long Course Meet	Luton	ER2464	1
800 Freestyle	10:27.95	10:18.70	460	25/11/11	Essex ASA Winter LC Championships	Basildon	ER1632	1
50 Breaststroke	37.61	36.80	466	05/05/12	ASA East Region Youth Championships	Basildon	ERX203	1
100 Breaststroke	1:24.98	1:23.50	429	10/04/11	Bexley Long Course Open Meet	Crystal Palace	LR1012	1
200 Breaststroke	3:24.26	3:21.70	305	20/05/07	Bracknell Open Meet	Aldershot	SE7088	2
50 Butterfly	30.43	29.80	517	23/11/13	Essex Winter Long Course Competition	Basildon	ER3696	1
100 Butterfly	1:11.48	1:10.40	467	25/05/13	City of Sheffield No Frill Meet	Sheffield	NE3172	1
50 Backstroke	33.19	32.60	530	15/12/12	Basildon & Phoenix LC Winter Meet	Basildon	ER2624	1
100 Backstroke	1:12.11	1:11.00	502	24/11/12	Essex Winter Long Course Championships	Basildon	ER2650	1
200 Individual Medley	2:31.20	2:28.60	580	19/01/13	Killerwhales SC Winter Open Meet	Basildon	LR3045	1
400 Individual Medley	5:44.09	5:38.90	461	03/05/09	East Region Youth Champs	Norwich	ERX912	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	26.91	27.70	618	12/05/13	Hatfield SC UK Challenge 2013	Hatfield	ER3445	2
100 Freestyle	57.66	59.10	661	24/02/13	Essex County Championships	Basildon	CC3019	2
200 Freestyle	2:06.54	2:09.30	662	23/02/13	Essex County Championships	Basildon	CC3019	2
400 Freestyle	4:43.56	4:48.50	542	20/11/11	Epping Forest District SC Club Championshi	Loughton	ER1314	4
800 Freestyle	10:03.19	10:12.70	495	13/10/11	Epping Forest District SC Club Championshi	Loughton	ER1314	4
1500 Freestyle	18:49.22	19:07.30	520	26/11/09	Epping Forest Club Champs	Loughton	ER9283	4
50 Breaststroke	35.88	36.70	494	24/02/13	Essex County Championships	Basildon	CC3019	2
100 Breaststroke	1:19.75	1:21.30	478	11/03/12	Essex County Championships Block B	Braintree	CC2059	2
200 Breaststroke	2:56.57	2:59.50	442	03/10/09	Redbridge County Qualif	Fullwell Cross	LR9177	3
50 Butterfly	29.74	30.40	550	23/02/13	Essex County Championships	Basildon	CC3019	2
100 Butterfly	1:08.31	1:09.40	495	11/05/13	Hatfield SC UK Challenge 2013	Hatfield	ER3445	2
200 Butterfly	2:55.36	2:57.20	317	21/06/09	Epping Forest Champs	Loughton	ER9277	4
50 Backstroke	32.81	33.40	455	01/04/12	Essex County Championships	Basildon	CC2061	2
100 Backstroke	1:07.79	1:09.00	530	06/10/12	London Boro Of Redbridge Early County Meet	Fullwell Cross	LR2113	3
200 Backstroke	2:35.42	2:37.60	448	11/07/10	Epping Forest Club Champ	Loughton	ER0289	4
200 Individual Medley	2:27.22	2:29.90	567	07/10/12	London Boro Of Redbridge Early County Meet	Fullwell Cross	LR2113	3
400 Individual Medley	5:27.09	5:32.40	496	26/11/09	Epping Forest Club Champs	Loughton	ER9283	4
100 Individual Medley	1:09.27	1:09.30	542	13/02/10	Essex County Champs	Braintree	CC0071	2