

Individual Best Times (All Time)

Molly Paulin - (261538) - Shepway Swimming Club

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	34.82	34.20	311	05/03/11	ISM Berlin 2011	Berlin	GB1011	1
100 Freestyle	1:14.06	1:12.90	340	06/10/13	Lis Hartley LC Opportunity Meet	Crawley	SE3139	3
50 Breaststroke	45.08	44.40	270	06/03/11	ISM Berlin 2011	Berlin	GB1011	1
100 Breaststroke	1:35.91	1:34.60	298	07/10/12	Crawley SC Long Course Opportunity Meet	Crawley	SE2303	3
50 Backstroke	41.07	40.60	279	05/03/11	ISM Berlin 2011	Berlin	GB1011	1
100 Backstroke	1:24.07	1:23.10	317	06/10/13	Lis Hartley LC Opportunity Meet	Crawley	SE3139	3
200 Individual Medley	3:11.04	3:09.00	287	02/10/11	Crawley SC Long Course Opportunity Meet	Crawley	SE1507	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	32.76	33.40	342	03/06/12	Bognor Regis SC Vanessa Knight Open	Feltham	SE2411	4
100 Freestyle	1:10.63	1:11.80	360	27/06/14	Folkestone Sports Centre SC Club Championships	Folkestone	SE4834	4
200 Freestyle	2:36.45	2:38.70	350	04/05/13	Black Lion SC Level 3 Spring Open Meet	Gillingham	SE3059	3
400 Freestyle	5:45.47	5:49.50	300	30/09/12	1066 Swimmers Club Championships	Bexhill	SE2577	4
800 Freestyle	12:02.87	12:10.80	288	24/11/13	1066 Swimmers Club Championships	Eastbourne	SE3685	4
50 Breaststroke	40.78	41.50	336	02/03/13	Sussex County Championships	Crawley	CC3045	2
100 Breaststroke	1:30.90	1:32.30	322	06/07/13	Herne Bay LSC Annual Summer Gala	Kingsmead	SE3433	3
200 Breaststroke	3:21.25	3:23.90	298	19/10/13	1066 Swimmers Club Championships	Eastbourne	SE3685	4
50 Butterfly	38.43	38.90	255	14/09/13	Brighton Ken Deeley 50m Sprint Meet	Brighton	SE3596	3
100 Butterfly	1:39.75	1:40.50	159	21/10/12	Eastbourne County Qualifier Open Meet	Eastbourne	SE2684	3
50 Backstroke	36.70	37.20	325	25/11/12	Atlantis Christmas Cracker Open Meet	Horsham	SE2529	3
100 Backstroke	1:19.97	1:21.00	323	20/10/13	Eastbourne County Qualifier Open Meet	Eastbourne	SE3428	3
200 Backstroke	3:00.58	3:02.40	285	05/12/10	Atlantis Xmas Open Meet	Horsham	SE0254	2
200 Individual Medley	2:54.56	2:56.80	340	08/11/14	Hailsham Club Championships	Hailsham	SE4519	4
400 Individual Medley	6:45.68	6:50.00	260	12/10/12	1066 Swimmers Club Championships	Bexhill	SE2577	4
100 Individual Medley	1:20.13	1:20.10	350	21/09/13	1066 Swimmers Club Championships	Eastbourne	SE3685	4