

Individual Best Times (All Time)

Shannon Evans - (301362) - Diss Otters SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	32.91	32.30	369	08/07/17	UEA City of Norwich Midsummer Madness Open Meet	Norwich	ER170311	3
100 Freestyle	1:11.71	1:10.50	374	07/01/18	BWFSC L3 New Year Meet 2018	London	LR180217	3
200 Freestyle	2:39.92	2:37.70	351	04/03/18	UEA Norwich March Long Course Open Meet	Norwich	ER180025	3
400 Freestyle	6:05.49	6:01.60	267	02/03/19	CoNSC MARCH LONG COURSE OPEN MEET 2019	NORWICH	ER190092	3
50 Breaststroke	44.23	43.50	286	08/07/17	UEA City of Norwich Midsummer Madness Open Meet	Norwich	ER170311	3
50 Butterfly	38.70	38.20	251	04/03/18	UEA Norwich March Long Course Open Meet	Norwich	ER180025	3
200 Individual Medley	2:57.14	2:54.90	360	08/07/17	UEA City of Norwich Midsummer Madness Open Meet	Norwich	ER170311	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	31.62	32.30	381	17/06/17	Norfolk County Challenge 2017	Thetford	ER171264	3
100 Freestyle	1:08.92	1:10.10	387	17/06/17	Norfolk County Challenge 2017	Thetford	ER171264	3
200 Freestyle	2:31.66	2:33.90	384	25/02/18	Warwick Thompson Memorial Gala 2018	Thetford	ER180447	3
400 Freestyle	5:27.99	5:32.30	350	16/11/18	Stowmarket Club Championships 2018	Stowmarket	ER182452	4
800 Freestyle	11:37.97	11:46.20	320	23/11/16	Stowmarket Club Championships	Stowmarket	ER162135	4
50 Breaststroke	41.65	42.40	316	18/06/17	Suffolk County Development Meet	Ipswich	ER171299	3
100 Breaststroke	1:32.70	1:34.10	304	18/11/17	Stowmarket Club Championships 2017	Stowmarket	ER172065	4
200 Breaststroke	3:20.36	3:23.00	302	25/06/17	Warwick Thompson Memorial Gala 2017	Thetford	ER171265	3
50 Butterfly	36.87	37.40	289	09/07/17	TeamipswichJuly Surprize Meet 2017	Ipswich	ER170554	3
100 Butterfly	1:23.70	1:24.60	269	18/11/17	Stowmarket Club Championships 2017	Stowmarket	ER172065	4
200 Butterfly	3:10.35	3:12.00	248	19/11/17	Stowmarket Club Championships 2017	Stowmarket	ER172065	4
50 Backstroke	35.80	36.40	350	25/02/18	Warwick Thompson Memorial Gala 2018	Thetford	ER180447	3
100 Backstroke	1:17.35	1:18.40	357	09/07/17	TeamipswichJuly Surprize Meet 2017	Ipswich	ER170554	3
200 Backstroke	2:49.01	2:51.00	348	24/06/17	Warwick Thompson Memorial Gala 2017	Thetford	ER171265	3
200 Individual Medley	2:51.88	2:54.20	356	24/02/18	Warwick Thompson Memorial Gala 2018	Thetford	ER180447	3
400 Individual Medley	6:15.66	6:20.30	327	17/11/17	Stowmarket Club Championships 2017	Stowmarket	ER172065	4
100 Individual Medley	1:20.95	1:21.00	340	09/07/17	TeamipswichJuly Surprize Meet 2017	Ipswich	ER170554	3