

Individual Best Times (All Time)

Emma Jesson - (371629) - Team Luton Swimming

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	30.45	29.80	466	17/11/12	Team Luton Inaugural Long Course Meet	Luton	ER2464	1
100 Freestyle	1:05.65	1:04.40	488	18/11/12	Team Luton Inaugural Long Course Meet	Luton	ER2464	1
200 Freestyle	2:25.80	2:23.40	463	03/06/12	British Gas ASA East Region BAGCAT Champs	Norwich	ERX201	1
400 Freestyle	5:13.44	5:08.90	423	03/06/12	British Gas ASA East Region BAGCAT Champs	Norwich	ERX201	1
800 Freestyle	10:23.70	10:14.40	469	17/11/12	Team Luton Inaugural Long Course Meet	Luton	ER2464	1
50 Breaststroke	52.52	51.90	171	22/11/08	Ealing Graded Meet	Ealing	LR8518	4
50 Butterfly	31.21	30.60	479	17/11/12	Team Luton Inaugural Long Course Meet	Luton	ER2464	1
100 Butterfly	1:11.75	1:10.70	462	29/03/13	City of Norwich SC Easter Meet 2013	Norwich	ER3006	1
50 Backstroke	37.11	36.60	379	30/03/13	City of Norwich SC Easter Meet 2013	Norwich	ER3006	1
100 Backstroke	1:19.60	1:18.60	373	03/02/13	Bishops Stortford SC 1st Long Course Open	Basildon	ER3078	3
200 Individual Medley	2:49.08	2:46.70	415	18/11/12	Team Luton Inaugural Long Course Meet	Luton	ER2464	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	29.53	30.20	468	16/03/13	Bedfordshire County Championships	Luton	CC3024	2
100 Freestyle	1:03.14	1:04.50	504	27/10/12	Team Luton Club Championships	Luton	ER2463	4
200 Freestyle	2:17.92	2:20.40	511	11/03/12	Bedfordshire County Championships	Biggleswade	CC2056	2
400 Freestyle	4:52.56	4:57.30	494	10/03/12	Bedfordshire County Championships	Biggleswade	CC2056	2
800 Freestyle	10:09.09	10:18.50	481	18/02/12	Bedfordshire County Championships	Biggleswade	CC2054	2
50 Breaststroke	41.77	42.50	313	03/09/11	Team Luton Club Championships	Hitchin	ER1418	4
100 Breaststroke	1:40.22	1:41.50	240	26/05/12	Team Luton Club Championships	Luton	ER2463	4
200 Breaststroke	3:23.58	3:26.20	288	30/06/12	Team Luton Club Championships	Luton	ER2463	4
50 Butterfly	31.57	32.20	460	17/03/13	Bedfordshire County Championships	Luton	CC3024	2
100 Butterfly	1:09.55	1:10.60	469	25/11/12	Hitchin Open Meet	Hitchin	ER2772	3
200 Butterfly	2:47.24	2:49.10	365	27/10/12	Team Luton Club Championships	Luton	ER2463	4
50 Backstroke	34.13	34.70	404	17/03/13	Bedfordshire County Championships	Luton	CC3024	2
100 Backstroke	1:14.66	1:15.70	397	08/09/12	Team Luton Club Championships	Luton	ER2463	4
200 Backstroke	2:41.58	2:43.60	398	25/02/12	Bedfordshire County Championships	Biggleswade	CC2055	2
200 Individual Medley	2:40.91	2:43.30	434	25/02/12	Bedfordshire County Championships	Biggleswade	CC2055	2
400 Individual Medley	5:46.13	5:51.20	418	08/09/12	Team Luton Club Championships	Luton	ER2463	4
100 Individual Medley	1:15.33	1:15.30	422	03/03/13	Bedfordshire County Championships	Luton	CC3022	2