

Individual Best Times (All Time)

Connie Boden - (445720) - Warley Wasps SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	31.50	30.80	421	29/03/15	City of Sheffield Swim Squad Premier Meet	Sheffield	NE150211	1
100 Freestyle	1:07.63	1:06.40	446	11/04/15	Derventio Excel 9th Open Meet	Sheffield	EM150029	1
200 Freestyle	2:26.14	2:23.70	460	25/07/15	City of Sheffield Summer Meet	Sheffield	NE150209	3
400 Freestyle	5:02.76	4:58.10	469	11/04/15	Derventio Excel 9th Open Meet	Sheffield	EM150029	1
800 Freestyle	10:14.58	10:05.10	490	15/05/15	Northampton Spring Festival	Corby	EM150349	1
50 Breaststroke	52.93	52.30	167	15/07/12	Northampton SC Summer Festival Meet 2012	Corby	EM2254	4
100 Breaststroke	1:32.96	1:31.60	328	25/07/15	City of Sheffield Summer Meet	Sheffield	NE150209	3
200 Breaststroke	3:06.11	3:03.20	403	11/01/15	United Bristol New Year Open Meet	Hengrove	SW150024	1
100 Butterfly	1:23.66	1:22.70	291	26/07/15	City of Sheffield Summer Meet	Sheffield	NE150209	3
200 Butterfly	2:58.85	2:57.10	315	08/02/15	Aquae Sulis Spring Grand Prix	Bristol	SW150009	1
100 Backstroke	1:19.40	1:18.40	376	17/05/15	Northampton Spring Festival	Corby	EM150349	1
200 Backstroke	2:46.30	2:44.30	405	09/05/15	City of Coventry May Open Meet	Coventry	WM150396	1
200 Individual Medley	2:45.09	2:42.70	445	10/01/15	United Bristol New Year Open Meet	Hengrove	SW150024	1
400 Individual Medley	5:49.14	5:44.10	441	08/02/15	Aquae Sulis Spring Grand Prix	Bristol	SW150009	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	31.50	32.20	385	25/10/15	Worcester 19th Open Meet	Worcester	WM151564	3
100 Freestyle	1:07.59	1:08.80	410	25/10/15	Worcester 19th Open Meet	Worcester	WM151564	3
200 Freestyle	2:22.96	2:25.40	459	24/10/15	Worcester 19th Open Meet	Worcester	WM151564	3
400 Freestyle	5:00.05	5:04.70	458	03/10/15	Derventio Excel 5th Short Course Open Meet	Matlock	EM151410	2
800 Freestyle	10:05.82	10:15.30	489	22/03/15	Worcester County Age Group Championships	Redditch	CC150054	2
50 Breaststroke	45.14	45.80	248	21/09/13	Stourbridge SC Club Championships	Wolverhampton	WM3346	4
100 Breaststroke	1:27.39	1:28.80	363	15/03/15	Worcester County Age Group Championships	Wolverhampton	CC150053	2
200 Breaststroke	3:02.78	3:05.60	399	14/03/15	Worcester County Age Group Championships	Wolverhampton	CC150053	2
50 Butterfly	35.96	36.50	311	03/10/15	Derventio Excel 5th Short Course Open Meet	Matlock	EM151410	2
100 Butterfly	1:18.61	1:19.60	325	31/01/16	Worcester County SA County Championships	Wolverhampton	WM160093	2
200 Butterfly	2:52.56	2:54.40	333	15/03/15	Worcester County Age Group Championships	Wolverhampton	CC150053	2
50 Backstroke	38.79	39.30	275	05/10/14	Derventio Excel Open Meet	Matlock	EM4931	2
100 Backstroke	1:16.88	1:17.90	363	24/10/15	Worcester 19th Open Meet	Worcester	WM151564	3
200 Backstroke	2:41.63	2:43.70	398	15/03/15	Worcester County Age Group Championships	Wolverhampton	CC150053	2
200 Individual Medley	2:41.38	2:43.80	430	14/03/15	Worcester County Age Group Championships	Wolverhampton	CC150053	2
400 Individual Medley	5:38.41	5:43.60	447	08/03/15	Worcester County Age Group Championships	Wolverhampton	CC150052	2
100 Individual Medley	1:16.73	1:16.70	399	30/01/16	Worcester County SA County Championships	Wolverhampton	WM160093	2