

Individual Best Times (All Time)

Erin James - (473510) - Blackpool Aquatics ASC

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	34.29	34.90	299	18/01/14	North Lancashire Age Groups 2014	Blackpool	NW4147	3
100 Freestyle	1:16.72	1:17.80	280	19/01/14	North Lancashire Age Groups 2014	Blackpool	NW4147	3
200 Freestyle	2:48.89	2:50.90	278	22/09/13	Blackpool "Lights" Level 3 Development Meet	Blackpool	NW3230	3
400 Freestyle	6:32.40	6:36.00	204	22/11/12	Blackpool Club Championships	Blackpool	NW2813	4
50 Breaststroke	46.08	46.80	233	27/10/13	North Lancashire SWPA Level 3 Meet	Blackpool	NW3684	3
100 Breaststroke	1:40.79	1:42.00	236	27/10/13	North Lancashire SWPA Level 3 Meet	Blackpool	NW3684	3
200 Breaststroke	3:37.34	3:39.80	237	21/09/13	Blackpool "Lights" Level 3 Development Meet	Blackpool	NW3230	3
50 Butterfly	44.02	44.50	169	21/09/13	Blackpool "Lights" Level 3 Development Meet	Blackpool	NW3230	3
50 Backstroke	38.35	38.90	285	26/10/13	North Lancashire SWPA Level 3 Meet	Blackpool	NW3684	3
100 Backstroke	1:22.98	1:23.90	289	18/01/14	North Lancashire Age Groups 2014	Blackpool	NW4147	3
200 Backstroke	3:00.35	3:02.20	286	23/06/13	Preston Guild Summer Spectacular Meet	Darwen	NW3330	3
200 Individual Medley	3:08.68	3:10.80	269	22/09/13	Blackpool "Lights" Level 3 Development Meet	Blackpool	NW3230	3
100 Individual Medley	1:36.21	1:36.20	202	27/10/12	North Lancs SC L3 Meet	Blackpool	NW2607	3