

Individual Best Times (All Time)

Shona Ewen - (481206) - 1066 Swimmers

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	36.51	37.10	247	20/10/14	1066 Swimmers Club Championships	Eastbourne	SE14362	4
100 Freestyle	1:27.72	1:28.70	187	18/01/14	1072 Swimmers Club Championships	Eastbourne	SE4043	4
200 Freestyle	3:10.19	3:12.00	195	20/09/14	1066 Swimmers Club Championships	Eastborne	SE14361	4
400 Freestyle	6:24.95	6:28.60	216	14/09/14	1066 Swimmers Club Championships	Bexhill	SE14360	4
800 Freestyle	13:46.28	13:53.30	192	07/09/14	1066 Swimmers Club Championships	Bexhill	SE14359	4
50 Breaststroke	46.77	47.40	223	18/01/14	1072 Swimmers Club Championships	Eastbourne	SE4043	4
100 Breaststroke	1:42.61	1:43.80	224	20/09/14	1066 Swimmers Club Championships	Eastborne	SE14361	4
200 Breaststroke	3:41.95	3:44.30	222	20/10/14	1066 Swimmers Club Championships	Eastbourne	SE14362	4
50 Butterfly	46.50	46.90	144	29/11/14	1066 Swimmers Club Championships	Eastbourne	SE14363	4
50 Backstroke	44.53	45.00	182	20/10/14	1066 Swimmers Club Championships	Eastbourne	SE14362	4
100 Backstroke	1:34.87	1:35.70	193	18/01/14	1072 Swimmers Club Championships	Eastbourne	SE4043	4
200 Backstroke	3:24.69	3:26.30	196	20/09/14	1066 Swimmers Club Championships	Eastborne	SE14361	4
200 Individual Medley	3:20.90	3:22.90	223	20/10/14	1066 Swimmers Club Championships	Eastbourne	SE14362	4
400 Individual Medley	7:13.84	7:17.90	212	14/09/14	1066 Swimmers Club Championships	Bexhill	SE14360	4
100 Individual Medley	1:34.80	1:34.80	211	18/10/15	Eastbourne Level 3 Open Meet	Eastbourne	SE151628	3