

# Individual Best Times (All Time)

Ellen Portat - (482095) - Elmbridge Phoenix SC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	29.45	28.70	515	17/02/18	Surrey Age Group Championships 2018	Surrey	LR180304	1
100 Freestyle	1:04.50	1:03.20	515	11/02/18	Surrey Age Group Championships 2018	Surrey	LR180303	1
200 Freestyle	2:20.93	2:18.40	513	25/03/16	City of Sheffield Swim Squad Premier Meet	Sheffield	NE160210	1
400 Freestyle	4:55.06	4:50.30	507	11/02/18	Surrey Age Group Championships 2018	Surrey	LR180303	1
800 Freestyle	10:10.58	10:01.00	500	19/03/16	Atlantis Regional-National Chaser Meet	Crawley	SE160056	1
50 Breaststroke	39.61	38.80	398	23/02/19	Surrey Age Group Championships 2019	London	LR190271	1
100 Breaststroke	1:28.90	1:27.50	375	25/03/16	City of Sheffield Swim Squad Premier Meet	Sheffield	NE160210	1
200 Breaststroke	3:18.01	3:15.30	335	14/06/14	ASA South East Region Age Group Championships	Crawley	SER419	1
50 Butterfly	32.38	31.80	429	01/12/18	Rushmoor Royals Last Chance County Qualifier Meet	Aldershot	SE182310	3
100 Butterfly	1:12.87	1:11.80	441	01/12/18	Rushmoor Royals Last Chance County Qualifier Meet	Aldershot	SE182310	3
50 Backstroke	35.83	35.30	421	25/03/17	MCASA Open Meet	London	LR170009	1
100 Backstroke	1:16.42	1:15.40	422	25/03/16	City of Sheffield Swim Squad Premier Meet	Sheffield	NE160210	1
200 Backstroke	2:50.67	2:48.70	375	12/04/15	Team Luton April Long Course Meet	Luton	ER150341	1
200 Individual Medley	2:48.37	2:46.00	420	14/06/14	ASA South East Region Age Group Championships	Crawley	SER419	1
400 Individual Medley	6:10.17	6:05.40	370	15/06/14	ASA South East Region Age Group Championships	Crawley	SER419	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	29.41	30.10	473	24/11/18	Elmbridge Phoenix SC Club Champs 2018	Cobham	SE182606	4
100 Freestyle	1:02.64	1:04.00	516	24/11/18	Elmbridge Phoenix SC Club Champs 2018	Cobham	SE182606	4
200 Freestyle	2:15.75	2:18.30	536	03/11/18	Elmbridge Phoenix SC Club Champs 2018	Cobham	SE182604	4
400 Freestyle	4:48.20	4:53.00	516	11/10/15	Stanes Club Championships 2015	Englesfield	SE151741	4
800 Freestyle	9:54.17	10:03.80	518	15/10/17	Rushmoor Royals Autumn Open Meet 2017	Aldershot	SE171521	2
50 Breaststroke	38.58	39.40	397	13/10/19	Elmbridge Phoenix Club Championships	Walton	SE192724	4
100 Breaststroke	1:26.53	1:28.00	374	20/09/15	Staines Club Championships 2015	Spelthorne	SE151740	4
200 Breaststroke	3:14.22	3:16.90	332	27/04/14	Team Luton 2014 Short Course Open Meet	Luton	ER4085	3
50 Butterfly	32.07	32.70	439	25/03/18	Guildford City L3 Regional Qualifier	Guildford	SE180149	3
100 Butterfly	1:10.44	1:11.50	451	24/03/18	Guildford City L3 Regional Qualifier	Guildford	SE180149	3
200 Butterfly	3:10.34	3:12.00	248	22/11/14	Staines Club Championships	Staines	SE14373	4
50 Backstroke	34.70	35.30	385	11/11/18	Elmbridge Phoenix SC Club Champs 2018	Walton on Thames	SE182605	4
100 Backstroke	1:12.88	1:14.00	427	24/01/16	MCASA County Championships 2016	Barnet	LR160279	2
200 Backstroke	2:35.63	2:37.80	446	21/11/15	Black Swan Winter Open Meet 2015	Walton-on-Thames	SE151636	3
200 Individual Medley	2:39.62	2:42.10	444	11/11/17	NASLS - ROUND TWO	PORTSMOUTH	SE172517	3
400 Individual Medley	5:49.03	5:54.00	408	11/10/15	Stanes Club Championships 2015	Englesfield	SE151741	4
100 Individual Medley	1:13.78	1:13.80	449	03/11/18	Elmbridge Phoenix SC Club Champs 2018	Cobham	SE182604	4