

Individual Best Times (All Time)

Emily Howes - (485159) - Folkestone SC

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	32.22	32.90	360	04/07/14	Folkestone Club Championships	Folkestone	SE4836	4
100 Freestyle	1:11.75	1:12.90	343	06/11/15	Folkestone Club Championships	Folkestone	SE152144	4
200 Freestyle	2:35.97	2:38.20	353	23/11/15	Folkestone Sports Centre Club Championships	Folkestone	SE152147	4
400 Freestyle	5:35.59	5:39.80	327	20/11/17	Folkestone Sports Centre Club Championships	Folkestone	SE172271	4
800 Freestyle	12:11.53	12:19.40	277	28/11/16	Folkestone Club Championships	Folkestone	SE162178	4
50 Breaststroke	41.66	42.40	315	06/12/15	Whitecliffs Winter Wonderland	Dover	SE152363	3
100 Breaststroke	1:31.91	1:33.30	312	17/10/15	East Invicta Annual Championships	Canterbury	SE151598	2
200 Breaststroke	3:24.59	3:27.20	284	04/07/14	Folkestone Club Championships	Folkestone	SE4836	4
50 Butterfly	38.53	39.00	253	23/11/15	Folkestone Sports Centre Club Championships	Folkestone	SE152147	4
100 Butterfly	1:30.32	1:31.20	214	13/11/17	Folkestone Sports Centre Club Championships	Folkestone	SE172270	4
50 Backstroke	43.02	43.50	202	06/11/15	Folkestone Club Championships	Folkestone	SE152144	4
100 Backstroke	1:27.81	1:28.70	244	04/07/14	Folkestone Club Championships	Folkestone	SE4836	4
200 Backstroke	3:12.56	3:14.30	235	09/11/15	Folkestone Club Championships	Folkestone	SE152145	4
200 Individual Medley	3:02.63	3:04.80	297	23/06/14	Folkestone Sports Centre Club Championships	Folkestone	SE4833	4
400 Individual Medley	6:43.29	6:47.60	264	27/11/15	Folkestone Sports Centre SC Club Championships	Folkestone	SE152148	4
100 Individual Medley	1:24.15	1:24.20	302	07/07/14	Folkestone Club Championships	Folkestone	SE4837	4