

# Individual Best Times (All Time)

Yasmin Brand - (499145) - Berkhamsted SC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	31.01	30.30	441	17/11/12	Team Luton Inaugural Long Course Meet	Luton	ER2464	1
100 Freestyle	1:05.34	1:04.00	495	07/12/13	ASA East Regionals Winter Championships	Norwich	ERX328	1
200 Freestyle	2:24.12	2:21.70	480	03/06/12	British Gas ASA East Region BAGCAT Champs	Norwich	ERX201	1
400 Freestyle	4:58.28	4:53.50	491	05/05/13	ASA East Region Youth Championships	Luton	ERX312	1
800 Freestyle	10:12.85	10:03.30	494	09/03/13	Hertfordshire County Championships	Luton	CC3087	1
50 Breaststroke	38.89	38.10	421	29/03/13	City of Norwich SC Easter Meet 2013	Norwich	ER3006	1
100 Breaststroke	1:26.09	1:24.60	413	17/11/12	Team Luton Inaugural Long Course Meet	Luton	ER2464	1
200 Breaststroke	3:05.28	3:02.40	409	29/03/13	City of Norwich SC Easter Meet 2013	Norwich	ER3006	1
50 Butterfly	31.16	30.50	481	16/11/13	Team Luton Autumn LC Open Meet	Luton	ER3665	1
100 Butterfly	1:09.77	1:08.70	502	03/05/14	ASA East Region Youth Championships	Luton	ERX406	1
200 Butterfly	2:37.37	2:35.30	463	26/01/13	ASA Central Region Zonal Competition	Corby	ZM3165	1
50 Backstroke	37.29	36.70	373	19/11/11	Crawley Not So Early Bird Meet	Crawley	SE1509	1
100 Backstroke	1:12.69	1:11.60	490	22/12/13	Basildon & Phoenix Winter Long Course Meet	Basildon	ER3693	1
200 Backstroke	2:38.15	2:36.00	472	04/05/13	ASA East Region Youth Championships	Luton	ERX312	1
200 Individual Medley	2:34.52	2:31.90	543	04/05/14	ASA East Region Youth Championships	Luton	ERX406	1
400 Individual Medley	5:30.53	5:25.20	520	03/05/14	ASA East Region Youth Championships	Luton	ERX406	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	28.75	29.50	507	23/06/13	Watford SC Club Championships Sprints	Watford	ER3539	4
100 Freestyle	1:02.28	1:03.60	525	14/03/15	Hertfordshire County Championships	Borehamwood	CC150272	2
200 Freestyle	2:14.14	2:16.70	556	15/03/14	Hertfordshire County Championships	Borehamwood	CC4081	2
400 Freestyle	4:42.77	4:47.70	547	15/03/14	Hertfordshire County Championships	Borehamwood	CC4081	2
800 Freestyle	9:55.64	10:05.30	514	11/03/12	Hertfordshire County Championships	Hatfield	CC2103	2
1500 Freestyle	20:33.15	20:49.80	399	28/06/10	Berkhamsted Club Champs	Berkhamsted	ER0427	4
50 Breaststroke	37.51	38.30	432	30/06/13	Watford SC Alternative Nationals Open Meet	Watford	ER3389	3
100 Breaststroke	1:21.40	1:22.90	449	25/06/13	Watford SC Club Championships Sprints	Watford	ER3539	4
200 Breaststroke	2:53.87	2:56.90	463	19/10/13	Hemel Hempstead 100th Birthday Open Meet	Hemel Hempstead	ER3121	3
50 Butterfly	30.59	31.20	506	29/06/13	Watford SC Alternative Nationals Open Meet	Watford	ER3389	3
100 Butterfly	1:06.87	1:08.00	528	29/06/13	Watford SC Alternative Nationals Open Meet	Watford	ER3389	3
200 Butterfly	2:30.60	2:32.70	500	19/01/14	Watford County Qualifier Open Meet	Watford	ER4172	3
50 Backstroke	32.65	33.30	462	24/11/13	Watford Middle Distance & 50m Sprint Open	Watford	ER3898	3
100 Backstroke	1:07.97	1:09.10	526	23/06/13	Watford SC Club Championships Sprints	Watford	ER3539	4
200 Backstroke	2:28.73	2:31.00	511	09/03/14	Hertfordshire ASA County Championships	Borehamwood	CC4080	2
200 Individual Medley	2:28.81	2:31.40	549	29/06/13	Watford SC Alternative Nationals Open Meet	Watford	ER3389	3
400 Individual Medley	5:20.08	5:25.50	529	21/03/15	Hertfordshire County Championships	Borehamwood	CC150273	2
100 Individual Medley	1:11.41	1:11.40	495	18/06/14	Watford SC Club Championships Sprints 2014	Watford	ER4865	4