

Individual Best Times (All Time)

Sasha Simmonds - (509593) - Gravesend & Northfleet SC

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	32.14	32.80	363	03/06/17	The White Horse League 2017	Eltham	LR170812	3
100 Freestyle	1:09.14	1:10.30	383	30/04/17	Black Lion L3 Spring Open Meet 2017	Gillingham	SE170440	3
200 Freestyle	2:34.21	2:36.40	366	06/12/15	Gravesend & Northfleet Open Meet 2015	Gillingham	SE150573	3
400 Freestyle	5:47.54	5:51.60	294	26/09/15	GNSC 2015 Club Championships	Gillingham	SE150345	4
800 Freestyle	11:31.12	11:39.50	329	09/10/17	Gravesend & Northfleet Club Championships	Northfleet	SE171533	4
1500 Freestyle	22:01.38	22:16.90	324	26/10/17	Gravesend & Northfleet Club Champs	Strood	SE171535	4
50 Breaststroke	46.13	46.80	232	03/12/16	Gravesend & Nothfleet Open Meet 2016	Gillingham	SE160974	3
100 Breaststroke	1:44.94	1:46.10	209	20/02/16	Medway ASA Championships 2016	Gillingham	SE160203	4
200 Breaststroke	4:00.40	4:02.60	175	26/09/15	GNSC 2015 Club Championships	Gillingham	SE150345	4
50 Butterfly	35.23	35.80	331	29/10/16	Kent Development Meet 2016	Gillingham	SE161829	3
100 Butterfly	1:24.89	1:25.80	258	15/10/16	Medway ASA Championships 2016	Gillingham	SE160207	4
50 Backstroke	37.38	37.90	308	04/12/16	Gravesend & Nothfleet Open Meet 2016	Gillingham	SE160974	3
100 Backstroke	1:21.86	1:22.80	301	29/04/17	Black Lion L3 Spring Open Meet 2017	Gillingham	SE170440	3
200 Backstroke	2:59.22	3:01.10	292	19/11/17	Medway ASA Championships 2017	Gillingham	SE170218	4
200 Individual Medley	3:02.64	3:04.80	297	11/10/17	Gravesend & Northfleet Club Champs	Strood	SE171535	4
100 Individual Medley	1:22.22	1:22.20	324	15/10/16	Medway ASA Championships 2016	Gillingham	SE160207	4