

# Individual Best Times (All Time)

Hannah Binning - (513187) - Hornchurch SC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	28.27	27.50	582	17/02/18	BUCS Long Course Swimming Championships	Sheffield	NE180246	1
100 Freestyle	1:00.94	59.60	610	17/05/14	Rotherham Metro SC Level One Long Course Meet	Sheffield	NE4110	1
200 Freestyle	2:15.14	2:12.50	582	14/06/14	London Region Age Group Championships	Stratford	LRX408	1
400 Freestyle	4:50.84	4:46.00	530	07/06/14	London Region Age Group Championships	Stratford	LRX407	1
50 Breaststroke	40.14	39.30	383	18/07/13	Irish Age Group Championships	Dublin	GB3066	1
100 Breaststroke	1:26.97	1:25.50	400	15/06/14	London Region Age Group Championships	Stratford	LRX408	1
200 Breaststroke	3:08.02	3:05.20	391	07/06/14	London Region Age Group Championships	Stratford	LRX407	1
50 Butterfly	30.25	29.60	526	19/07/13	Irish Age Group Championships	Dublin	GB3066	1
100 Butterfly	1:07.88	1:06.80	545	18/05/14	Rotherham Metro SC Level One Long Course Meet	Sheffield	NE4110	1
50 Backstroke	32.46	31.80	566	08/02/14	Derwentio Excel February Festival	Sheffield	EM4028	1
100 Backstroke	1:09.12	1:07.90	570	17/05/14	Rotherham Metro SC Level One Long Course Meet	Sheffield	NE4110	1
200 Backstroke	2:30.06	2:27.80	552	02/06/13	ASA London Region Age Groups 2013	London	LRX310	1
200 Individual Medley	2:32.52	2:29.90	565	22/12/13	Basildon & Phoenix Winter Long Course Meet	Basildon	ER3693	1
400 Individual Medley	5:28.77	5:23.40	528	12/04/14	Crawley Spring Open Meet	Crawley	SE4285	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	27.87	28.60	556	08/11/15	ASA London Region Winter Short Course Championship	London	LR150872	2
100 Freestyle	1:00.03	1:01.40	586	15/03/14	Essex County Championships	Basildon	CC4040	2
200 Freestyle	2:08.94	2:11.60	626	30/03/14	Essex County Age Groups Championships	Basildon	CC4042	2
400 Freestyle	4:46.60	4:51.50	525	16/03/14	Essex County Championships	Basildon	CC4040	2
800 Freestyle	10:26.65	10:35.80	442	03/12/16	BPSC 1500 800 County/Regional Qualifier 2016	Basildon	ER161506	3
50 Breaststroke	37.93	38.80	418	16/11/19	BUCS Short Course Swimming Championships 2019	Sheffield	NE193130	2
100 Breaststroke	1:23.53	1:25.00	416	16/03/14	Essex County Championships	Basildon	CC4040	2
200 Breaststroke	3:00.38	3:03.30	415	29/03/14	Essex County Age Groups Championships	Basildon	CC4042	2
50 Butterfly	30.53	31.10	509	30/03/14	Essex County Age Groups Championships	Basildon	CC4042	2
100 Butterfly	1:08.33	1:09.40	494	13/12/14	NASL London Rounds Premier Division	Basildon	ER14054	2
200 Butterfly	2:37.55	2:39.50	437	19/10/13	Romford Town SC 7th SC Meet	Enfield	LR3653	3
50 Backstroke	31.63	32.30	508	01/10/16	Romford Town David Jacobs 6th Memorial Gala	Basildon	LR161038	3
100 Backstroke	1:07.28	1:08.50	543	16/03/14	Essex County Championships	Basildon	CC4040	2
200 Backstroke	2:25.50	2:27.80	546	20/10/13	Romford Town SC 7th SC Meet	Enfield	LR3653	3
200 Individual Medley	2:33.56	2:36.10	499	06/11/16	London Region Winter Championships	Stratford	LR162227	2
400 Individual Medley	5:29.85	5:35.10	483	15/03/14	Essex County Championships	Basildon	CC4040	2
100 Individual Medley	1:10.23	1:10.20	520	28/11/15	Thanet Swim Club Advent County Qualifier	Hartsdown	SE150613	3