

Individual Best Times (All Time)

Rachel Connery - (514695) - Potters Bar SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	29.88	29.20	493	04/01/15	BWFSC Level 1 Long Course Meet	London	LR150167	1
100 Freestyle	1:04.99	1:03.70	503	04/01/15	BWFSC Level 1 Long Course Meet	London	LR150167	1
50 Butterfly	32.61	32.00	420	16/01/16	City of Derby Fifteenth LC L1 Open Meet	Sheffield	EM160127	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	28.84	29.60	502	08/11/15	ASA East Region Winter Championships 2015	Luton	ER151653	2
100 Freestyle	1:03.61	1:04.90	492	31/10/15	Enfield Swim Squad County Qualifier	Enfield	LR150549	3
200 Freestyle	2:21.02	2:23.50	478	01/11/15	Enfield Swim Squad County Qualifier	Enfield	LR150549	3
400 Freestyle	5:03.56	5:08.20	442	04/12/15	Potters Bar 400m Freestyle Time Trial	Potters Bar	ER151899	4
50 Breaststroke	42.46	43.20	298	26/09/15	Potters Bar Club Championships	Potters Bar	ER151655	4
100 Breaststroke	1:31.15	1:32.50	320	04/10/15	Potters Bar SC Club Championships	Potters Bar	ER151656	4
50 Butterfly	32.34	32.90	428	26/01/16	Hertfordshire County Championships	Borehamwood	ER160308	2
100 Butterfly	1:13.48	1:14.50	397	31/10/15	Enfield Swim Squad County Qualifier	Enfield	LR150549	3
50 Backstroke	35.28	35.80	366	13/12/15	Potters Bar 50m Time Trial	Potters Bar	ER151902	4
100 Backstroke	1:19.08	1:20.10	334	05/10/15	Potters Bar SC Club Championships	Potters Bar	ER151656	4
200 Individual Medley	2:48.68	2:51.00	377	30/11/14	Hitchin Open Meet	Hitchin	ER4409	3
100 Individual Medley	1:17.32	1:17.30	390	26/09/15	Potters Bar Club Championships	Potters Bar	ER151655	4