

Individual Best Times (All Time)

Heather Cox - (519316) - Bramcote Swimming Club

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	33.36	34.00	324	06/07/14	Bramcote Combined Diddy & BAGCAT	Bramcote	EM4711	4
100 Freestyle	1:14.06	1:15.20	312	24/11/13	Bramcote Open Meet	Bramcote	EM3701	3
200 Freestyle	2:40.13	2:42.30	326	08/07/14	Bramcote Combined Diddy & BAGCAT Club Champ	Bramcote	EM4712	4
400 Freestyle	5:38.08	5:42.20	320	13/10/13	Bramcote Combined Diddy & Club Champs	Bramcote	EM3604	4
50 Breaststroke	46.37	47.00	229	08/07/14	Bramcote Combined Diddy & BAGCAT Club Champ	Bramcote	EM4712	4
100 Breaststroke	1:39.84	1:41.10	243	24/11/13	Bramcote Open Meet	Bramcote	EM3701	3
200 Breaststroke	3:33.65	3:36.10	249	13/10/13	Bramcote Combined Diddy & Club Champs	Bramcote	EM3604	4
50 Butterfly	37.21	37.70	281	07/07/14	Bramcote Combined Diddy & BAGCAT	Bramcote	EM4711	4
50 Backstroke	37.67	38.20	301	14/10/14	Bramcote Combined Diddy & BAGCAT Club Champ	Bramcote	EM4713	4
100 Backstroke	1:19.56	1:20.60	328	05/07/14	City of Derby Level 3 B Grade Meet	Derby	EM4294	3
200 Backstroke	2:49.01	2:51.00	348	26/04/14	City of Derby L3 Short Course Meet	Derby	EM4293	3
200 Individual Medley	2:58.92	3:01.10	315	03/07/13	Bramcote Diddy & Club Championships	Bramcote	EM3594	4
100 Individual Medley	1:23.59	1:23.60	308	05/07/14	City of Derby Level 3 B Grade Meet	Derby	EM4294	3