

Individual Best Times (All Time)

Victoria Pope - (536607) - Watford SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	30.62	29.90	458	12/04/15	Team Luton April Long Course Meet	Luton	ER150341	1
100 Freestyle	1:06.34	1:05.10	473	24/05/14	Team Luton Last Chance National Qualifier 2014	Luton	ER4086	1
200 Freestyle	2:24.19	2:21.80	479	25/05/14	Team Luton Last Chance National Qualifier 2014	Luton	ER4086	1
400 Freestyle	5:04.88	5:00.20	460	25/05/14	Team Luton Last Chance National Qualifier 2014	Luton	ER4086	1
100 Breaststroke	1:51.83	1:50.70	188	24/09/11	Hillingdon Autumn Sprint Meet	Hillingdon	LR1334	3
100 Butterfly	1:25.66	1:24.80	271	22/04/17	Wycombe District Long Course Sprint Meet	Wycombe	SE170721	3
100 Backstroke	1:17.47	1:16.40	405	11/04/15	Team Luton April Long Course Meet	Luton	ER150341	1
200 Backstroke	2:41.14	2:39.10	446	04/01/15	BWFSC Level 1 Long Course Meet	London	LR150167	1
200 Individual Medley	2:45.75	2:43.40	440	25/05/14	Team Luton Last Chance National Qualifier 2014	Luton	ER4086	1
400 Individual Medley	5:52.47	5:47.40	429	01/05/16	ASA East Region Long Course Championships	Norwich	ER160820	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	29.48	30.20	470	28/06/15	The Terry Davies Alternative Nationals	Watford	ER150582	3
100 Freestyle	1:04.05	1:05.30	482	10/05/14	Mid Beds Swim Squad L2 Open Meet	Biggleswade	ER4330	2
200 Freestyle	2:17.48	2:20.00	516	18/01/15	Watford County Qualifier Open Meet	Watford	ER150010	3
400 Freestyle	4:54.45	4:59.20	484	13/03/16	Watford Regional Qualifier	Watford	ER160088	3
800 Freestyle	10:09.14	10:18.60	481	28/02/15	Hertfordshire County Championships	Borehamwood	CC150271	2
50 Breaststroke	39.61	40.40	367	28/06/15	The Terry Davies Alternative Nationals	Watford	ER150582	3
100 Breaststroke	1:23.54	1:25.00	415	05/07/15	Watford Club Championships 2015	Watford	ER151203	4
200 Breaststroke	3:00.08	3:03.00	417	30/11/16	Watford 200 Club Champs	Watford	ER162422	4
50 Butterfly	34.08	34.60	366	05/07/15	Watford Club Championships 2015	Watford	ER151203	4
100 Butterfly	1:16.18	1:17.20	357	25/06/16	The Terry Davies Alternative Nationals 2016	Watford	ER160947	3
200 Butterfly	2:55.10	2:56.90	318	16/10/16	Hemel Hempstead 103rd Birthday Open	Hertfordshire	ER161842	3
50 Backstroke	33.86	34.40	414	03/03/18	Watford Regional Qualifier	Watford	ER180443	3
100 Backstroke	1:10.97	1:12.10	462	20/01/18	Hertfordshire County Championships	Borehamwood	ER180356	2
200 Backstroke	2:34.56	2:36.70	455	26/06/16	The Terry Davies Alternative Nationals 2016	Watford	ER160947	3
200 Individual Medley	2:37.30	2:39.80	464	28/06/14	WSC Terry Davies Alternative Nationals	Watford	ER4475	3
400 Individual Medley	5:28.95	5:34.30	487	12/03/16	Watford Regional Qualifier	Watford	ER160088	3
100 Individual Medley	1:13.38	1:13.40	456	19/11/16	Watford November 2016 County Qualifier	Garston	ER161261	3