

Individual Best Times (All Time)

Hannah Cooper - (536875) - Norwich Swan SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	29.87	29.20	493	03/05/14	ASA East Region Youth Championships	Luton	ERX406	1
100 Freestyle	1:01.98	1:00.60	580	21/12/14	Derventio Excel 2nd Christmas Cracker	Sheffield	EM4932	1
200 Freestyle	2:11.57	2:08.90	631	20/12/14	Derventio Excel 2nd Christmas Cracker	Sheffield	EM4932	1
400 Freestyle	4:38.15	4:33.10	605	21/12/14	Derventio Excel 2nd Christmas Cracker	Sheffield	EM4932	1
800 Freestyle	9:42.53	9:32.50	576	19/12/14	Derventio Excel 2nd Christmas Cracker	Sheffield	EM4932	1
200 Individual Medley	2:38.94	2:36.40	499	20/04/14	UEA City of Norwich Easter LC Meet 2014	Norwich	ER4035	1
400 Individual Medley	5:27.05	5:21.60	537	20/12/14	Derventio Excel 2nd Christmas Cracker	Sheffield	EM4932	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	28.66	29.40	512	05/10/14	Dereham Icen Level 3 Open Meet	Dereham	ER4375	3
100 Freestyle	59.90	1:01.30	590	04/10/14	Dereham Icen Level 3 Open Meet	Dereham	ER4375	3
200 Freestyle	2:07.89	2:10.60	641	20/02/16	Norfolk County Championships 2016	Thetford	ER160406	2
400 Freestyle	4:32.39	4:37.50	612	01/11/14	City of Norwich Big Bang Meet	Norwich	ER14144	2
800 Freestyle	9:25.85	9:36.00	600	09/07/14	Norwich Swan SC Club Championships	Wymondham	ER4745	4
50 Breaststroke	39.82	40.60	361	04/03/12	Norfolk County Championships	Thetford	CC2080	2
100 Breaststroke	1:26.90	1:28.30	369	03/03/12	Norfolk County Championships	Thetford	CC2080	2
200 Breaststroke	3:12.17	3:14.90	343	11/03/12	Norfolk County Championships	Thetford	CC2081	2
50 Butterfly	31.91	32.50	445	11/07/15	Norwich Swan Club Championships 2015	Dereham	ER151225	4
100 Butterfly	1:14.49	1:15.50	382	08/03/14	Norfolk County Champs & AG Comp	Thetford	CC4109	2
50 Backstroke	34.63	35.20	387	08/03/14	Norfolk County Champs & AG Comp	Thetford	CC4109	2
100 Backstroke	1:17.02	1:18.10	361	10/03/13	Norfolk County Championships	Thetford	CC3076	2
200 Backstroke	2:34.54	2:36.70	455	01/03/14	Norfolk County Champs & AG Comp	Thetford	CC4108	2
200 Individual Medley	2:31.08	2:33.70	524	04/07/15	Norwich Swan Club Championships 2015	Thetford	ER151223	4
400 Individual Medley	5:16.56	5:22.10	547	02/11/14	City of Norwich Big Bang Meet	Norwich	ER14144	2
100 Individual Medley	1:12.24	1:12.20	478	08/03/14	Norfolk County Champs & AG Comp	Thetford	CC4109	2