

Individual Best Times (All Time)

Nora Francillon - (541658) - Dulwich Dolphins

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	31.07	30.40	438	07/05/16	London Region Age Grp Summer Championships	Crystal Palace	LR160415	1
100 Freestyle	1:09.25	1:08.00	416	20/02/16	Essex Age Group Championships 2016	Basildon	ER160005	1
200 Freestyle	2:31.78	2:29.50	411	24/01/16	Essex Age Group Championships 2016	Basildon	ER160002	1
400 Freestyle	5:07.29	5:02.70	449	11/02/17	Surrey Age Group Championships	Guildford	LR170177	1
50 Breaststroke	38.13	37.30	447	21/05/16	London Region Summer Age Grp Championships	Crystal Palace	LR160416	1
100 Breaststroke	1:24.49	1:23.00	437	21/05/17	2017 London Swimming Regional Age Group Champs	Crystal Palace	LR170802	1
200 Breaststroke	3:04.02	3:01.10	417	12/02/17	Surrey Age Group Championships	Guildford	LR170177	1
50 Butterfly	35.93	35.40	314	17/04/16	London Schools SA Championships	Crystal Palace	LR160201	1
100 Butterfly	1:40.95	1:40.20	165	01/11/14	City of Bristol Open Meet	Bristol	SW4538	3
50 Backstroke	35.07	34.50	449	17/04/16	London Schools SA Championships	Crystal Palace	LR160201	1
100 Backstroke	1:14.96	1:13.90	447	20/05/17	2017 London Swimming Regional Age Group Champs	Crystal Palace	LR170802	1
200 Backstroke	2:44.61	2:42.60	418	11/02/17	Surrey Age Group Championships	Guildford	LR170177	1
200 Individual Medley	2:43.20	2:40.80	461	11/02/18	Surrey Age Group Championships 2018	Surrey	LR180303	1
400 Individual Medley	6:49.83	6:45.50	273	02/11/14	City of Bristol Open Meet	Bristol	SW4538	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	30.73	31.40	415	15/07/17	Black Swan Summer Open Meet 2017	Walton on Thames	SE171028	3
100 Freestyle	1:06.72	1:08.00	427	10/12/16	Dulwich Dolphins Club Championships	Stone	LR162362	4
200 Freestyle	2:21.78	2:24.20	470	16/07/17	Black Swan Summer Open Meet 2017	Walton on Thames	SE171028	3
400 Freestyle	4:59.60	5:04.30	460	09/12/17	Dulwich Dolphins Club Championships Winter 2017	Dulwich	LR172178	4
800 Freestyle	10:16.56	10:25.90	464	03/12/17	Dulwich Dolphins Club Championships Winter 2017	Dulwich	LR172177	4
50 Breaststroke	37.53	38.40	431	12/11/16	Dulwich Doolphins Club Championships	Stone	LR162359	4
100 Breaststroke	1:20.41	1:22.00	466	04/02/17	Surrey Age Group Championships	Guildford	LR170176	2
200 Breaststroke	3:00.73	3:03.60	412	02/12/17	Dulwich Dolphins Club Championships Winter 2017	Dulwich	LR172177	4
50 Butterfly	34.67	35.20	347	15/01/17	WBSA Surrey Qualifier 2017	Wandsworth	LR170510	4
100 Butterfly	1:20.22	1:21.20	305	03/12/16	Dulwich Dolphins Club Championships	Stone	LR162360	4
50 Backstroke	35.17	35.70	370	09/12/17	Dulwich Dolphins Club Championships Winter 2017	Dulwich	LR172178	4
100 Backstroke	1:13.34	1:14.40	419	04/02/17	Surrey Age Group Championships	Guildford	LR170176	2
200 Backstroke	2:38.10	2:40.20	425	09/07/16	Dulwich Dolphins Club Championships	Dulwich	LR161220	4
200 Individual Medley	2:40.38	2:42.80	438	15/07/17	Black Swan Summer Open Meet 2017	Walton on Thames	SE171028	3
400 Individual Medley	5:53.12	5:58.10	394	09/07/17	Dulwich Dolphins Club Champs	Alleyns SC	LR171226	4
100 Individual Medley	1:14.28	1:14.30	440	12/11/16	Dulwich Doolphins Club Championships	Stone	LR162359	4