

Individual Best Times (All Time)

Rachel Andvig - (58504) - Oxford University SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	26.92	26.10	674	31/07/11	British Gas ASA National Youth Champs	Sheffield	ASA112	1
100 Freestyle	59.43	58.00	658	27/07/11	British Gas ASA National Youth Champs	Sheffield	ASA112	1
200 Freestyle	2:11.78	2:09.10	627	01/05/10	East Region Youth Champs	Norwich	ERX011	1
400 Freestyle	4:50.64	4:45.80	531	04/11/07	East Region LC Champs	Norwich	ERX727	1
800 Freestyle	9:37.62	9:27.50	591	07/02/09	Suffolk County Champs	Norwich	CC9082	2
50 Breaststroke	36.12	35.20	526	30/04/11	BG East Region Championships	Norwich	ERX115	1
100 Breaststroke	1:21.50	1:19.90	487	11/12/10	National Arena Swimming League London Fina	Crystal Palace	LR0863	1
50 Backstroke	33.75	33.10	504	22/02/14	BUCS Long Course 2014	Sheffield	BUC009	1
100 Backstroke	1:13.49	1:12.40	474	03/05/08	East Region Youth Champs	Norwich	ERX810	1
200 Backstroke	2:42.03	2:40.00	438	07/05/07	East Region Youth Champs	Norwich	ERX718	1
200 Individual Medley	2:32.52	2:29.90	565	26/04/09	National Swimming League Cup Final	Sheffield	NE9312	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	26.37	27.10	657	07/11/09	East Region Winter Champs	Norwich	ERX927	2
100 Freestyle	57.08	58.50	682	13/11/11	BUCS Swimming (25m) Championships 2011	Sheffield	BUC004	2
200 Freestyle	2:05.51	2:08.20	678	06/11/10	East Region Winter Champs	Norwich	ERX027	2
400 Freestyle	4:32.00	4:37.10	614	17/01/09	teamipswich 10th Open	Ipswich	ER9022	2
50 Breaststroke	34.62	35.50	550	13/03/10	Suffolk County Champs	Ipswich	CC0051	2
100 Breaststroke	1:17.62	1:19.20	518	11/07/09	teamIpswich Summer Sprints	Ipswich	ER9360	3
200 Breaststroke	2:57.97	3:00.90	432	02/03/08	Suffolk County Champs	Ipswich	CC8005	2
50 Butterfly	31.31	31.90	472	11/07/09	teamIpswich Summer Sprints	Ipswich	ER9360	3
100 Butterfly	1:08.80	1:09.90	484	22/01/12	Maxwell January Open Meet	Aylesbury	SE2239	2
50 Backstroke	31.83	32.50	499	10/07/11	teamipswich Summer Sprints	Ipswich	ER1347	3
100 Backstroke	1:08.86	1:10.00	506	20/01/13	Maxwell SC January Meet	Aylesbury	SE3179	2
200 Backstroke	2:30.90	2:33.10	489	27/10/07	teamipswich Junior Open	Ipswich	ER7198	2
200 Individual Medley	2:25.34	2:28.00	589	07/03/10	Suffolk County Champs	Ipswich	CC0050	2
400 Individual Medley	5:13.93	5:19.50	561	05/03/11	Suffolk County Championships	Ipswich	CC1033	2
100 Individual Medley	1:07.77	1:07.80	579	13/03/11	Suffolk County Championships	Ipswich	CC1034	2