

# Individual Best Times (All Time)

Carla Bickerstaffe - (6374) - Derby Excel Swimming Club

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	29.18	28.50	529	27/04/02	Radford Open Meet 2002	Sheffield	DMM090	1
100 Freestyle	1:05.49	1:04.20	492	28/04/02	Radford Open Meet 2002	Sheffield	DMM090	1
50 Breaststroke	39.87	39.10	391	28/11/04	DASA 100m Open 50m Sprints Mt	Sheffield	L3M245	1
50 Butterfly	30.66	30.00	505	12/02/06	British Universities	Sheffield	NE6110	1
100 Butterfly	1:08.31	1:07.20	535	28/11/04	DASA 100m Open 50m Sprints Mt	Sheffield	L3M245	1
50 Backstroke	33.87	33.30	498	11/02/06	British Universities	Sheffield	NE6110	1
100 Backstroke	1:19.73	1:18.70	371	12/01/02	City of Derby Long Course Meet	Sheffield	DMM083	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	28.82	29.50	503	05/03/06	Derbyshire County Champs	Eckington	CC6114	2
100 Freestyle	1:02.80	1:04.10	512	08/03/03	Derbyshire County Champs	Various	CTY224	2
200 Freestyle	2:17.52	2:20.00	516	27/02/05	Derbyshire County Championship	Clay Cross	CCM580	2
400 Freestyle	4:53.17	4:57.90	491	20/03/04	Derbyshire County Championship	Derby	CCM005	2
50 Breaststroke	43.22	43.90	282	08/04/00	Derbyshire County Champs	Clay Cross	CTY088	2
100 Breaststroke	1:23.89	1:25.40	410	05/03/05	Derbyshire County Championship	Eckington	CCM581	2
200 Breaststroke	2:59.92	3:02.80	418	26/02/05	Derbyshire County Championship	Clay Cross	CCM580	2
50 Butterfly	30.78	31.40	496	20/11/05	BUSA Short Course Meet 2005	Sheffield	BSS011	2
100 Butterfly	1:07.70	1:08.80	508	27/02/05	Derbyshire County Championship	Clay Cross	CCM580	2
200 Butterfly	2:31.70	2:33.80	490	06/03/05	Derbyshire County Championship	Eckington	CCM581	2
50 Backstroke	32.75	33.40	458	12/07/14	Chesterfield SC Summer Splash 2014	Chesterfield	EM4485	3
100 Backstroke	1:11.62	1:12.70	450	06/03/05	Derbyshire County Championship	Eckington	CCM581	2
200 Backstroke	2:34.41	2:36.60	457	12/03/05	Derbyshire County Championship	Clay Cross	CCM582	2
200 Individual Medley	2:34.62	2:37.20	489	22/03/03	Derbyshire County Champs	Various	CTY224	2
100 Individual Medley	1:13.05	1:13.10	462	12/03/05	Derbyshire County Championship	Clay Cross	CCM582	2