

# Individual Best Times (All Time)

Rachelle Naude - (729230) - Maidstone SC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
100 Breaststroke	1:45.54	1:44.30	224	11/04/10	Bexley Long Course Meet	London	LR0192	1
200 Backstroke	3:07.53	3:05.70	283	11/04/10	Bexley Long Course Meet	London	LR0192	1
200 Individual Medley	3:16.45	3:14.40	264	11/04/10	Bexley Long Course Meet	London	LR0192	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	30.97	31.60	405	07/10/14	Maidstone Club Championships	Maidstone	SE4872	4
100 Freestyle	1:06.51	1:07.80	431	12/04/14	Medway ASA Championships 2014	Gillingham	SE4442	4
200 Freestyle	2:31.61	2:33.90	385	08/10/13	Maidstone Club Championships 2013	Maidstone	SE3675	4
400 Freestyle	5:19.45	5:23.80	379	20/11/12	Maidstone SC Club Championships	Maidstone	SE2750	4
50 Breaststroke	40.79	41.60	336	11/03/12	Kent County Championships	Gillingham	CC2070	2
100 Breaststroke	1:30.88	1:32.30	323	18/09/14	Maidstone Club Championships	Maidstone	SE4869	4
200 Breaststroke	3:16.01	3:18.70	323	22/10/13	Maidstone Club Championships 2013	Maidstone	SE3675	4
50 Butterfly	33.14	33.70	398	04/05/14	Black Lion SC L3 Spring Open Meet 2014	Gillingham	SE4064	3
100 Butterfly	1:17.68	1:18.70	336	23/09/14	Maidstone Club Championships	Maidstone	SE4870	4
50 Backstroke	34.06	34.60	407	08/03/14	BG Kent ASA Swimming Championships	Gillingham	CC4063	2
100 Backstroke	1:14.84	1:15.90	394	12/04/14	Medway ASA Championships 2014	Gillingham	SE4442	4
200 Backstroke	2:40.56	2:42.60	406	15/10/13	Maidstone Club Championships 2013	Maidstone	SE3675	4
200 Individual Medley	2:47.81	2:50.10	382	01/10/13	Maidstone Club Championships 2013	Maidstone	SE3675	4
400 Individual Medley	5:56.84	6:01.70	382	26/11/13	Maidstone Club Championships	Maidstone	SE3676	4
100 Individual Medley	1:16.60	1:16.60	401	04/05/14	Black Lion SC L3 Spring Open Meet 2014	Gillingham	SE4064	3