

Individual Best Times (All Time)

Gemma Arundel - (732481) - Tavistock SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	32.16	31.50	395	23/07/16	Plymouth Leander Summer L3 LC Open	Plymouth	SW160580	3
100 Freestyle	1:17.82	1:16.70	293	27/10/13	3 Towers Open Meet	Millfield	SW3627	3
200 Freestyle	2:46.75	2:44.60	309	27/10/13	3 Towers Open Meet	Millfield	SW3627	3
50 Breaststroke	42.98	42.20	312	03/12/16	Tavistock Autumn Sprint Championships	Tavistock	SW161962	4
50 Butterfly	36.71	36.20	294	12/07/14	The Plymouth Summer Level 3 Long Course Meet	Plymouth	SW4772	3
100 Butterfly	1:25.18	1:24.30	276	02/12/16	Tavistock Autumn Sprint Championships	Tavistock	SW161962	4
50 Backstroke	37.31	36.80	373	23/07/16	Plymouth Leander Summer L3 LC Open	Plymouth	SW160580	3
100 Backstroke	1:19.62	1:18.60	373	24/07/16	Plymouth Leander Summer L3 LC Open	Plymouth	SW160580	3
200 Backstroke	2:53.12	2:51.20	359	23/07/16	Plymouth Leander Summer L3 LC Open	Plymouth	SW160580	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	30.50	31.20	424	16/04/17	The Two Counties Spring Open Meet	Plymouth	SW170032	3
100 Freestyle	1:09.23	1:10.40	382	22/11/15	Aquae Sulis Grand Prix	Bristol	SW150917	2
200 Freestyle	2:29.43	2:31.70	402	17/03/17	Tavistock Long Distance	Tavistock	SW170600	4
400 Freestyle	5:16.13	5:20.50	391	18/09/15	Tavistock Long Distance Championships	Tavistock	SW151849	4
50 Breaststroke	39.24	40.00	377	18/01/17	Devon County Championships & Age Groups 2017	Plymouth	SW170376	2
100 Breaststroke	1:31.46	1:32.80	316	18/03/16	Tavistock Sprint Championships - March 2016	Tavistock	SW160802	4
200 Breaststroke	3:18.55	3:21.20	311	25/03/17	Tavistock Long Distance Club Championships	Tavistock	SW170601	4
50 Butterfly	34.15	34.70	363	17/01/17	Devon County Championships & Age Groups 2017	Plymouth	SW170375	2
100 Butterfly	1:14.27	1:15.30	385	19/01/17	Devon County Championships & Age Groups 2017	Plymouth	SW170376	2
50 Backstroke	35.88	36.40	348	15/04/17	The Two Counties Spring Open Meet	Plymouth	SW170032	3
100 Backstroke	1:16.42	1:17.50	370	11/03/16	Tavistock SC Sprint Championships - March 2016	Tavistock	SW160801	4
200 Backstroke	2:44.32	2:46.30	379	17/12/16	Plymouth Leander L3 Christmas Meet	Plymouth	SW161122	3
200 Individual Medley	2:50.50	2:52.80	365	08/06/15	Devon County Development Gala	Plymouth	SW150278	3
100 Individual Medley	1:18.06	1:18.10	379	10/12/16	Tavistock Autumn Sprint Championships	Tavistock	SW161963	4