

# Individual Best Times (All Time)

Francesca Powell - (734072) - Bromley SC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	32.34	31.70	389	04/04/15	Beckenham Easter International Open 2015	Crystal Palace	LR150437	1
100 Freestyle	1:11.22	1:10.00	382	13/04/14	LSSA Championships	Crystal Palace	LR4027	1
200 Freestyle	2:35.81	2:33.60	379	10/05/14	Beckenham International Open Meet	London	LR4343	1
50 Breaststroke	40.87	40.10	363	12/02/17	Kent Swimming Championships	London Aquatics	SE170174	1
100 Breaststroke	1:31.92	1:30.50	339	04/02/17	Kent Swimming Championships	Crystal Palace	SE170173	1
50 Butterfly	35.13	34.60	336	17/07/16	ASA London Region End of Season Meet	Crystal Palace	LR160451	3
100 Butterfly	1:20.48	1:19.50	327	06/12/15	Rushmoor Royals Last Chance County Qualifier	Aldershot	SE151565	3

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	31.41	32.10	389	26/09/15	Bromley Leander Dual Meet	Dulwich	LR151687	4
100 Freestyle	1:08.84	1:10.00	388	25/11/16	Bromley Club Championships	Beckenham	LR161306	4
200 Freestyle	2:29.90	2:32.20	398	30/11/14	Bromley Club Championships	Croydon	LR4955	4
400 Freestyle	5:19.72	5:24.10	378	09/11/14	Bromley Club Championships	Croydon	LR4953	4
800 Freestyle	11:02.22	11:10.90	374	08/09/14	Bromley SC Club Championships 2014	Croydon	LR4951	4
50 Breaststroke	39.85	40.60	360	16/10/16	Bromley Autumn Gold Open Meet 2016	Beckenham	LR161500	3
100 Breaststroke	1:25.07	1:26.50	393	25/11/16	Bromley Club Championships	Beckenham	LR161306	4
200 Breaststroke	3:08.10	3:10.90	366	16/10/16	Bromley Autumn Gold Open Meet 2016	Beckenham	LR161500	3
50 Butterfly	33.97	34.50	369	18/12/16	Bromley Christmas Gold Open Meet 2016	Bromley	LR161746	3
100 Butterfly	1:16.08	1:17.10	358	01/05/16	Black Lion L3 Spring Open Meet	Gillingham	SE160064	3
200 Butterfly	2:52.53	2:54.40	333	16/07/16	Bromley Club Championships	Beckenham	LR161303	4
50 Backstroke	38.13	38.70	290	25/06/16	Bromley Club Championships	Beckenham	LR161301	4
100 Backstroke	1:24.94	1:25.90	269	30/11/14	Bromley Club Championships	Croydon	LR4955	4
200 Backstroke	3:00.67	3:02.50	285	23/10/15	Bromley Club Championships	Beckenham	LR151619	4
200 Individual Medley	2:52.09	2:54.40	355	25/11/16	Bromley Club Championships	Beckenham	LR161306	4
400 Individual Medley	6:17.63	6:22.30	322	13/09/15	Bromley Club Championships	Beckenham	LR151617	4
100 Individual Medley	1:20.06	1:20.10	351	03/10/15	Orpington Ojays Season Starter	Gillingham	LR150605	3