

Individual Best Times (All Time)

Erin Pinnock - (737489) - South Tyneside SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	41.39	40.90	185	15/01/12	City of Sunderland New Year Meet	Sunderland	NE2185	3
200 Freestyle	3:37.04	3:35.40	140	02/07/11	City of Sunderland ASC Summer Splash	Sunderland	NE1432	3
50 Breaststroke	53.65	53.10	160	14/01/12	City of Sunderland New Year Meet	Sunderland	NE2185	3
200 Breaststroke	4:20.30	4:18.30	147	03/07/11	City of Sunderland ASC Summer Splash	Sunderland	NE1432	3
50 Butterfly	47.54	47.10	135	14/01/12	City of Sunderland New Year Meet	Sunderland	NE2185	3
200 Backstroke	3:34.33	3:32.80	189	14/01/12	City of Sunderland New Year Meet	Sunderland	NE2185	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	36.08	36.70	256	13/04/14	South Tyneside Spring Meet	South Shields	NE4405	3
100 Freestyle	1:27.67	1:28.60	188	07/09/13	South Tyneside ASC Autumn Meet	Hebburn	NE3829	3
400 Freestyle	7:40.15	7:43.20	127	15/10/11	Tynemouth Autumn Gala	Tynemouth	NE1547	3
50 Breaststroke	49.05	49.70	193	12/04/14	South Tyneside Spring Meet	South Shields	NE4405	3
100 Breaststroke	1:41.13	1:42.40	234	13/04/14	South Tyneside Spring Meet	South Shields	NE4405	3
200 Breaststroke	3:33.02	3:35.50	252	12/04/14	South Tyneside Spring Meet	South Shields	NE4405	3
50 Butterfly	43.24	43.70	179	12/04/14	South Tyneside Spring Meet	South Shields	NE4405	3
100 Butterfly	1:42.47	1:43.20	146	20/10/13	Tynemouth ASC Autumn Gala	Tynemouth	NE3828	3
200 Butterfly	4:20.06	4:21.30	97	17/09/11	South Tyneside September Meet	Hebburn	NE1540	4
50 Backstroke	40.71	41.20	238	13/04/14	South Tyneside Spring Meet	South Shields	NE4405	3
100 Backstroke	1:34.51	1:35.40	195	19/10/13	Tynemouth ASC Autumn Gala	Tynemouth	NE3828	3
200 Backstroke	3:03.37	3:05.20	272	13/04/14	South Tyneside Spring Meet	South Shields	NE4405	3
200 Individual Medley	3:10.79	3:12.90	260	12/04/14	South Tyneside Spring Meet	South Shields	NE4405	3
400 Individual Medley	7:04.98	7:09.10	226	19/10/13	Tynemouth ASC Autumn Gala	Tynemouth	NE3828	3
100 Individual Medley	1:43.31	1:43.30	163	15/10/11	Tynemouth Autumn Gala	Tynemouth	NE1547	3