

# Individual Best Times (All Time)

Grace Gladwinfield - (742870) - Carnforth & Dist Otters

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	32.59	33.20	348	18/01/14	North Lancashire Age Groups 2014	Blackpool	NW4147	3
100 Freestyle	1:11.15	1:12.30	352	24/01/15	North Lancashire Age Groups & Youth Championships	Blackpool	NW150128	2
50 Breaststroke	43.96	44.70	268	01/02/14	North Lancashire Age Groups, Youth & Champs	Blackpool	NW4148	3
100 Breaststroke	1:38.14	1:39.40	256	15/02/14	ESSA North West Individual Championships	Bolton	NW4098	3
200 Breaststroke	3:47.64	3:50.00	206	26/11/11	Cumbria Autumn Graded Series	Kendal	NW1602	3
50 Butterfly	51.72	52.10	104	24/09/11	Ulverston ASC Graded Level 3 Meet	Kendal	NW1511	3
50 Backstroke	40.15	40.60	248	01/02/14	North Lancashire Age Groups, Youth & Champs	Blackpool	NW4148	3
100 Individual Medley	1:26.36	1:26.40	280	15/02/14	ESSA North West Individual Championships	Bolton	NW4098	3