

Individual Best Times (All Time)

Stephanie Roberts - (750628) - Hart Swimming Club

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	30.94	30.30	444	12/04/15	Rushmoor Royals Spring NQ Open Meet	Aldershot	SE150233	1
100 Freestyle	1:05.35	1:04.10	495	18/05/14	Bracknell & Wokingham SC L1 Open Meet	Aldershot	SE4049	1
200 Freestyle	2:17.41	2:14.90	553	08/04/17	Crawley Spring LC Level 1 Meet	Crawley	SE170006	1
400 Freestyle	4:50.04	4:45.20	534	11/04/15	Rushmoor Royals Spring NQ Open Meet	Aldershot	SE150233	1
800 Freestyle	9:53.64	9:43.80	544	24/05/15	ASASER Swimming Championships	Portsmouth	SE150985	1
50 Breaststroke	41.16	40.40	355	07/07/12	Rushmoor Royals SC Summer Festival	Aldershot	SE2390	3
100 Breaststroke	1:26.05	1:24.60	413	06/02/16	Hampshire County Swimming Championships 2016	Portsmouth	SE160577	1
200 Breaststroke	3:04.02	3:01.10	417	16/03/14	Hampshire County Championships	Portsmouth	CC4116	1
50 Butterfly	33.59	33.00	384	10/04/16	Crawley Spring Open Meet 2016	Crawley	SE160037	3
100 Butterfly	1:12.78	1:11.70	442	25/03/17	Bracknell Wokingham Spring Level 3 Open Meet	Aldershot	SE170537	3
200 Butterfly	2:37.30	2:35.30	464	08/04/17	Crawley Spring LC Level 1 Meet	Crawley	SE170006	1
50 Backstroke	39.33	38.80	318	08/07/12	Rushmoor Royals SC Summer Festival	Aldershot	SE2390	3
100 Backstroke	1:18.89	1:17.90	383	17/11/13	Crawley Not So Early Bird Meet	Crawley	SE3141	1
200 Backstroke	2:47.00	2:45.00	400	02/08/14	Swim Wales Summer Nationals 2014	Swansea	WAL585	1
200 Individual Medley	2:36.02	2:33.50	528	11/02/17	Hampshire County Swimming Championships 2017	Portsmouth	SE170466	1
400 Individual Medley	5:29.69	5:24.30	524	12/02/17	Hampshire County Swimming Championships 2017	Portsmouth	SE170466	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	29.44	30.10	472	29/10/17	Hart Autumn Level 3 Open Meet	Hart	SE171517	3
100 Freestyle	1:03.99	1:05.30	484	25/11/17	Atlantis Christmas Cracker Open Meet	Horsham	SE171277	3
200 Freestyle	2:14.10	2:16.70	556	24/07/16	Co Southampton 3rd Summer Splash Open Meet	Southampton	SE160173	3
400 Freestyle	4:42.69	4:47.60	547	17/10/15	Rushmoor Royals SC 12th Autumn Open Meet	Aldershot	SE151337	2
800 Freestyle	9:41.10	9:51.00	554	24/10/15	Rushmoor Royals Distance Meet	Aldershot	SE151433	2
50 Breaststroke	39.37	40.20	374	29/10/17	Hart Autumn Level 3 Open Meet	Hart	SE171517	3
100 Breaststroke	1:24.13	1:25.60	407	09/12/17	NASLS - Round Three	Portsmouth	SE172628	3
200 Breaststroke	2:57.10	3:00.10	438	01/07/17	Atlantis Summer Splash	Horsham	SE170671	3
50 Butterfly	32.32	32.90	429	28/10/17	Hart Autumn Level 3 Open Meet	Hart	SE171517	3
100 Butterfly	1:09.49	1:10.60	470	22/10/17	Rushmoor Royals October L3 Sprint Open Meet 2017	Aldershot	SE171928	3
200 Butterfly	2:33.08	2:35.10	477	29/10/17	Hart Autumn Level 3 Open Meet	Hart	SE171517	3
50 Backstroke	34.83	35.40	380	10/03/18	Hart SC Spring Level 3 Open Meet	Hart	SE180593	3
100 Backstroke	1:14.64	1:15.70	397	18/06/17	Hart Club Championships	Fleet	SE171421	4
200 Backstroke	2:34.36	2:36.50	457	08/03/14	Hampshire County Championships	Waterlooville	CC4115	2
200 Individual Medley	2:30.70	2:33.30	528	01/07/17	Atlantis Summer Splash	Horsham	SE170671	3
400 Individual Medley	5:22.71	5:28.10	516	03/12/17	Windsor L3 County Chaser Meet	Maidenhead	SE171777	3
100 Individual Medley	1:11.90	1:11.90	485	01/07/17	Atlantis Summer Splash	Horsham	SE170671	3