

Individual Best Times (All Time)

Gracie Martin - (763688) - Thurrock Swimming Club

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	30.42	29.70	467	29/05/16	ASA East Region Long Course Championships	Luton	ER160821	1
100 Freestyle	1:06.53	1:05.30	469	28/05/16	ASA East Region Long Course Championships	Luton	ER160821	1
200 Freestyle	2:21.39	2:18.90	508	15/05/16	Team Luton May Long Course Meet	Luton	ER160180	1
400 Freestyle	4:54.27	4:49.50	511	15/05/16	Team Luton May Long Course Meet	Luton	ER160180	1
800 Freestyle	10:26.71	10:17.40	462	20/01/17	Essex Age Group Championships 2017	Basildon	ER170022	1
50 Breaststroke	39.19	38.40	411	04/02/17	Essex Age Group Championships	London	ER170023	1
100 Breaststroke	1:26.91	1:25.40	401	21/01/17	Essex Age Group Championships 2017	Basildon	ER170022	1
200 Breaststroke	3:11.64	3:08.90	369	19/02/17	Essex Age Group Championships 2017	Basildon	ER170025	1
50 Butterfly	33.81	33.20	377	04/02/17	Essex Age Group Championships	London	ER170023	1
100 Butterfly	1:19.24	1:18.30	343	21/02/16	Essex Age Group Championships 2016	Basildon	ER160005	1
200 Butterfly	3:42.54	3:41.10	163	24/11/12	Essex Winter Long Course Championships	Basildon	ER2650	1
50 Backstroke	35.80	35.20	422	26/03/16	Basildon & Phoenix Easter LC Meet 2016	Basildon	ER160006	1
100 Backstroke	1:19.28	1:18.30	378	19/02/17	Essex Age Group Championships 2017	Basildon	ER170025	1
200 Backstroke	2:47.00	2:45.00	400	19/02/17	Essex Age Group Championships 2017	Basildon	ER170025	1
200 Individual Medley	2:45.62	2:43.20	441	28/05/16	ASA East Region Long Course Championships	Luton	ER160821	1
400 Individual Medley	5:40.97	5:35.80	474	14/05/16	Team Luton May Long Course Meet	Luton	ER160180	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	29.98	30.70	447	12/03/17	BPSC Spring Time Trial Event 2017	Basildon	ER170019	3
100 Freestyle	1:04.89	1:06.20	464	24/09/16	Team Luton September Short Course Meet	Luton	ER160086	2
200 Freestyle	2:18.14	2:20.60	509	01/04/17	Thurrock Essex & Regional Qualifier	Thurrock	ER170046	3
400 Freestyle	4:47.88	4:52.70	518	16/04/16	Thurrock Essex & Regional Qualifier 2016	Thurrock	ER160045	3
800 Freestyle	10:00.02	10:09.60	503	12/11/16	Thurrock Distance Invitation Meet	Thurrock	ER161160	4
1500 Freestyle	20:58.76	21:15.10	375	13/12/14	Thurrock Club Championships	Thurrock	ER14435	4
50 Breaststroke	37.74	38.60	424	11/12/16	Thurrock Last Chance County Qualifier	Thurrock	ER160664	3
100 Breaststroke	1:23.15	1:24.70	421	18/06/16	Thurrock Summer Sprint Meet 2016	Thurrock	ER160079	3
200 Breaststroke	2:56.45	2:59.40	443	10/12/16	Thurrock Last Chance County Qualifier	Thurrock	ER160664	3
50 Butterfly	33.57	34.10	383	08/10/16	The Alan Mitchell Memorial County Qualifier	Thurrock	ER160315	3
100 Butterfly	1:16.98	1:18.00	346	08/10/16	The Alan Mitchell Memorial County Qualifier	Thurrock	ER160315	3
200 Butterfly	3:07.73	3:09.40	258	18/01/15	Essex County Age Group Championships 2015	Basildon	CC150043	2
50 Backstroke	34.64	35.20	387	26/11/16	Braintree & Bocking SC Christmas Cracker Meet	Braintree	ER161704	3
100 Backstroke	1:14.14	1:15.20	405	27/11/16	Braintree & Bocking SC Christmas Cracker Meet	Braintree	ER161704	3
200 Backstroke	2:37.06	2:39.20	434	25/09/16	Team Luton September Short Course Meet	Luton	ER160086	2
200 Individual Medley	2:37.28	2:39.80	465	17/04/16	Thurrock Essex & Regional Qualifier 2016	Thurrock	ER160045	3
400 Individual Medley	5:29.76	5:35.00	484	17/04/16	Thurrock Essex & Regional Qualifier 2016	Thurrock	ER160045	3
100 Individual Medley	1:13.31	1:13.30	458	18/06/16	Thurrock Summer Sprint Meet 2016	Thurrock	ER160079	3