

Individual Best Times (All Time)

Rose Barrow - (772449) - Halstead Swimming Club

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	31.50	30.80	421	06/02/16	Essex Age Group Championships 2016	London	ER160003	1
50 Breaststroke	40.04	39.20	386	06/02/16	Essex Age Group Championships 2016	London	ER160003	1
50 Backstroke	37.57	37.00	365	23/11/13	Essex Winter Long Course Competition	Basildon	ER3696	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	31.25	31.90	395	02/10/15	Halstead Club Championships	Halstead	ER151538	4
100 Freestyle	1:10.67	1:11.80	359	03/10/15	Halstead Club Championships	Halstead	ER151538	4
200 Freestyle	2:41.99	2:44.10	315	14/04/13	Halstead 4th SC Open Meet	Braintree	ER3268	3
50 Breaststroke	39.09	39.90	382	16/02/14	Essex County Age Groups Championships	Basildon	CC4039	2
100 Breaststroke	1:29.67	1:31.10	336	04/10/14	Halstead Club Championships	Halstead	ER4967	4
200 Breaststroke	3:26.46	3:29.00	276	26/09/14	Halstead Club Championships	Halstead	ER4966	4
50 Butterfly	37.08	37.60	284	26/09/14	Halstead Club Championships	Halstead	ER4966	4
100 Butterfly	1:31.68	1:32.50	204	28/09/13	Halstead SC Club Championships	Halstead	ER3649	4
50 Backstroke	35.28	35.80	366	15/02/15	Essex County Age Group Championships 2015	Basildon	CC150045	2
100 Backstroke	1:20.24	1:21.20	320	03/10/14	Halstead Club Championships	Halstead	ER4967	4
200 Backstroke	3:00.38	3:02.20	286	28/09/13	Halstead SC Club Championships	Halstead	ER3649	4
200 Individual Medley	2:59.79	3:02.00	311	04/10/14	Halstead Club Championships	Halstead	ER4967	4
100 Individual Medley	1:19.15	1:19.20	363	06/09/14	Halstead Swim Club Season Sprint Starter	Braintree	ER4974	3