

Individual Best Times (All Time)

Phoebe Elsam - (775392) - Watford SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	32.51	31.90	383	11/07/15	Bishops Stortford End of Season LC Open Meet	Luton	ER150028	3
50 Breaststroke	43.99	43.30	291	11/07/15	Bishops Stortford End of Season LC Open Meet	Luton	ER150028	3
50 Backstroke	37.76	37.20	359	11/07/15	Bishops Stortford End of Season LC Open Meet	Luton	ER150028	3
100 Backstroke	1:20.14	1:19.10	366	11/07/15	Bishops Stortford End of Season LC Open Meet	Luton	ER150028	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	32.65	33.30	346	03/07/15	Watford Club Championships 2015	Watford	ER151201	4
100 Freestyle	1:11.61	1:12.80	345	05/07/15	Watford Club Championships 2015	Watford	ER151203	4
200 Freestyle	2:29.87	2:32.20	398	13/06/15	Barnet Cophall Kate Lack Trophy Meet	Barnet	LR150812	3
400 Freestyle	5:18.26	5:22.60	383	19/07/15	Watford Club Championships 2015	Watford	ER151204	4
50 Breaststroke	44.51	45.20	258	14/06/15	Barnet Cophall Kate Lack Trophy Meet	Barnet	LR150812	3
100 Breaststroke	1:33.81	1:35.10	293	14/06/15	Barnet Cophall Kate Lack Trophy Meet	Barnet	LR150812	3
200 Breaststroke	3:20.18	3:22.80	303	04/07/15	Watford Club Championships 2015	Watford	ER151202	4
50 Butterfly	37.33	37.80	278	05/07/15	Watford Club Championships 2015	Watford	ER151203	4
50 Backstroke	37.33	37.90	309	27/06/15	The Terry Davies Alternative Nationals	Watford	ER150582	3
100 Backstroke	1:17.73	1:18.80	352	13/06/15	Barnet Cophall Kate Lack Trophy Meet	Barnet	LR150812	3
200 Backstroke	2:44.40	2:46.40	378	14/06/15	Barnet Cophall Kate Lack Trophy Meet	Barnet	LR150812	3
200 Individual Medley	2:49.50	2:51.80	371	27/06/15	The Terry Davies Alternative Nationals	Watford	ER150582	3
400 Individual Medley	5:52.33	5:57.30	396	02/07/15	Watford Club Championships 2015	Watford	ER151200	4
100 Individual Medley	1:25.04	1:25.00	293	02/02/14	Hertsmere Flyers Last Chance "No Frills" Gala	Barnet	ER4090	3