

# Individual Best Times (All Time)

Emily Rowell - (788024) - Havering Dolphins

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	32.06	31.40	399	11/05/14	Lincoln Vulcans Long Course L3 Open Meet	Sheffield	EM4356	3
100 Freestyle	1:11.00	1:09.80	386	20/07/14	Basildon & Phoenix End of Season Meet	Basildon	ER4489	3
200 Freestyle	2:35.38	2:33.10	383	11/05/14	Lincoln Vulcans Long Course L3 Open Meet	Sheffield	EM4356	3
50 Breaststroke	42.45	41.70	324	20/07/14	Basildon & Phoenix End of Season Meet	Basildon	ER4489	3
100 Breaststroke	1:32.07	1:30.70	337	10/05/14	Lincoln Vulcans Long Course L3 Open Meet	Sheffield	EM4356	3
200 Breaststroke	3:18.44	3:15.80	333	19/07/14	Basildon & Phoenix End of Season Meet	Basildon	ER4489	3
50 Butterfly	35.01	34.50	339	19/07/14	Basildon & Phoenix End of Season Meet	Basildon	ER4489	3
100 Butterfly	1:23.29	1:22.40	295	19/07/14	Basildon & Phoenix End of Season Meet	Basildon	ER4489	3
50 Backstroke	38.02	37.50	352	10/05/14	Lincoln Vulcans Long Course L3 Open Meet	Sheffield	EM4356	3
200 Individual Medley	2:52.35	2:50.00	391	20/07/14	Basildon & Phoenix End of Season Meet	Basildon	ER4489	3
400 Individual Medley	6:09.41	6:04.60	372	19/07/14	Basildon & Phoenix End of Season Meet	Basildon	ER4489	3

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	31.03	31.70	403	26/04/14	London Borough of Redbridge Meet 2014	Barking	LR4030	3
100 Freestyle	1:07.42	1:08.70	414	05/01/14	London Bo Redbridge Winter Meet	Barkingside	LR4006	3
200 Freestyle	2:28.33	2:30.70	411	28/06/14	WSC Terry Davies Alternative Nationals	Watford	ER4475	3
400 Freestyle	5:50.07	5:54.10	288	13/05/12	Thurrock One Day Regional Qualifier	Thurrock	ER2251	3
50 Breaststroke	40.40	41.20	346	18/01/15	Essex County Age Group Championships 2015	Basildon	CC150043	2
100 Breaststroke	1:29.05	1:30.50	343	03/01/15	London Borough of Redbridge Winter Meet	Barkingside	LR150002	3
200 Breaststroke	3:09.75	3:12.50	356	29/11/14	Essex Senior Junior Championships	Basildon	ER4970	2
50 Butterfly	34.07	34.60	366	17/01/15	Essex County Age Group Championships 2015	Basildon	CC150043	2
100 Butterfly	1:17.51	1:18.50	339	04/01/15	London Borough of Redbridge Winter Meet	Barkingside	LR150002	3
200 Butterfly	3:03.15	3:04.90	278	20/04/13	London Borough of Redbridge Regional Meet	Barking	LR3016	3
50 Backstroke	37.03	37.60	317	12/01/14	Killerwhales last Chance County Qualifier	Grays	LR4069	3
100 Backstroke	1:22.82	1:23.80	291	26/10/13	Tigers (Jersey) SC32nd Autumn Open Meet	Jersey	SE3391	3
200 Individual Medley	2:43.86	2:46.30	411	28/06/14	WSC Terry Davies Alternative Nationals	Watford	ER4475	3
400 Individual Medley	6:08.17	6:12.90	347	21/04/13	London Borough of Redbridge Regional Meet	Barking	LR3016	3
100 Individual Medley	1:17.81	1:17.80	383	18/04/15	Essex & Regional Qualifier	Thurrock	ER150027	3