

Individual Best Times (All Time)

Holly Rylance - (799631) - Leyland Barracudas Swimming Club

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	30.15	29.40	480	31/05/15	2015 North West Regional Championships	Manchester	NW150102	1
100 Freestyle	1:06.47	1:05.20	470	21/03/15	Lancashire County Age Groups & Championships	Manchester	CC150113	1
200 Freestyle	2:25.84	2:23.40	463	22/03/15	Lancashire County Age Groups & Championships	Manchester	CC150113	1
400 Freestyle	5:06.18	5:01.60	454	21/03/15	Lancashire County Age Groups & Championships	Manchester	CC150113	1
50 Breaststroke	43.68	43.00	297	04/08/14	Swim Wales Summer Nationals 2014	Swansea	WAL585	1
100 Breaststroke	1:34.27	1:32.90	314	08/08/14	Swim Wales Summer Nationals 2014	Swansea	WAL585	1
50 Backstroke	36.26	35.70	406	22/03/15	Lancashire County Age Groups & Championships	Manchester	CC150113	1
100 Backstroke	1:18.24	1:17.20	393	04/08/14	Swim Wales Summer Nationals 2014	Swansea	WAL585	1
200 Backstroke	2:46.92	2:44.90	401	06/08/14	Swim Wales Summer Nationals 2014	Swansea	WAL585	1
200 Individual Medley	2:51.77	2:49.50	395	28/02/15	Lancashire County Age Groups & Championships	Liverpool	CC150112	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	30.06	30.70	443	27/06/15	Aquabears of Rochdale Open Summer Meet	Wigan	NW150600	3
100 Freestyle	1:04.75	1:06.00	467	28/06/15	Aquabears of Rochdale Open Summer Meet	Wigan	NW150600	3
200 Freestyle	2:20.48	2:22.90	484	28/06/15	Aquabears of Rochdale Open Summer Meet	Wigan	NW150600	3
400 Freestyle	5:01.06	5:05.70	453	14/06/15	Leyland Barracudas Distance Gala 2015	Leyland	NW151156	4
800 Freestyle	10:18.47	10:27.80	459	13/06/15	Leyland Barracudas Distance Gala 2015	Leyland	NW151156	4
50 Breaststroke	40.27	41.00	349	28/06/15	Aquabears of Rochdale Open Summer Meet	Wigan	NW150600	3
100 Breaststroke	1:26.73	1:28.20	371	27/06/15	Aquabears of Rochdale Open Summer Meet	Wigan	NW150600	3
200 Breaststroke	3:16.53	3:19.20	321	26/10/14	North Lancashire Gala	Blackpool	NW4921	3
50 Butterfly	36.91	37.40	288	26/10/14	North Lancashire Gala	Blackpool	NW4921	3
50 Backstroke	35.15	35.70	370	11/01/15	North Lancashire Age Groups & Youth Championships	Blackpool	NW150127	2
100 Backstroke	1:13.97	1:15.00	408	27/06/15	Aquabears of Rochdale Open Summer Meet	Wigan	NW150600	3
200 Backstroke	2:35.38	2:37.50	448	28/06/15	Aquabears of Rochdale Open Summer Meet	Wigan	NW150600	3
200 Individual Medley	2:49.26	2:51.60	373	26/10/14	North Lancashire Gala	Blackpool	NW4921	3
100 Individual Medley	1:22.38	1:22.40	322	19/04/14	City of Birmingham 21st Open Meet	Birmingham	WM4131	3