

Individual Best Times (All Time)

Emma Ruddy - (800528) - Mildenhall & District SC

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	32.48	33.10	351	22/06/14	Suffolk County ASA Development Championships	Newmarket	ER4546	3
100 Freestyle	1:14.98	1:16.10	301	16/11/13	Mildenhall & District SC Club Championships	Mildenhall	ER3637	4
200 Freestyle	2:49.75	2:51.80	274	02/11/12	Mildenhall & District Club Championships	Mildenhall	ER2545	4
400 Freestyle	6:07.56	6:11.40	249	03/11/13	Mildenhall & District SC Club Championships	Mildenhall	ER3637	4
800 Freestyle	12:50.66	12:58.10	237	22/09/13	Mildenhall & District SC Club Championships	Mildenhall	ER3637	4
1500 Freestyle	25:04.12	25:17.80	220	13/10/13	Mildenhall & District SC Club Championships	Mildenhall	ER3637	4
50 Breaststroke	48.94	49.60	194	17/11/12	Mildenhall & District Club Championships	Mildenhall	ER2545	4
100 Breaststroke	1:51.93	1:53.10	172	10/11/12	Mildenhall & District Club Championships	Mildenhall	ER2545	4
200 Breaststroke	4:00.18	4:02.40	175	17/10/14	Mildenhall & District Club Championships	Mildenhall	ER4786	4
50 Butterfly	39.97	40.40	226	09/11/13	Mildenhall & District SC Club Championships	Mildenhall	ER3637	4
100 Butterfly	1:41.71	1:42.50	150	17/11/12	Mildenhall & District Club Championships	Mildenhall	ER2545	4
200 Butterfly	3:51.03	3:52.40	138	26/09/14	Mildenhall & District Club Championships	Mildenhall	ER4781	4
50 Backstroke	40.06	40.60	250	17/11/12	Mildenhall & District Club Championships	Mildenhall	ER2545	4
100 Backstroke	1:32.04	1:32.90	212	10/11/12	Mildenhall & District Club Championships	Mildenhall	ER2545	4
200 Backstroke	3:25.70	3:27.30	193	03/10/14	Mildenhall & District Club Championships	Mildenhall	ER4783	4
200 Individual Medley	3:24.02	3:26.00	213	17/11/13	Mildenhall & District SC Club Championships	Mildenhall	ER3637	4
400 Individual Medley	7:24.48	7:28.40	197	28/10/12	Mildenhall & District Club Championships	Mildenhall	ER2544	4
100 Individual Medley	1:28.77	1:28.80	257	18/11/12	Mildenhall & District Club Championships	Mildenhall	ER2545	4