

Individual Best Times (All Time)

Francesca Souter - (811670) - Deben SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	31.02	30.30	440	02/11/13	UEA City of Norwich Big Bang Open Meet	Norwich	ER3634	1
100 Freestyle	1:05.66	1:04.40	488	03/04/15	UEA City of Norwich Easter LC Meet 2015	Norwich	ER150080	1
200 Freestyle	2:22.08	2:19.60	501	03/05/14	ASA East Region Youth Championships	Luton	ERX406	1
400 Freestyle	4:57.59	4:52.80	494	02/11/13	UEA City of Norwich Big Bang Open Meet	Norwich	ER3634	1
800 Freestyle	10:13.13	10:03.60	494	15/02/14	Suffolk County ASA County Championships	Norwich	CC4082	1
100 Butterfly	1:17.66	1:16.70	364	03/04/15	UEA City of Norwich Easter LC Meet 2015	Norwich	ER150080	1
50 Backstroke	34.83	34.20	458	04/05/14	ASA East Region Youth Championships	Luton	ERX406	1
100 Backstroke	1:17.29	1:16.20	408	03/11/13	UEA City of Norwich Big Bang Open Meet	Norwich	ER3634	1
200 Backstroke	2:43.10	2:41.00	430	03/04/15	UEA City of Norwich Easter LC Meet 2015	Norwich	ER150080	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	29.67	30.40	461	30/11/14	Deben Open Meet	Deben	ER4935	3
100 Freestyle	1:03.11	1:04.40	504	27/09/14	Sudbury & District SC Michaelmas Two Day Meet	Sudbury	ER14006	3
200 Freestyle	2:15.91	2:18.40	534	07/07/14	Deben SC Club Championships	Deben	ER4814	4
400 Freestyle	4:45.28	4:50.20	532	28/09/14	Sudbury & District SC Michaelmas Two Day Meet	Sudbury	ER14006	3
800 Freestyle	9:44.52	9:54.30	544	13/11/15	Deben Open Meet 2015	Woodbridge	ER152015	3
50 Breaststroke	41.07	41.80	329	21/11/15	Deben SC Open Meet 2015	Woodbridge	ER152016	3
50 Butterfly	33.06	33.60	401	08/03/15	Suffolk County Championships	Ipswich	CC150048	2
100 Butterfly	1:12.92	1:14.00	407	07/03/15	Suffolk County Championships	Ipswich	CC150048	2
200 Butterfly	2:42.11	2:44.00	401	28/11/14	Deben Open Meet	Deben	ER4935	3
50 Backstroke	33.12	33.70	443	15/03/15	Suffolk County Championships	Ipswich	CC150049	2
100 Backstroke	1:10.23	1:11.40	477	05/07/14	Deben SC Club Championships	Deben	ER4814	4
200 Backstroke	2:31.88	2:34.10	480	08/03/15	Suffolk County Championships	Ipswich	CC150048	2
200 Individual Medley	2:39.16	2:41.60	448	06/07/14	Deben SC Club Championships	Deben	ER4814	4
400 Individual Medley	5:32.45	5:37.70	472	22/11/15	Deben SC Open Meet 2015	Woodbridge	ER152016	3
100 Individual Medley	1:14.11	1:14.10	443	08/03/15	Suffolk County Championships	Ipswich	CC150048	2