

Individual Best Times (All Time)

Emily Holland - (814570) - Hemel Hempstead SC

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	32.07	32.70	365	21/11/14	Hemel Hempstead Club Championships	Hemel Hempstead	ER14692	4
100 Freestyle	1:10.52	1:11.70	361	04/10/14	Maxwell Autumn Meet	Aylesbury	SE14110	3
200 Freestyle	2:29.28	2:31.60	403	05/10/14	Maxwell Autumn Meet	Aylesbury	SE14110	3
400 Freestyle	5:13.84	5:18.30	400	04/10/14	Maxwell Autumn Meet	Aylesbury	SE14110	3
800 Freestyle	11:04.10	11:12.80	371	23/11/14	Hemel Hempstead Club Championships	Hemel Hempstead	ER14692	4
50 Breaststroke	43.99	44.70	268	16/05/15	Hemel Hempstead 4th Spring Development Meet	Hemel Hempstead	ER150118	3
100 Breaststroke	1:35.57	1:36.90	277	21/11/14	Hemel Hempstead Club Championships	Hemel Hempstead	ER14692	4
200 Breaststroke	3:19.72	3:22.40	305	19/10/14	Hemel Hempstead SC 101st Birthday Open	Hemel Hempstead	ER4170	3
50 Butterfly	35.31	35.80	329	27/06/15	The Terry Davies Alternative Nationals	Watford	ER150582	3
100 Butterfly	1:23.73	1:24.60	268	14/12/14	Team Luton Development 2014 Meet	Luton	ER14555	3
200 Butterfly	3:17.98	3:19.60	220	21/11/14	Hemel Hempstead Club Championships	Hemel Hempstead	ER14692	4
50 Backstroke	38.31	38.80	286	16/05/15	Hemel Hempstead 4th Spring Development Meet	Hemel Hempstead	ER150118	3
100 Backstroke	1:25.64	1:26.60	263	15/07/12	Hemel Hempstead Sprint Champs	Hemel Hempstead	ER2122	4
200 Backstroke	2:53.95	2:55.90	319	19/10/14	Hemel Hempstead SC 101st Birthday Open	Hemel Hempstead	ER4170	3
200 Individual Medley	2:52.30	2:54.60	353	18/10/14	Hemel Hempstead SC 101st Birthday Open	Hemel Hempstead	ER4170	3
400 Individual Medley	6:04.35	6:09.10	358	05/10/14	Maxwell Autumn Meet	Aylesbury	SE14110	3
100 Individual Medley	1:24.39	1:24.40	300	30/06/13	Hemel Hempstead Sprint Champs	Hemel Hempstead	ER3120	4