

Individual Best Times (All Time)

Molly Goffin - (842672) - Basingstoke Bluefins SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	31.70	31.00	413	30/11/13	Portsmouth Northsea Cracker Meet	Portsmouth	SE3784	1
100 Freestyle	1:04.68	1:03.40	510	26/03/16	Portsmouth Northsea Easter Festival	Portsmouth	SE160363	1
200 Freestyle	2:14.81	2:12.20	586	27/05/18	London Swimming 2018 Long Course Summer Open	London	LR181069	1
400 Freestyle	4:57.91	4:53.20	493	07/02/16	Hampshire County Swimming Championships 2016	Portsmouth	SE160577	1
800 Freestyle	10:04.60	9:55.00	515	23/01/16	Hampshire County Swimming Championships 2016	Portsmouth	SE160575	1
50 Breaststroke	36.70	35.80	501	01/05/17	ASA South East Region Championships 2017	Wycombe	SE170865	1
100 Breaststroke	1:17.54	1:15.90	565	11/02/17	Hampshire County Swimming Championships 2017	Portsmouth	SE170466	1
200 Breaststroke	2:46.09	2:42.90	568	30/04/17	ASA South East Region Championships 2017	Wycombe	SE170865	1
50 Butterfly	29.86	29.20	547	07/04/19	City of Bristol International Open Meet	Hengrove Park	SW191151	1
100 Butterfly	1:07.88	1:06.80	545	23/03/19	Millfield Street Super Series (LC)	Millfield	SW190330	1
200 Butterfly	3:04.68	3:03.00	286	20/07/14	Portsmouth Northsea SC PN End of Season Meet	Portsmouth	SE4226	3
50 Backstroke	32.87	32.30	545	23/03/19	Millfield Street Super Series (LC)	Millfield	SW190330	1
100 Backstroke	1:09.45	1:08.30	562	07/04/19	City of Bristol International Open Meet	Hengrove Park	SW191151	1
200 Backstroke	2:28.05	2:25.80	575	03/08/18	Swim Wales Summer Nationals	Swansea	WL180091	1
200 Individual Medley	2:30.15	2:27.50	592	06/04/19	City of Bristol International Open Meet	Hengrove Park	SW191151	1
400 Individual Medley	5:30.60	5:25.20	520	16/04/17	PNSC Easter Meet	Portsmouth	SE170397	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	29.41	30.10	473	16/10/16	Rushmoor Royals Autumn Open Meet 2016	Aldershot	SE161499	2
100 Freestyle	1:03.49	1:04.80	495	27/09/15	Basingstoke Bluefins Club Championships 2015	Basingstoke	SE151629	3
200 Freestyle	2:11.64	2:14.20	588	17/11/18	The Plymouth Leander Winter National Qualifier	Plymouth	SW182405	2
400 Freestyle	4:43.49	4:48.40	543	23/06/18	Basingstoke Bluefins Club Championships	Basingstoke	SE181571	4
800 Freestyle	10:00.20	10:09.80	503	24/06/16	Basingstoke Bluefins Club Championships	Basingstoke	SE160764	4
50 Breaststroke	35.51	36.40	509	02/04/17	Basingstoke Bluefins Spring Meet	Basingstoke	SE170868	3
100 Breaststroke	1:15.25	1:16.90	569	05/11/16	ASA South East Region Winter Championships 2016	Portsmouth	SE162237	2
200 Breaststroke	2:41.96	2:45.20	573	08/11/15	ASA South East Region Winter Championships 2015	Portsmouth	SE152074	2
50 Butterfly	29.43	30.10	568	17/11/18	The Plymouth Leander Winter National Qualifier	Plymouth	SW182405	2
100 Butterfly	1:05.57	1:06.70	560	08/12/18	Scottish National Short Course Open Swimming	Edinburgh	SCO1566	2
200 Butterfly	2:39.82	2:41.80	419	25/06/16	Basingstoke Bluefins Club Championships	Basingstoke	SE160764	4
50 Backstroke	31.19	31.80	530	18/11/18	The Plymouth Leander Winter National Qualifier	Plymouth	SW182405	2
100 Backstroke	1:07.04	1:08.20	548	17/11/18	The Plymouth Leander Winter National Qualifier	Plymouth	SW182405	2
200 Backstroke	2:22.34	2:24.70	583	08/12/18	Scottish National Short Course Open Swimming	Edinburgh	SCO1566	2
200 Individual Medley	2:25.57	2:28.30	586	12/11/16	NASLS Round 2	Portsmouth	SE162483	3
400 Individual Medley	5:14.05	5:19.60	560	22/11/15	Aquae Sulis Grand Prix	Bristol	SW150917	2
100 Individual Medley	1:10.09	1:10.10	524	09/12/17	Scottish National Short Course Open Champs	Edinburgh	SCO1389	2