

Individual Best Times (All Time)

Phoebe Hopkins - (847127) - Llandudno Swimming

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	31.83	31.20	408	05/10/14	Robin Hood Open Meet 2014	Sheffield	EM4455	1
100 Freestyle	1:12.38	1:11.20	364	22/06/14	City of Liverpool SC L3 Summer Sprint Meet	Liverpool	NW4453	3
200 Freestyle	2:40.23	2:38.00	349	12/01/14	British Gas Swim Wales New Year Meet	Swansea	WAL540	1
400 Freestyle	5:49.06	5:45.00	306	13/01/13	British Gas Swim Wales New Year Meet	Swansea	WAL469	1
800 Freestyle	11:52.70	11:44.50	314	12/01/13	British Gas Swim Wales New Year Meet	Swansea	WAL469	1
50 Breaststroke	42.72	42.00	318	22/06/14	City of Liverpool SC L3 Summer Sprint Meet	Liverpool	NW4453	3
100 Breaststroke	1:35.87	1:34.50	299	15/11/14	Welsh Capital Open Meet	Cardiff	WAL608	1
200 Breaststroke	3:24.82	3:22.20	302	11/01/14	British Gas Swim Wales New Year Meet	Swansea	WAL540	1
50 Butterfly	36.63	36.10	296	22/06/14	City of Liverpool SC L3 Summer Sprint Meet	Liverpool	NW4453	3
100 Butterfly	1:27.68	1:26.80	253	22/06/14	City of Liverpool SC L3 Summer Sprint Meet	Liverpool	NW4453	3
50 Backstroke	35.24	34.70	442	22/06/14	City of Liverpool SC L3 Summer Sprint Meet	Liverpool	NW4453	3
100 Backstroke	1:18.68	1:17.70	386	11/01/14	British Gas Swim Wales New Year Meet	Swansea	WAL540	1
200 Backstroke	2:51.74	2:49.80	368	20/12/13	BG Swim Wales National Championships	Swansea	WAL539	1
200 Individual Medley	2:53.01	2:50.70	387	10/01/14	British Gas Swim Wales New Year Meet	Swansea	WAL540	1
400 Individual Medley	6:28.02	6:23.50	321	28/07/13	Swim Wales Summer Nationals	Swansea	WAL511	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	31.33	32.00	392	24/05/14	Swim Conway Whitsun Meet	Llandudno	WAL570	2
100 Freestyle	1:09.64	1:10.80	375	23/03/14	Wrexham Crystal Meet	Wrexham	WAL554	3
200 Freestyle	2:35.26	2:37.50	358	07/12/14	Swim Wales North Sub Regionals	Llandudno	WAL613	4
400 Freestyle	5:27.26	5:31.50	353	06/12/14	Swim Wales North Sub Regionals	Llandudno	WAL613	4
800 Freestyle	11:29.41	11:37.80	332	28/09/14	Conwy County Aquatics Closed Invitational	Llandudno	WAL594	4
50 Breaststroke	41.14	41.90	327	01/02/15	SWNR Regional Championships	Llandudno	WL150521	2
100 Breaststroke	1:31.90	1:33.30	312	29/09/13	Swim Conway Closed Invitation Meet	Llandudno	WAL518	4
200 Breaststroke	3:13.64	3:16.40	335	04/02/14	Swim Wales North Region Championships	Llandudno	WAL549	2
50 Butterfly	37.51	38.00	274	25/05/14	Swim Conway Whitsun Meet	Llandudno	WAL570	2
100 Butterfly	1:23.33	1:24.20	272	25/05/13	Swim Conway Whitsun Meet	Llandudno	WAL498	2
200 Butterfly	3:29.17	3:30.70	186	23/09/12	Swim Conwy Closed Invitation Meet	Llandudno	WAL446	4
50 Backstroke	34.83	35.40	380	19/10/14	Conwy County Aquatics Autumn Meet	Llandudno	WAL600	2
100 Backstroke	1:17.02	1:18.10	361	07/12/14	Swim Wales North Sub Regionals	Llandudno	WAL613	4
200 Backstroke	2:46.08	2:48.10	367	08/12/13	BG Swim Wales North Sub Regional Champs	Llandudno	WAL536	4
200 Individual Medley	2:51.45	2:53.70	359	23/03/14	Wrexham Crystal Meet	Wrexham	WAL554	3
400 Individual Medley	6:03.65	6:08.50	361	03/02/14	Swim Wales North Region Championships	Llandudno	WAL549	2
100 Individual Medley	1:19.06	1:19.10	365	13/07/14	Swim Conway Len Thomas Memorial Meet	Llandudno	WAL584	2