

# Individual Best Times (All Time)

Elle Rogers - (853580) - Colwyn Bay

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	44.89	44.40	145	18/09/11	City of Sheffield Teaspoon Gala	Sheffield	NE1119	4
50 Backstroke	52.60	52.20	133	18/09/11	City of Sheffield Teaspoon Gala	Sheffield	NE1119	4

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	40.62	41.10	179	15/01/12	Holywell Valentine Meet	Holywell	WAL405	2
100 Freestyle	1:29.18	1:30.10	178	12/02/12	Swim Wales North Regional Championships	Llandudno	WAL413	2
200 Freestyle	4:06.29	4:07.70	89	14/05/11	Swim Wales North Junior Development Meet	Llandudno	WAL356	4
400 Freestyle	7:24.00	7:27.20	141	22/09/12	Swim Conwy Closed Invitation Meet	Llandudno	WAL446	4
800 Freestyle	16:57.50	17:03.20	103	05/12/10	Swim Wales North Sub Regional	Llandudno	WAL332	4
50 Breaststroke	53.32	53.90	150	14/04/12	City of Bangor Diddy Meet	Bangor	WAL424	4
100 Breaststroke	1:51.13	1:52.30	176	23/09/12	Swim Conwy Closed Invitation Meet	Llandudno	WAL446	4
200 Breaststroke	3:53.19	3:55.50	192	09/02/13	SWNR Regional Championships	Llandudno	WAL476	2
50 Butterfly	45.63	46.00	152	14/04/12	City of Bangor Diddy Meet	Bangor	WAL424	4
100 Butterfly	1:45.67	1:46.40	133	22/09/12	Swim Conwy Closed Invitation Meet	Llandudno	WAL446	4
50 Backstroke	46.41	46.80	161	14/04/12	City of Bangor Diddy Meet	Bangor	WAL424	4
100 Backstroke	1:46.25	1:47.00	137	23/09/12	Swim Conwy Closed Invitation Meet	Llandudno	WAL446	4
200 Backstroke	3:41.08	3:42.60	155	22/09/12	Swim Conwy Closed Invitation Meet	Llandudno	WAL446	4
200 Individual Medley	3:31.11	3:33.00	192	09/02/13	SWNR Regional Championships	Llandudno	WAL476	2
100 Individual Medley	1:37.58	1:37.60	194	14/04/12	City of Bangor Diddy Meet	Bangor	WAL424	4