

Individual Best Times (All Time)

Maitee Phomsouvanh - (857421) - Newham & University of East Lond

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	34.28	33.70	326	12/07/14	London ASA Region Sprint Meet	Crystal Palace	LR4443	3
100 Freestyle	1:16.81	1:15.70	305	04/04/15	Basildon & Phoenix LC Easter Meet	Basildon	ER150042	1
50 Breaststroke	41.63	40.90	343	15/03/15	London Schools Championships 2015	Crystal Palace	LR150242	1
100 Breaststroke	1:32.46	1:31.10	333	15/03/15	London Schools Championships 2015	Crystal Palace	LR150242	1
200 Breaststroke	3:18.35	3:15.70	333	07/06/14	London Region Age Group Championships	Stratford	LRX407	1
50 Butterfly	37.79	37.30	270	04/04/15	Basildon & Phoenix LC Easter Meet	Basildon	ER150042	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	32.56	33.20	349	28/03/15	Redbridge March Regional Qualifier	Fullwell Cross	LR150168	3
100 Freestyle	1:13.39	1:14.50	320	31/01/15	Essex County Age Group Championships 2015	Southend	CC150044	2
200 Freestyle	3:01.12	3:03.00	225	03/11/13	Eriith & District SC Fireworks Weekend Open	Bexleyheath	LR3392	3
50 Breaststroke	40.72	41.50	338	18/01/15	Essex County Age Group Championships 2015	Basildon	CC150043	2
100 Breaststroke	1:29.14	1:30.50	342	31/01/15	Essex County Age Group Championships 2015	Southend	CC150044	2
200 Breaststroke	3:12.53	3:15.30	341	29/03/15	Redbridge March Regional Qualifier	Fullwell Cross	LR150168	3
50 Butterfly	38.29	38.80	258	15/02/15	Essex County Age Group Championships 2015	Basildon	CC150045	2
50 Backstroke	41.99	42.50	217	14/12/14	Newham Borough Championships	London	LR14646	4
200 Individual Medley	3:06.53	3:08.60	278	04/01/15	London Borough of Redbridge Winter Meet	Barkingside	LR150002	3
100 Individual Medley	1:21.05	1:21.10	338	06/12/14	Thurrock Essex & Regional Qualifier Meet	Grays	ER14352	3