

Individual Best Times (All Time)

Amy Shafto - (873934) - Maidstone SC

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	35.47	36.10	270	29/09/15	Maidstone Club Championships	Maidstone	SE151390	4
100 Freestyle	1:19.43	1:20.50	253	08/09/15	Maidstone Club Championships	Maidstone	SE151384	4
200 Freestyle	2:58.76	3:00.70	234	29/09/15	Maidstone Club Championships	Maidstone	SE151390	4
400 Freestyle	6:18.54	6:22.20	228	10/11/15	Maidstone Club Championships	Maidstone	SE151395	4
50 Breaststroke	52.97	53.60	153	13/10/15	Maidstone Club Championships	Maidstone	SE151393	4
100 Breaststroke	1:52.49	1:53.60	170	15/09/15	Maidstone Club Championships	Maidstone	SE151386	4
200 Breaststroke	4:07.03	4:09.20	161	21/10/14	Maidstone Club Championships	Maidstone	SE4875	3
50 Butterfly	42.17	42.60	193	20/10/15	Maidstone Club Championships	Maidstone	SE151394	4
50 Backstroke	43.64	44.10	193	06/10/15	Maidstone Club Championships	Maidstone	SE151392	4
100 Backstroke	1:38.14	1:39.00	174	10/09/15	Maidstone Club Championships	Maidstone	SE151385	4
200 Backstroke	3:34.40	3:36.00	170	06/10/15	Maidstone Club Championships	Maidstone	SE151392	4
200 Individual Medley	3:21.78	3:23.70	220	07/02/15	Medway ASA Championships 2015	Gillingham	SE150195	4
100 Individual Medley	1:36.46	1:36.50	201	30/11/14	Maidstone Level Three Open Meet 2014	Maidstone	SE4276	3