

# Individual Best Times (All Time)

Rosie Holland - (876290) - Poole SC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	33.00	32.40	366	31/05/15	ASASWR Summer Championships	Millfield	SW150231	1
100 Freestyle	1:12.48	1:11.30	363	26/03/16	Exeter City Easter Meet 2016	Millfield	SW160324	1
200 Freestyle	2:37.50	2:35.30	367	25/04/15	Millfield & Taunton Super Series (LC)	Millfield	SW150217	1
50 Breaststroke	40.83	40.10	364	21/05/16	ASA SWR Summer Championships	Millfield	SW160537	1
100 Breaststroke	1:28.72	1:27.30	377	22/05/16	ASA SWR Summer Championships	Millfield	SW160537	1
200 Breaststroke	3:03.38	3:00.50	422	31/05/15	ASASWR Summer Championships	Millfield	SW150231	1
50 Butterfly	33.54	33.00	386	15/05/16	ASA SWR Summer Championships	Bristol	SW160536	1
100 Butterfly	1:16.65	1:15.70	379	22/05/16	ASA SWR Summer Championships	Millfield	SW160537	1
200 Butterfly	2:52.60	2:50.80	351	14/05/16	ASA SWR Summer Championships	Bristol	SW160536	1
50 Backstroke	38.01	37.50	352	26/03/16	Exeter City Easter Meet 2016	Millfield	SW160324	1
100 Backstroke	1:23.44	1:22.50	324	16/04/17	Exeter City SC & Taunton Deane SC	Street	SW170472	1
200 Backstroke	2:46.20	2:44.20	406	16/04/17	Exeter City SC & Taunton Deane SC	Street	SW170472	1
200 Individual Medley	2:43.32	2:40.90	460	21/05/16	ASA SWR Summer Championships	Millfield	SW160537	1
400 Individual Medley	5:53.63	5:48.60	424	10/01/16	United Bristol New Year Open Meet	Bristol	SW160136	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	30.69	31.40	417	18/02/17	Dorset County Champs & Age Groups	Bournemouth	SW170160	2
100 Freestyle	1:07.72	1:08.90	408	19/02/17	Dorset County Champs & Age Groups	Bournemouth	SW170160	2
200 Freestyle	2:25.83	2:28.20	432	26/02/17	Dorset County Champs & Age Groups	Bournemouth	SW170161	2
400 Freestyle	5:04.68	5:09.30	437	19/02/17	Dorset County Champs & Age Groups	Bournemouth	SW170160	2
800 Freestyle	11:16.38	11:24.90	351	23/10/15	Swim Bournemouth 2015 Level 4 Introductory Meet	Wimborne	SW151967	4
50 Breaststroke	39.85	40.60	360	25/02/17	Dorset County Champs & Age Groups	Bournemouth	SW170161	2
100 Breaststroke	1:26.31	1:27.80	377	20/02/16	Dorset County ASA Integrated Champs & AG	Littledown	SW160048	2
200 Breaststroke	2:55.33	2:58.30	452	22/02/15	Dorset County ASA 2015 Interated BAGCATs	Littledown	CC150142	2
50 Butterfly	33.69	34.20	378	26/02/17	Dorset County Champs & Age Groups	Bournemouth	SW170161	2
100 Butterfly	1:15.09	1:16.10	372	18/02/17	Dorset County Champs & Age Groups	Bournemouth	SW170160	2
200 Butterfly	2:47.50	2:49.40	364	20/12/15	Yeovil Christmas 2015 Open Meet	Millfield	SW151420	3
50 Backstroke	35.25	35.80	367	18/02/17	Dorset County Champs & Age Groups	Bournemouth	SW170160	2
100 Backstroke	1:14.61	1:15.70	398	19/02/17	Dorset County Champs & Age Groups	Bournemouth	SW170160	2
200 Backstroke	2:38.77	2:40.90	420	26/02/17	Dorset County Champs & Age Groups	Bournemouth	SW170161	2
200 Individual Medley	2:36.99	2:39.50	467	18/02/17	Dorset County Champs & Age Groups	Bournemouth	SW170160	2
400 Individual Medley	5:37.63	5:42.80	451	25/02/17	Dorset County Champs & Age Groups	Bournemouth	SW170161	2
100 Individual Medley	1:16.03	1:16.00	410	26/02/17	Dorset County Champs & Age Groups	Bournemouth	SW170161	2