

Individual Best Times (All Time)

Zoe Dowle - (879154) - City of Southampton SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	33.92	33.30	337	24/10/15	Neath ASC Open Meet 2015	Swansea	WL151129	1
100 Freestyle	1:12.48	1:11.30	363	24/10/15	Neath ASC Open Meet 2015	Swansea	WL151129	1
200 Freestyle	2:37.89	2:35.70	365	12/04/15	City of Wells Open Meet	Millfield	SW150093	3
400 Freestyle	5:29.16	5:24.90	365	24/10/15	Neath ASC Open Meet 2015	Swansea	WL151129	1
50 Breaststroke	47.78	47.10	227	11/04/15	City of Wells Open Meet	Millfield	SW150093	3
100 Breaststroke	1:42.99	1:41.80	241	11/04/15	City of Wells Open Meet	Millfield	SW150093	3
200 Breaststroke	3:45.95	3:43.60	225	12/04/15	City of Wells Open Meet	Millfield	SW150093	3
50 Butterfly	39.84	39.40	230	24/10/15	Neath ASC Open Meet 2015	Swansea	WL151129	1
50 Backstroke	40.31	39.80	295	24/10/15	Neath ASC Open Meet 2015	Swansea	WL151129	1
100 Backstroke	1:26.44	1:25.50	291	12/04/15	City of Wells Open Meet	Millfield	SW150093	3
200 Backstroke	3:00.15	2:58.30	319	24/10/15	Neath ASC Open Meet 2015	Swansea	WL151129	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	32.76	33.40	342	29/11/15	Swim Bournemouth Winter Short Course L2 Meet	Littledown	SW152066	2
100 Freestyle	1:11.43	1:12.60	348	29/11/15	Swim Bournemouth Winter Short Course L2 Meet	Littledown	SW152066	2
200 Freestyle	2:33.39	2:35.60	371	29/11/15	Swim Bournemouth Winter Short Course L2 Meet	Littledown	SW152066	2
400 Freestyle	5:22.98	5:27.30	367	28/11/15	Swim Bournemouth Winter Short Course L2 Meet	Littledown	SW152066	2
800 Freestyle	11:01.50	11:10.20	375	28/10/14	City of Southampton Club Championships	Southampton	SE4383	4
50 Breaststroke	46.92	47.60	221	27/07/14	City of Southampton Splash Open Meet	Southampton	SE4401	3
100 Breaststroke	1:39.77	1:41.00	244	29/10/14	City of Southampton Club Championships	Southampton	SE4383	4
200 Breaststroke	3:36.37	3:38.80	240	12/07/14	Hampshire County Development Meet	Waterlooville	SE4415	3
50 Butterfly	39.05	39.50	243	29/10/14	City of Southampton Club Championships	Southampton	SE4383	4
50 Backstroke	39.49	40.00	261	01/11/15	City of Southampton SC Club Championships	Southampton	SE151026	4
100 Backstroke	1:24.62	1:25.60	272	27/07/14	City of Southampton Splash Open Meet	Southampton	SE4401	3
200 Backstroke	2:58.07	2:59.90	297	01/11/15	City of Southampton SC Club Championships	Southampton	SE151026	4
200 Individual Medley	3:05.37	3:07.50	284	10/12/15	City of Southampton 200m Closed Meet	Southampton	SE151014	4
100 Individual Medley	1:24.74	1:24.70	296	29/10/14	City of Southampton Club Championships	Southampton	SE4383	4