

# Individual Best Times (All Time)

Louisa Rogers - (880758) - Hitchin SC

## Short Course

| Stroke           | SC Time | Converted to LC | SC WA Pts | Date     | Meet  | Venue  | License  | Level |
|------------------|---------|-----------------|-----------|----------|---|--------|----------|-------|
| 50 Freestyle     | 34.21   | 34.80           | 301       | 28/03/15 | Harlow Penguins 3rd Junior Development Meet | Harlow | ER150399 | 3     |
| 100 Freestyle    | 1:16.62 | 1:17.70         | 282       | 18/07/15 | Team Luton 2 Fast 2 Furious Sprint Meet     | Luton  | ER150706 | 3     |
| 50 Breaststroke  | 43.35   | 44.10           | 280       | 18/07/15 | Team Luton 2 Fast 2 Furious Sprint Meet     | Luton  | ER150706 | 3     |
| 100 Breaststroke | 1:36.84 | 1:38.10         | 267       | 31/10/15 | Cheshunt Open Meet                          | Harlow | ER150304 | 3     |