

Individual Best Times (All Time)

Stefania Mcgowan - (886720) - Ealing SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	30.32	29.60	472	25/05/19	City of Cardiff International Open Meet	Cardiff	WL190057	1
100 Freestyle	1:08.10	1:06.90	437	24/03/19	Millfield Street Super Series (LC)	Millfield	SW190330	1
200 Freestyle	2:25.55	2:23.10	466	23/06/19	2019 Long Course Summer Open	London	LR191494	1
400 Freestyle	5:04.60	5:00.00	461	19/05/18	2018 London Swimming Regional Summer Champs	Stratford	LR180783	1
800 Freestyle	11:02.15	10:53.30	392	11/01/20	Devon County ASA Championships & Age Group Comp	Plymouth	SW200245	1
50 Breaststroke	40.54	39.80	372	14/04/18	N&EL L1 National Qualifying Meet	London	LR180247	1
100 Breaststroke	1:32.59	1:31.20	332	15/04/18	N&EL L1 National Qualifying Meet	London	LR180247	1
200 Breaststroke	3:13.49	3:10.70	359	17/03/18	Rushmoor Royals L1 Spring National Qualifier Open	Aldershot	SE180085	1
50 Butterfly	32.44	31.90	427	01/04/18	Scottish National Age Group Championships	Tollcross	SCO1441	1
100 Butterfly	1:13.86	1:12.80	423	12/05/18	2018 London Swimming Regional Summer Champs	Stratford	LR180782	1
200 Butterfly	2:48.31	2:46.40	379	16/07/17	Portsmouth Northsea End of Season Meet	Portsmouth	SE170212	3
50 Backstroke	36.89	36.30	386	16/04/17	UEA City of Norwich Easter LC Meet	Norwich	ER170310	1
100 Backstroke	1:18.42	1:17.40	390	17/03/18	Rushmoor Royals L1 Spring National Qualifier Open	Aldershot	SE180085	1
200 Backstroke	2:48.78	2:46.80	388	13/05/18	2018 London Swimming Regional Summer Champs	Stratford	LR180782	1
200 Individual Medley	2:44.40	2:42.00	451	19/05/18	2018 London Swimming Regional Summer Champs	Stratford	LR180783	1
400 Individual Medley	5:59.53	5:54.60	404	29/03/18	Scottish National Age Group Championships	Tollcross	SCO1441	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	29.57	30.30	466	18/11/18	The Plymouth Leander Winter National Qualifier	Plymouth	SW182405	2
100 Freestyle	1:05.76	1:07.00	446	21/07/18	BPSC End Of Season Meet 2018	Basildon	ER180215	3
200 Freestyle	2:20.82	2:23.30	480	16/12/17	Hillingdon Winter Short Course Open Meet 2017	Hillingdon	LR172525	3
400 Freestyle	4:57.06	5:01.80	472	23/06/18	2nd Maurice and Daphne Short Course Memorial Meet	Hillington	LR181860	2
800 Freestyle	10:38.11	10:47.10	418	16/11/19	Plymouth Leander National Winter Qualifier	Plymouth	SW190503	2
50 Breaststroke	40.48	41.30	344	03/02/18	MCASA 2018 County Age Group & Youth Championships	Southbury Road LC	LR180225	2
100 Breaststroke	1:27.69	1:29.10	359	04/02/18	MCASA 2018 County Age Group & Youth Championships	Southbury Road LC	LR180225	2
200 Breaststroke	3:11.39	3:14.10	347	26/11/17	COSC L3 Meet	Oxford	SE172255	3
50 Butterfly	32.03	32.60	440	13/01/19	Devon County Championships & Age Group Comp	Plymouth	SW190262	2
100 Butterfly	1:13.30	1:14.30	400	15/10/17	RNSS House Club Champs 2017	Northwood	LR170545	4
200 Butterfly	2:41.47	2:43.40	406	30/09/18	Cambridge Grand Prix Regional & National Qualifier	Cambridge	ER181257	2
50 Backstroke	34.19	34.80	402	08/12/19	Plymouth Leander Christmas L3 Short Course Open	Plymouth	SW190502	3
100 Backstroke	1:12.98	1:14.10	425	08/12/19	Plymouth Leander Christmas L3 Short Course Open	Plymouth	SW190502	3
200 Backstroke	2:41.76	2:43.80	397	24/09/17	Team Luton Autumn Short Course Meet 2017	Luton	ER171628	3
200 Individual Medley	2:43.25	2:45.70	415	22/07/18	BPSC End Of Season Meet 2018	Basildon	ER180215	3
400 Individual Medley	5:41.08	5:46.20	437	03/02/18	MCASA 2018 County Age Group & Youth Championships	Southbury Road LC	LR180225	2
100 Individual Medley	1:15.20	1:15.20	424	20/01/18	MCASA 2018 County Age Group & Youth Championships	Southbury Road LC	LR180224	2