

Individual Best Times (All Time)

Holly Trowbridge - (889558) - Wareham & District SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	33.14	32.50	361	07/02/15	Aquae Sulis Spring Grand Prix	Bristol	SW150009	1
100 Freestyle	1:12.79	1:11.60	358	08/02/15	Aquae Sulis Spring Grand Prix	Bristol	SW150009	1
200 Freestyle	2:38.82	2:36.60	358	08/02/15	Aquae Sulis Spring Grand Prix	Bristol	SW150009	1
50 Breaststroke	42.89	42.10	314	07/02/15	Aquae Sulis Spring Grand Prix	Bristol	SW150009	1
100 Breaststroke	1:37.50	1:36.20	284	17/05/14	COBEXE May Meet 2014	Hengrove	SW4432	1
200 Breaststroke	3:36.60	3:34.10	256	18/05/14	COBEXE May Meet 2014	Hengrove	SW4432	1
50 Butterfly	42.71	42.30	187	10/04/16	City of Wells Open Meet	Millfield	SW160578	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	31.73	32.40	377	29/03/15	Swim Bournemouth 5th Annual Open Meet	Bournemouth	SW150150	2
100 Freestyle	1:11.05	1:12.20	353	06/04/14	Swim Bournemouth 4th Annual Open Meet	Bournemouth	SW4254	2
200 Freestyle	2:36.43	2:38.60	350	28/03/15	Swim Bournemouth 5th Annual Open Meet	Bournemouth	SW150150	2
400 Freestyle	5:42.26	5:46.30	308	23/02/14	Dorset County Age Group Champs 2014	Littledown	CC4024	2
50 Breaststroke	41.44	42.20	320	06/12/15	West Dorset Christmas Open Meet 2015	Dorchester	SW152028	3
100 Breaststroke	1:31.81	1:33.20	313	20/02/16	Dorset County ASA Integrated Champs & AG	Littledown	SW160048	2
200 Breaststroke	3:14.21	3:16.90	332	22/02/15	Dorset County ASA 2015 Interated BAGCATs	Littledown	CC150142	2
50 Butterfly	40.90	41.40	211	02/03/14	Dorset County Age Group Champs 2014	Littledown	CC4025	2
100 Butterfly	1:38.23	1:39.00	166	05/10/14	Poole Club Championships	Poole	SW14327	4
100 Backstroke	1:34.69	1:35.50	194	01/12/13	West Dorset Christmas Open Meet	Dorchester	SW3655	3
200 Individual Medley	2:56.74	2:59.00	327	29/03/15	Swim Bournemouth 5th Annual Open Meet	Bournemouth	SW150150	2
400 Individual Medley	6:18.23	6:22.90	320	28/02/15	Dorset County ASA 2015 Interated BAGCATs	Littledown	CC150143	2
100 Individual Medley	1:22.69	1:22.70	319	05/10/14	Poole Club Championships	Poole	SW14327	4