

Individual Best Times (All Time)

Imogen Raistrick - (891240) - Grantham SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	31.76	31.10	410	16/04/16	Lincoln Vulcans Long Course L1 Open Meet	Sheffield	EM160422	1
100 Freestyle	1:07.47	1:06.20	450	14/05/17	Nova Centurion May Level 1 LC Open Meet	Nottingham	EM170343	1
200 Freestyle	2:26.12	2:23.70	460	13/05/17	Nova Centurion May Level 1 LC Open Meet	Nottingham	EM170343	1
400 Freestyle	5:16.34	5:11.90	411	10/05/15	City of Coventry May Open Meet	Coventry	WM150396	1
200 Breaststroke	3:21.83	3:19.20	316	16/01/16	City of Coventry January Meet	Coventry	WM160245	3
50 Butterfly	40.82	40.40	214	09/07/16	City of Coventry Graham Sykes Meet 2016	Coventry	WM160573	3
100 Butterfly	1:27.80	1:26.90	252	16/01/16	City of Coventry January Meet	Coventry	WM160245	3
50 Backstroke	34.28	33.70	481	14/05/17	Nova Centurion May Level 1 LC Open Meet	Nottingham	EM170343	1
100 Backstroke	1:12.76	1:11.60	489	27/05/17	ASA EM Region Youth Champs 2017	Sheffield	EM170474	1
200 Backstroke	2:36.23	2:34.10	489	01/05/16	ASA East Midland Region Swimming Champs	Sheffield	EM160780	1
200 Individual Medley	2:47.35	2:45.00	428	22/05/16	Nova Centurion May Level 1 Long Course Open Meet	Nottingham	EM160524	1
400 Individual Medley	6:04.04	5:59.20	389	09/07/16	City of Coventry Graham Sykes Meet 2016	Coventry	WM160573	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	30.17	30.90	439	25/03/17	Cambridge Spring Open	Cambridge	ER170393	3
100 Freestyle	1:05.72	1:07.00	447	25/03/17	Cambridge Spring Open	Cambridge	ER170393	3
200 Freestyle	2:21.14	2:23.60	477	18/06/17	Grantham Club Championships	Grantham	EM170995	3
400 Freestyle	4:56.00	5:00.70	477	24/01/16	Lincolnshire County Championships 2016	Grantham	EM160114	2
800 Freestyle	10:14.08	10:23.40	469	14/11/15	Grantham Club Championships 2015	Grantham	EM151259	4
50 Breaststroke	42.53	43.30	296	10/07/16	Grantham Club Championships 2016	Grantham	EM161051	3
100 Breaststroke	1:30.57	1:32.00	326	18/06/17	Grantham Club Championships	Grantham	EM170995	3
200 Breaststroke	3:11.14	3:13.90	348	10/07/16	Grantham Club Championships 2016	Grantham	EM161051	3
50 Butterfly	36.19	36.70	305	24/03/17	Cambridge Spring Open	Cambridge	ER170393	3
100 Butterfly	1:21.96	1:22.90	286	07/03/15	Lincolnshire County ASA Swimming Championships	Louth	CC150040	2
200 Butterfly	2:56.88	2:58.70	309	07/02/16	Lincolnshire County Championships 2016	Louth	EM160115	2
50 Backstroke	33.22	33.80	439	16/10/16	Nova Centurion October L2 SC Open Meet	Nottingham	EM161876	2
100 Backstroke	1:10.61	1:11.70	469	10/04/16	Cambridge April Open 2016	Cambridge	ER160167	3
200 Backstroke	2:30.24	2:32.40	496	17/10/15	Lincoln Vulcans Level 2 Open Meet	Sheffield	EM150590	2
200 Individual Medley	2:40.28	2:42.70	439	10/07/16	Grantham Club Championships 2016	Grantham	EM161051	3
400 Individual Medley	5:46.27	5:51.30	418	01/11/15	Grantham Club Championships 2015	Grantham	EM151259	4
100 Individual Medley	1:15.89	1:15.90	412	18/06/17	Grantham Club Championships	Grantham	EM170995	3