

# Individual Best Times (All Time)

Zahra Groves - (894855) - Borough of Wandsworth SA

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Breaststroke	52.07	51.50	175	05/04/14	The Bracknell Spring Level 3 Open Meet 2014	Aldershot	SE4227	3
200 Breaststroke	4:01.41	3:59.20	184	05/04/14	The Bracknell Spring Level 3 Open Meet 2014	Aldershot	SE4227	3
50 Backstroke	42.47	42.00	252	05/04/14	The Bracknell Spring Level 3 Open Meet 2014	Aldershot	SE4227	3
100 Backstroke	1:30.13	1:29.20	257	11/01/14	Portsmouth Northsea New Year Open Meet	Portsmouth	SE4084	1
200 Backstroke	3:25.96	3:24.30	213	05/04/14	The Bracknell Spring Level 3 Open Meet 2014	Aldershot	SE4227	3
200 Individual Medley	3:23.71	3:21.80	237	05/04/14	The Bracknell Spring Level 3 Open Meet 2014	Aldershot	SE4227	3

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	33.87	34.50	310	13/06/15	Surrey Development Meet 2015	Guildford	LR151509	3
100 Freestyle	1:14.11	1:15.20	311	14/06/15	Surrey Development Meet 2015	Guildford	LR151509	3
200 Freestyle	2:54.31	2:56.30	253	18/10/14	Wandsworth Club Championships	Epsom	SE14490	4
400 Freestyle	6:22.33	6:26.00	221	02/11/13	Wandsworth SC Club Championships 2013	Epsom	LR3761	4
50 Breaststroke	49.38	50.00	189	26/09/15	Wandsworth SC Club Championships 2015	Epsom	LR151825	4
100 Breaststroke	1:51.06	1:52.20	177	18/10/14	Wandsworth Club Championships	Epsom	SE14490	4
200 Breaststroke	4:03.46	4:05.60	168	27/04/14	Chelsea & Westminster Central London Invitation	London	LR4478	3
50 Butterfly	39.06	39.50	243	16/01/16	Epsom District Winter Open	Epsom	SE160285	3
50 Backstroke	38.93	39.40	272	07/06/15	Surrey Development Meet 2015	Guildford	LR150938	3
100 Backstroke	1:26.12	1:27.10	258	16/01/16	Epsom District Winter Open	Epsom	SE160285	3
200 Backstroke	3:07.03	3:08.80	257	25/10/14	Wandsworth Club Championships	Epsom	LR14491	4
200 Individual Medley	3:11.96	3:14.00	255	03/10/15	Wandsworth SC Club Championships 2015	Epsom	LR151826	4
400 Individual Medley	7:07.55	7:11.70	222	19/10/13	Wandsworth SC Club Championships 2013	Epsom	LR3761	4
100 Individual Medley	1:27.83	1:27.80	266	13/06/15	Surrey Development Meet 2015	Guildford	LR151509	3