

Individual Best Times (All Time)

Freya Cox - (897328) - Northgate Bridgnorth SC

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	32.98	33.60	336	27/11/16	Northgate P B Buster	Wolverhampton	WM160654	3
100 Freestyle	1:17.40	1:18.50	273	21/09/14	Northgate SC Bridgnorth Annual Championships	Bridgnorth	WM14295	4
200 Freestyle	2:49.05	2:51.10	277	21/02/15	Shropshire County Age Group Championships	Wolverhampton	CC150060	2
800 Freestyle	14:27.15	14:33.80	166	22/09/13	Northgate SC Club Championships	Bridgnorth	WM3617	4
50 Breaststroke	44.59	45.30	257	21/02/15	Shropshire County Age Group Championships	Wolverhampton	CC150060	2
100 Breaststroke	1:35.78	1:37.10	275	27/11/16	Northgate P B Buster	Wolverhampton	WM160654	3
200 Breaststroke	3:29.60	3:32.10	264	25/09/16	Northgate Club Championships	Much Wenlock	WM161936	4
50 Butterfly	42.66	43.10	186	23/11/14	P B Buster Gala	Wolverhampton	WM4723	3
50 Backstroke	40.79	41.30	237	23/02/15	Shropshire County Age Group Championships	Wolverhampton	CC150061	2
100 Backstroke	1:25.16	1:26.10	267	18/09/16	Northgate Club Championships	Much Wenlock	WM161933	4
200 Backstroke	3:06.17	3:08.00	260	24/09/16	Northgate Club Championships	Much Wenlock	WM161936	4
200 Individual Medley	3:09.96	3:12.00	263	23/02/15	Shropshire County Age Group Championships	Wolverhampton	CC150061	2
100 Individual Medley	1:27.77	1:27.80	266	21/02/15	Shropshire County Age Group Championships	Wolverhampton	CC150060	2