

Individual Best Times (All Time)

Constance Vanes - (898023) - Repton Swimming

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	28.81	28.10	550	07/05/18	Swim England East Midland Championships 2018	Sheffield	EM180960	1
100 Freestyle	1:01.66	1:00.30	589	18/05/19	SE East Midlands Region Champs 2019 Gala 3	Sheffield	EM191625	1
200 Freestyle	2:17.67	2:15.10	550	12/01/19	City of Derby 17th Long Course Level 1 Open Meet	Sheffield	EM190118	1
50 Breaststroke	34.97	34.10	579	24/07/18	British Summer Championships	Sheffield	BSW006	1
100 Breaststroke	1:15.63	1:13.90	609	15/04/18	Swim England East Midland Championships 2018	Sheffield	EM180958	1
200 Breaststroke	2:44.41	2:41.20	585	01/08/19	Swim England National Summer Meet	Sheffield	ENG014	1
50 Butterfly	31.03	30.40	488	19/05/18	Nova Centurion May Level 1 LC Open Meet	Nottingham	EM180093	1
100 Butterfly	1:10.36	1:09.30	490	19/05/19	SE East Midlands Region Champs 2019 Gala 3	Sheffield	EM191625	1
50 Backstroke	34.45	33.90	473	03/12/17	Derbyshire ASA Long Course Competition 2017	Sheffield	EM171919	3
100 Backstroke	1:13.92	1:12.80	466	14/04/18	Swim England East Midland Championships 2018	Sheffield	EM180958	1
200 Backstroke	2:32.01	2:29.80	531	29/06/19	Team Bath AS Pre-National Summer Special	Hengrove LC	SW191735	1
200 Individual Medley	2:26.29	2:23.60	640	27/07/19	British Summer Championships	Glasgow	BSW011	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	28.41	29.10	525	03/11/19	Midlands Winter Short Course Championships 2019	Nottingham	EM193013	2
100 Freestyle	1:01.11	1:02.50	555	15/02/20	Derbyshire ASA County Championships 2020	Matlock	EM200327	2
200 Freestyle	2:11.35	2:14.00	592	05/10/19	LVSC Short Course Meet 2019	Sheffield	EM191407	2
400 Freestyle	4:51.88	4:56.70	497	24/02/18	Derbyshire ASA County Championships 2018	Matlock	EM180370	2
50 Breaststroke	34.83	35.70	540	17/02/19	Derbyshire ASA County Championships 2019	MATLOCK	EM190290	2
100 Breaststroke	1:15.32	1:17.00	567	07/10/18	Swim England National County Team Div 2 Champs	Sheffield	ENG011	2
200 Breaststroke	2:44.13	2:47.30	551	02/11/19	Midlands Winter Short Course Championships 2019	Nottingham	EM193013	2
50 Butterfly	30.61	31.20	505	23/02/20	Derbyshire ASA County Championships 2020	Matlock	EM200328	2
100 Butterfly	1:06.30	1:07.40	541	16/02/20	Derbyshire ASA County Championships 2020	Matlock	EM200327	2
200 Butterfly	2:37.01	2:39.00	442	22/09/19	City of Derby Club Championships 2019	Derby	EM192472	4
50 Backstroke	33.28	33.90	436	17/03/18	Thirty Fifth City of Derby Licensed SC Open Meet	Derby	EM180619	3
100 Backstroke	1:09.75	1:10.90	487	22/09/19	City of Derby Club Championships 2019	Derby	EM192472	4
200 Backstroke	2:31.57	2:33.80	483	18/02/18	Derbyshire ASA County Championships 2018	Matlock	EM180369	2
200 Individual Medley	2:24.04	2:26.70	605	15/11/19	The Leicester Open 2019	Braunstone	EM193161	2
400 Individual Medley	5:09.17	5:14.80	587	15/03/20	37th City of Derby Licensed Short Course Open Meet	Matlock	EM200407	3
100 Individual Medley	1:08.48	1:08.50	561	16/12/18	Chesterfield Winter Open Championships	Matlock	EM181612	3