

Individual Best Times (All Time)

Abbie Debling - (909314) - Thanet Swim Club

Long Course

| Stroke | LC Time | Converted to SC | LC WA Pts | Date | Meet | Venue | Licence | Level |
|-----------------|---------|-----------------|-----------|----------|---|----------|---------|-------|
| 200 Freestyle | 2:52.14 | 2:50.10 | 281 | 15/06/14 | ASA South East Region Age Group Championships | Crawley | SER419 | 1 |
| 50 Breaststroke | 51.31 | 50.70 | 183 | 22/12/13 | Basildon & Phoenix Winter Long Course Meet | Basildon | ER3693 | 1 |
| 50 Backstroke | 41.77 | 41.30 | 265 | 22/12/13 | Basildon & Phoenix Winter Long Course Meet | Basildon | ER3693 | 1 |

Short Course

| Stroke | SC Time | Converted to LC | SC WA Pts | Date | Meet | Venue | License | Level |
|-----------------------|---------|-----------------|-----------|----------|--|------------|----------|-------|
| 50 Freestyle | 32.25 | 32.90 | 359 | 22/02/15 | 2015 Kent County Swimming Championships | Gillingham | CC150171 | 2 |
| 100 Freestyle | 1:21.77 | 1:22.80 | 232 | 01/12/13 | Gravesend & North Fleet Autumn Open Meet | Gillingham | SE3384 | 3 |
| 200 Freestyle | 2:45.09 | 2:47.20 | 298 | 03/05/14 | Black Lion SC L3 Spring Open Meet 2014 | Gillingham | SE4064 | 3 |
| 400 Freestyle | 5:51.65 | 5:55.60 | 284 | 08/07/14 | Thanet SC Club Championships | Hartsdown | SE4901 | 4 |
| 50 Breaststroke | 47.03 | 47.70 | 219 | 05/07/14 | Herne Bay Summer Gala | Canterbury | SE4507 | 3 |
| 50 Butterfly | 47.95 | 48.30 | 131 | 30/06/13 | Dover Lifeguard White Cliffs Invitation Meet | Dover | SE3503 | 4 |
| 50 Backstroke | 40.13 | 40.60 | 249 | 05/07/14 | Herne Bay Summer Gala | Canterbury | SE4507 | 3 |
| 200 Individual Medley | 3:08.95 | 3:11.00 | 268 | 03/05/14 | Black Lion SC L3 Spring Open Meet 2014 | Gillingham | SE4064 | 3 |
| 400 Individual Medley | 6:39.03 | 6:43.40 | 273 | 15/07/14 | Thanet SC Club Championships | Hartsdown | SE4902 | 4 |
| 100 Individual Medley | 1:26.42 | 1:26.40 | 279 | 06/12/14 | Gravesend & Northfleet Open Meet 2014 | Gillingham | SE4515 | 3 |