

Individual Best Times (All Time)

Emma Mack - (910366) - South Downs Trojan Swimming Club

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	31.05	30.40	439	14/03/20	Millfield & Team Bath AS L1 National Qualifier	Millfield School	SW200510	1
100 Freestyle	1:07.29	1:06.00	453	15/07/18	Portsmouth Northsea End of Season Meet 2018	Mountbatten SC	SE180605	3
200 Freestyle	2:22.26	2:19.80	499	14/07/18	Portsmouth Northsea End of Season Meet 2018	Mountbatten SC	SE180605	3
400 Freestyle	5:01.77	4:57.10	474	07/12/19	PN Christmas Last Chance County Qualifier	Portsmouth	SE192815	3
800 Freestyle	10:22.36	10:13.00	472	18/01/19	Hampshire County ASA Championships 2019	Portsmouth	SE190342	1
1500 Freestyle	19:31.00	19:13.20	485	19/01/20	Hampshire County Championships 2020	Portsmouth	SE200382	1
50 Breaststroke	38.25	37.40	443	16/12/18	Portsmouth Northsea Christmas Meet 2018	Mountbatten SC	SE182213	3
100 Breaststroke	1:24.66	1:23.20	434	15/12/18	Portsmouth Northsea Christmas Meet 2018	Mountbatten SC	SE182213	3
200 Breaststroke	3:03.25	3:00.30	422	14/07/19	Portsmouth Northsea End of Season Meet 2019	Mountbatten SC	SE191275	3
50 Butterfly	32.61	32.00	420	15/12/18	Portsmouth Northsea Christmas Meet 2018	Mountbatten SC	SE182213	3
100 Butterfly	1:10.60	1:09.50	485	08/02/20	Hampshire County Championships 2020	Portsmouth	SE200384	1
200 Butterfly	2:36.38	2:34.30	472	09/02/20	Hampshire County Championships 2020	Portsmouth	SE200384	1
50 Backstroke	38.70	38.20	334	08/05/16	Portsmouth Northsea LC Sprint Meet 2016	Portsmouth	SE160454	3
100 Backstroke	1:18.61	1:17.60	387	16/12/18	Portsmouth Northsea Christmas Meet 2018	Mountbatten SC	SE182213	3
200 Backstroke	2:56.90	2:55.00	337	16/12/17	Portsmouth Northsea Christmas Meet	Portsmouth	SE172168	3
200 Individual Medley	2:38.25	2:35.70	506	08/02/20	Hampshire County Championships 2020	Portsmouth	SE200384	1
400 Individual Medley	5:29.99	5:24.60	523	14/03/20	Millfield & Team Bath AS L1 National Qualifier	Millfield School	SW200510	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	30.36	31.00	430	02/11/20	Portsmouth Northsea	Mountbatten Centre	LEX615	0
100 Freestyle	1:05.36	1:06.60	454	02/11/20	Portsmouth Northsea	Mountbatten Centre	LEX615	0
200 Freestyle	2:19.79	2:22.30	491	09/02/19	Hampshire County ASA Championships 2019	Portsmouth	SE190344	2
400 Freestyle	4:49.17	4:54.00	511	17/11/19	Super Series Autumn Level 2 Short Course Meet	Hengrove	SW192989	2
800 Freestyle	10:06.67	10:16.10	487	02/10/18	Portsmouth Northsea Club Championships 2018	Mountbatten SC	SE182051	4
1500 Freestyle	19:24.60	19:42.20	474	03/10/18	Portsmouth Northsea Club Championships 2018	Mountbatten sc	SE182052	4
50 Breaststroke	37.94	38.80	418	10/02/19	Hampshire County ASA Championships 2019	Portsmouth	SE190344	2
100 Breaststroke	1:23.90	1:25.40	410	09/02/19	Hampshire County ASA Championships 2019	Portsmouth	SE190344	2
200 Breaststroke	2:57.46	3:00.40	436	17/11/19	Super Series Autumn Level 2 Short Course Meet	Hengrove	SW192989	2
50 Butterfly	32.53	33.10	420	02/11/20	Portsmouth Northsea	Mountbatten Centre	LEX615	0
100 Butterfly	1:10.39	1:11.50	452	16/11/19	Super Series Autumn Level 2 Short Course Meet	Hengrove	SW192989	2
200 Butterfly	2:31.17	2:33.20	495	03/11/19	Swim England South East Open Junior Championships	Portsmouth	SE192925	2
50 Backstroke	37.67	38.20	301	25/11/17	Atlantis Christmas Cracker Open Meet	Horsham	SE171277	3
100 Backstroke	1:19.81	1:20.80	325	29/10/17	PNSC First Chance County Qualifier	Portsmouth	SE171501	3
200 Backstroke	2:47.79	2:49.80	356	11/03/18	Hart SC Spring Level 3 Open Meet	Hart	SE180593	3
200 Individual Medley	2:35.48	2:38.00	481	02/03/19	18th City of Southampton Open Meet	Southampton	SE190012	3
400 Individual Medley	5:26.51	5:31.80	498	10/02/19	Hampshire County ASA Championships 2019	Portsmouth	SE190344	2
100 Individual Medley	1:14.22	1:14.20	441	06/04/19	Swim Bournemouth Spring Level 2 Open Meet	Bournemouth	SW190483	2