

Individual Best Times (All Time)

Abbygail Sol Cruz - (913665) - City of Norwich SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	33.94	33.30	336	08/02/14	UEA City of Norwich Groundhog LC Meet 2014	Norwich	ER4036	1
100 Freestyle	1:18.67	1:17.60	283	12/07/14	City of Norwich SC Mid-Summer Madness Open	Norwich	ER4037	3
200 Freestyle	2:50.66	2:48.60	289	12/07/14	City of Norwich SC Mid-Summer Madness Open	Norwich	ER4037	3
50 Breaststroke	44.17	43.40	287	09/02/14	UEA City of Norwich Groundhog LC Meet 2014	Norwich	ER4036	1
100 Breaststroke	1:36.92	1:35.60	289	20/04/14	UEA City of Norwich Easter LC Meet 2014	Norwich	ER4035	1
200 Breaststroke	3:40.79	3:38.40	241	29/03/13	City of Norwich SC Easter Meet 2013	Norwich	ER3006	1
50 Butterfly	39.10	38.60	243	12/07/14	City of Norwich SC Mid-Summer Madness Open	Norwich	ER4037	3
100 Butterfly	1:37.90	1:37.10	181	12/07/14	City of Norwich SC Mid-Summer Madness Open	Norwich	ER4037	3
50 Backstroke	41.40	40.90	273	19/04/14	UEA City of Norwich Easter LC Meet 2014	Norwich	ER4035	1
100 Backstroke	1:27.06	1:26.10	285	09/02/14	UEA City of Norwich Groundhog LC Meet 2014	Norwich	ER4036	1
200 Individual Medley	3:05.79	3:03.60	312	12/07/14	City of Norwich SC Mid-Summer Madness Open	Norwich	ER4037	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	33.28	33.90	327	22/06/14	Norfolk County Challenge Gala 2014	Dereham	ER4581	3
100 Freestyle	1:15.16	1:16.30	298	27/09/14	City of Norwich SC Club Championships	Norwich	ER14145	4
200 Freestyle	2:46.57	2:48.60	290	26/09/14	City of Norwich SC Club Championships	Norwich	ER14145	4
400 Freestyle	5:59.47	6:03.40	266	26/09/13	UEA City of Norwich Club Championships	Norwich	ER3636	4
50 Breaststroke	43.44	44.20	278	02/11/14	City of Norwich Big Bang Meet	Norwich	ER14144	2
100 Breaststroke	1:34.12	1:35.50	290	25/09/14	City of Norwich SC Club Championships	Norwich	ER14145	4
200 Breaststroke	3:24.88	3:27.40	283	27/09/14	City of Norwich SC Club Championships	Norwich	ER14145	4
50 Butterfly	37.46	38.00	275	27/09/14	City of Norwich SC Club Championships	Norwich	ER14145	4
100 Butterfly	1:33.69	1:34.50	192	27/09/14	City of Norwich SC Club Championships	Norwich	ER14145	4
50 Backstroke	39.00	39.50	271	01/11/14	City of Norwich Big Bang Meet	Norwich	ER14144	2
100 Backstroke	1:23.85	1:24.80	280	02/11/14	City of Norwich Big Bang Meet	Norwich	ER14144	2
200 Individual Medley	3:01.45	3:03.60	302	25/09/14	City of Norwich SC Club Championships	Norwich	ER14145	4
100 Individual Medley	1:27.24	1:27.20	271	06/07/13	Norwich Mid-Summer Madness Open Meet	Norwich	ER3531	3