

Individual Best Times (All Time)

Sarah Brook - (921329) - Blackpool Aquatics ASC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	35.66	35.10	290	08/07/17	Summer Non National Qualifier Graded Meet	Manchester	NW170108	3
100 Freestyle	1:19.89	1:18.80	271	08/07/17	Summer Non National Qualifier Graded Meet	Manchester	NW170108	3
50 Breaststroke	48.39	47.70	218	08/07/17	Summer Non National Qualifier Graded Meet	Manchester	NW170108	3
50 Backstroke	46.69	46.30	190	08/07/17	Summer Non National Qualifier Graded Meet	Manchester	NW170108	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	34.28	34.90	299	03/12/17	Blackpool Aquatics Club Championships 2017	Blackpool	NW172470	4
100 Freestyle	1:16.20	1:17.30	286	28/10/17	Blackpool Lights 2017	Blackpool	NW170831	3
200 Freestyle	2:42.34	2:44.50	313	26/11/17	Blackpool Aquatics Club Championships 2017	Blackpool	NW172469	4
400 Freestyle	5:29.35	5:33.60	346	03/12/17	Blackpool Aquatics Club Championships 2017	Blackpool	NW172470	4
50 Breaststroke	43.97	44.70	268	30/09/17	North Lancashire L2 Age Group Champs 2017	Blackpool	NW171572	2
100 Breaststroke	1:39.37	1:40.60	247	15/07/17	North Lancs Level 3 Development Meet 2017	Blackpool	NW171037	3
200 Breaststroke	3:28.36	3:30.90	269	28/10/17	Blackpool Lights 2017	Blackpool	NW170831	3
50 Butterfly	41.48	41.90	203	28/10/17	Blackpool Lights 2017	Blackpool	NW170831	3
100 Butterfly	1:31.62	1:32.40	205	26/11/17	Blackpool Aquatics Club Championships 2017	Blackpool	NW172469	4
50 Backstroke	43.49	44.00	195	29/10/17	Blackpool Lights 2017	Blackpool	NW170831	3
100 Backstroke	1:33.75	1:34.60	200	03/06/17	Preston Summer Spectacular 201 - L3 Open Meet	Darwen	NW171046	3
200 Backstroke	3:09.97	3:11.70	245	15/07/17	North Lancs Level 3 Development Meet 2017	Blackpool	NW171037	3
200 Individual Medley	3:11.13	3:13.20	259	29/10/17	Blackpool Lights 2017	Blackpool	NW170831	3
100 Individual Medley	1:26.58	1:26.60	278	01/10/17	North Lancashire L2 Age Group Champs 2017	Blackpool	NW171572	2