

Individual Best Times (All Time)

Rosie Sambles - (926840) - Portsmouth Northsea SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	33.51	32.90	349	15/07/17	Portsmouth Northsea End of Season Meet	Portsmouth	SE170212	3
100 Freestyle	1:12.48	1:11.30	363	16/07/17	Portsmouth Northsea End of Season Meet	Portsmouth	SE170212	3
200 Freestyle	2:31.18	2:28.90	415	15/07/17	Portsmouth Northsea End of Season Meet	Portsmouth	SE170212	3
400 Freestyle	5:14.25	5:09.70	420	16/12/17	Portsmouth Northsea Christmas Meet	Portsmouth	SE172168	3
800 Freestyle	10:41.71	10:32.60	431	20/01/18	Hampshire County Championships 2018	Portsmouth	SE180160	1
50 Breaststroke	42.72	42.00	318	17/07/16	Portsmouth Northsea End of Season Meet	Portsmouth	SE160364	3
100 Breaststroke	1:31.91	1:30.50	339	25/03/16	Portsmouth Northsea Easter Festival	Portsmouth	SE160363	1
200 Breaststroke	3:15.54	3:12.80	348	16/07/17	Portsmouth Northsea End of Season Meet	Portsmouth	SE170212	3
50 Butterfly	38.18	37.70	261	16/07/17	Portsmouth Northsea End of Season Meet	Portsmouth	SE170212	3
100 Butterfly	1:21.96	1:21.00	310	15/07/18	Portsmouth Northsea End of Season Meet 2018	Mountbatten SC	SE180605	3
50 Backstroke	38.13	37.60	349	15/07/17	Portsmouth Northsea End of Season Meet	Portsmouth	SE170212	3
100 Backstroke	1:18.97	1:17.90	382	14/07/18	Portsmouth Northsea End of Season Meet 2018	Mountbatten SC	SE180605	3
200 Backstroke	2:45.36	2:43.30	412	16/12/17	Portsmouth Northsea Christmas Meet	Portsmouth	SE172168	3
200 Individual Medley	2:50.81	2:48.50	402	15/07/17	Portsmouth Northsea End of Season Meet	Portsmouth	SE170212	3
400 Individual Medley	6:02.67	5:57.80	393	14/07/18	Portsmouth Northsea End of Season Meet 2018	Mountbatten SC	SE180605	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	32.39	33.00	354	30/09/17	Portsmouth & Northsea Championships	Portsmouth	SE172291	4
100 Freestyle	1:09.39	1:10.60	379	19/03/17	Forest of Bere Regional Chaser Meet	Waterlooville	SE170654	3
200 Freestyle	2:28.27	2:30.60	411	01/07/17	Hampshire County Development Competition 2017	Waterlooville	SE171508	3
400 Freestyle	5:22.04	5:26.40	370	29/09/17	Portsmouth & Northsea Championships	Portsmouth	SE172291	4
800 Freestyle	10:47.89	10:56.80	400	10/11/17	Portsmouth & Northsea Championships	Mountbatten SC	SE172293	4
50 Breaststroke	41.01	41.80	331	04/02/17	Hampshire County Swimming Championships 2017	Waterlooville	SE170465	2
100 Breaststroke	1:30.30	1:31.70	329	02/12/17	Peter Bull Open Meet	Waterlooville	SE172366	3
200 Breaststroke	3:05.28	3:08.10	383	30/09/17	Portsmouth & Northsea Championships	Portsmouth	SE172291	4
50 Butterfly	35.91	36.40	312	30/09/18	Portsmouth Northsea Club Championships 2018	Mountbatten SC	SE182050	4
100 Butterfly	1:20.17	1:21.10	306	20/05/18	Portsmouth Northsea May Sprint Meet	Portsmouth	SE180409	3
200 Butterfly	3:29.90	3:31.40	185	29/09/17	Portsmouth & Northsea Championships	Portsmouth	SE172291	4
50 Backstroke	36.95	37.50	319	28/09/18	Portsmouth Northsea Club Championships 2018	Mountbatten SC	SE182049	4
100 Backstroke	1:16.72	1:17.80	366	20/05/18	Portsmouth Northsea May Sprint Meet	Portsmouth	SE180409	3
200 Backstroke	2:42.43	2:44.50	392	19/03/17	Forest of Bere Regional Chaser Meet	Waterlooville	SE170654	3
200 Individual Medley	2:49.84	2:52.10	369	02/12/17	Peter Bull Open Meet	Waterlooville	SE172366	3
400 Individual Medley	6:07.55	6:12.30	349	02/10/17	Portsmouth & Northsea Championships	Mountbatten SC	SE172292	4
100 Individual Medley	1:31.95	1:32.00	232	23/11/14	Peter Bull Open Meet	Waterlooville	SE14580	3