

Individual Best Times (All Time)

Emma De Jager - (928682) - Devonport RSA

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	28.94	28.20	542	26/03/17	City of Sheffield Premier Meet	Sheffield	NE170248	1
100 Freestyle	1:04.32	1:03.00	519	26/03/17	City of Sheffield Premier Meet	Sheffield	NE170248	1
200 Freestyle	2:20.98	2:18.50	512	15/12/12	Plymouth L1 Long Course Open Meet	Plymouth	SW2791	1
400 Freestyle	5:00.30	4:55.60	481	18/11/12	The Aquae Sulis Grand Prix 2012	Bristol	SW2525	1
800 Freestyle	10:12.80	10:03.30	495	14/12/12	Plymouth L1 Long Course Open Meet	Plymouth	SW2791	1
100 Breaststroke	1:31.30	1:29.90	346	15/12/12	Plymouth L1 Long Course Open Meet	Plymouth	SW2791	1
200 Breaststroke	3:19.16	3:16.50	329	17/06/12	British Gas South West Region AG Champs	Millfield	SWR206	1
50 Butterfly	31.23	30.60	478	25/03/17	City of Sheffield Premier Meet	Sheffield	NE170248	1
100 Butterfly	1:10.95	1:09.90	478	14/07/12	Plymouth Leander Non National Qualifier	Plymouth	SW2385	3
200 Butterfly	2:39.48	2:37.50	445	17/06/12	British Gas South West Region AG Champs	Millfield	SWR206	1
100 Backstroke	1:17.57	1:16.50	403	16/12/12	Plymouth L1 Long Course Open Meet	Plymouth	SW2791	1
200 Backstroke	2:56.51	2:54.60	339	14/07/12	Plymouth Leander Non National Qualifier	Plymouth	SW2385	3
200 Individual Medley	2:41.72	2:39.30	474	15/12/12	Plymouth L1 Long Course Open Meet	Plymouth	SW2791	1
400 Individual Medley	5:41.41	5:36.20	472	16/12/12	Plymouth L1 Long Course Open Meet	Plymouth	SW2791	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	28.39	29.10	526	19/01/17	Devon County Championships & Age Groups 2017	Plymouth	SW170376	2
100 Freestyle	1:01.97	1:03.30	533	14/01/17	Devon County Championships & Age Groups 2017	Plymouth	SW170374	2
200 Freestyle	2:16.60	2:19.10	526	16/01/17	Devon County Championships & Age Groups 2017	Plymouth	SW170375	2
400 Freestyle	4:57.99	5:02.70	467	17/02/13	Devon County Championships	Plymouth	CC3014	2
800 Freestyle	10:05.21	10:14.70	490	08/10/12	City of Plymouth Annual Swim Meet 2012	Plymouth	SW2499	3
50 Breaststroke	45.01	45.70	250	02/10/11	City of Plymouth Annual Meet	Plymouth	SW1409	3
100 Breaststroke	1:27.55	1:29.00	361	08/10/12	City of Plymouth Annual Swim Meet 2012	Plymouth	SW2499	3
200 Breaststroke	3:07.63	3:10.40	368	06/10/12	City of Plymouth Annual Swim Meet 2012	Plymouth	SW2499	3
50 Butterfly	30.74	31.40	498	17/01/17	Devon County Championships & Age Groups 2017	Plymouth	SW170375	2
100 Butterfly	1:08.48	1:09.60	491	19/11/16	Plymouth Leander Winter Qualifier Open 2016	Plymouth	SW160994	2
200 Butterfly	2:41.52	2:43.50	406	06/10/12	City of Plymouth Annual Swim Meet 2012	Plymouth	SW2499	3
50 Backstroke	37.84	38.40	297	01/10/11	City of Plymouth Annual Meet	Plymouth	SW1409	3
100 Backstroke	1:16.42	1:17.50	370	19/04/14	Weston 12th Easter Open Meet	Weston	SW4251	3
200 Backstroke	2:40.49	2:42.60	407	16/02/13	Devon County Championships	Plymouth	CC3014	2
200 Individual Medley	2:38.69	2:41.20	452	07/10/12	City of Plymouth Annual Swim Meet 2012	Plymouth	SW2499	3
400 Individual Medley	5:31.90	5:37.20	474	08/10/12	City of Plymouth Annual Swim Meet 2012	Plymouth	SW2499	3
100 Individual Medley	1:12.49	1:12.50	473	18/12/16	Plymouth Leander L3 Christmas Meet	Plymouth	SW161122	3