

# Individual Best Times (All Time)

Nora Rotman - (931732) - Brompton SC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	28.32	27.60	579	28/01/18	MCASA 2018 County Age Group & Youth Championships	London	LR180226	1
100 Freestyle	1:03.41	1:02.10	542	28/01/18	MCASA 2018 County Age Group & Youth Championships	London	LR180226	1
200 Freestyle	2:24.68	2:22.30	474	21/05/17	2017 London Swimming Regional Age Group Champs	Crystal Palace	LR170802	1
50 Breaststroke	38.95	38.10	419	28/01/18	MCASA 2018 County Age Group & Youth Championships	London	LR180226	1
100 Breaststroke	1:29.70	1:28.30	365	26/03/17	MCASA Open Meet	London	LR170009	1
50 Butterfly	30.84	30.20	497	04/11/17	2017 London Swimming Regional Winter Champs	London	LR172075	1
100 Butterfly	1:10.31	1:09.20	491	27/01/18	MCASA 2018 County Age Group & Youth Championships	London	LR180226	1
50 Backstroke	32.68	32.10	555	06/05/18	2018 London Swimming Regional Summer Champs	Stratford	LR180781	1
100 Backstroke	1:13.65	1:12.60	471	05/05/18	2018 London Swimming Regional Summer Champs	Stratford	LR180781	1
200 Backstroke	2:47.42	2:45.40	397	15/05/16	MCASA Long Course Open Meet	Guildford	LR160687	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	28.24	29.00	535	05/11/16	London Region Winter Championships	Stratford	LR162227	2
100 Freestyle	1:03.29	1:04.60	500	06/11/16	London Region Winter Championships	Stratford	LR162227	2
200 Freestyle	2:20.33	2:22.80	485	25/02/17	ESC February L3 Open	Northolt	LR170029	3
400 Freestyle	5:10.65	5:15.10	412	13/11/16	Chelsea & Westminster November Club Gala	London	LR162465	4
50 Breaststroke	37.63	38.50	428	25/02/17	ESC February L3 Open	Northolt	LR170029	3
100 Breaststroke	1:25.64	1:27.10	386	25/02/17	ESC February L3 Open	Northolt	LR170029	3
200 Breaststroke	3:21.30	3:23.90	298	28/02/16	Ealing February L3 Open Meet	Northolt	LR160332	3
50 Butterfly	30.97	31.60	487	26/02/17	ESC February L3 Open	Northolt	LR170029	3
100 Butterfly	1:12.30	1:13.30	417	17/12/16	Hillingdon Winter Short Course Open Meet	Uxbridge	LR161927	3
50 Backstroke	32.46	33.10	470	01/10/17	Cambridge Grand Prix	Cambridge	ER170267	2
100 Backstroke	1:11.00	1:12.10	462	11/11/17	NASL - London Rounds 2017 - Premier Division	Hertfordshire	ER172135	2
200 Backstroke	2:40.34	2:42.40	408	01/10/16	Cambridge Grand Prix Regional & National Qualifier	Cambridge	ER160169	2
200 Individual Medley	2:44.86	2:47.20	403	02/10/16	Cambridge Grand Prix Regional & National Qualifier	Cambridge	ER160169	2
100 Individual Medley	1:13.01	1:13.00	463	26/02/17	ESC February L3 Open	Northolt	LR170029	3