

Individual Best Times (All Time)

Deneilla Pinnock - (932504) - London Borough of Redbridge SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	32.72	32.10	375	04/02/17	Essex Age Group Championships	London	ER170023	1
100 Freestyle	1:15.77	1:14.70	317	09/07/17	BWFSC L3 Summer Meet L3	London	LR170898	3
50 Breaststroke	42.43	41.70	324	04/02/17	Essex Age Group Championships	London	ER170023	1
100 Breaststroke	1:34.81	1:33.50	309	09/07/17	BWFSC L3 Summer Meet L3	London	LR170898	3
200 Breaststroke	3:51.26	3:49.00	210	27/09/15	BWFSC County Qualifier Meet 2015	London	LR151058	3
50 Butterfly	35.90	35.40	315	03/02/18	Essex Age Group Championships 2018	London	ER180155	1
50 Backstroke	42.36	41.90	254	09/07/17	BWFSC L3 Summer Meet L3	London	LR170898	3
200 Individual Medley	3:14.46	3:12.40	272	16/10/16	LAC Legacy Level 3 Open Meet 2016	London	LR161790	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	32.57	33.20	348	08/10/17	Bor Redbridge Early County Qual Meet Oct 2017	Ilford	LR170532	3
100 Freestyle	1:13.88	1:15.00	314	08/10/17	Bor Redbridge Early County Qual Meet Oct 2017	Ilford	LR170532	3
200 Freestyle	2:42.90	2:45.00	310	08/10/17	Bor Redbridge Early County Qual Meet Oct 2017	Ilford	LR170532	3
400 Freestyle	5:45.77	5:49.80	299	08/10/17	Bor Redbridge Early County Qual Meet Oct 2017	Ilford	LR170532	3
800 Freestyle	12:55.58	13:03.00	233	14/10/16	Harlow Penguins 800m 1500m Invitation Meet	Harlow	ER161997	4
50 Breaststroke	42.09	42.80	306	16/12/17	Last Chance County Qualifying Meet December 2017	Fullwell Cross	LR170570	3
100 Breaststroke	1:35.53	1:36.80	278	08/10/17	Bor Redbridge Early County Qual Meet Oct 2017	Ilford	LR170532	3
200 Breaststroke	3:24.89	3:27.50	283	16/12/17	Last Chance County Qualifying Meet December 2017	Fullwell Cross	LR170570	3
50 Butterfly	36.87	37.40	289	16/12/17	Last Chance County Qualifying Meet December 2017	Fullwell Cross	LR170570	3
100 Butterfly	1:28.70	1:29.60	226	16/12/17	Last Chance County Qualifying Meet December 2017	Fullwell Cross	LR170570	3
200 Butterfly	3:26.02	3:27.60	195	17/12/17	Last Chance County Qualifying Meet December 2017	Fullwell Cross	LR170570	3
50 Backstroke	39.41	39.90	263	17/12/17	Last Chance County Qualifying Meet December 2017	Fullwell Cross	LR170570	3
100 Backstroke	1:24.38	1:25.30	275	16/12/17	Last Chance County Qualifying Meet December 2017	Fullwell Cross	LR170570	3
200 Backstroke	3:10.45	3:12.20	243	16/12/17	Last Chance County Qualifying Meet December 2017	Fullwell Cross	LR170570	3
200 Individual Medley	3:02.49	3:04.60	297	08/10/17	Bor Redbridge Early County Qual Meet Oct 2017	Ilford	LR170532	3
400 Individual Medley	6:37.60	6:42.00	276	16/12/17	Last Chance County Qualifying Meet December 2017	Fullwell Cross	LR170570	3
100 Individual Medley	1:34.04	1:34.00	216	20/06/15	Thurrock Summer Sprint Meet	Thurrock	ER150398	3