

Individual Best Times (All Time)

Isabelle Rosher - (938589) - Team Ipswich Swimming

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	30.18	29.50	478	28/05/17	ASA East Region Long Course Championships	Norwich	ER170220	1
100 Freestyle	1:05.19	1:03.90	499	14/04/17	UEA City of Norwich Easter LC Meet	Norwich	ER170310	1
200 Freestyle	2:16.90	2:14.30	560	07/05/18	East Swimming Long Course Championships 2018	Norwich	ER180213	1
400 Freestyle	4:45.55	4:40.60	560	05/05/18	East Swimming Long Course Championships 2018	Norwich	ER180213	1
800 Freestyle	9:55.31	9:45.50	540	20/01/18	Norfolk County Championships 2018	Norwich	ER180290	1
50 Breaststroke	38.37	37.50	438	14/04/17	UEA City of Norwich Easter LC Meet	Norwich	ER170310	1
100 Breaststroke	1:22.95	1:21.40	462	13/05/17	City of Sheffield No Frills Meet	Sheffield	NE170249	1
200 Breaststroke	2:58.80	2:55.80	455	05/11/17	East Region Winter Championships	Norwich	ER170911	1
50 Butterfly	33.95	33.40	372	13/05/17	City of Sheffield No Frills Meet	Sheffield	NE170249	1
100 Butterfly	1:28.84	1:28.00	243	07/02/15	UEA City of Norwich SC February Groundhog Meet	Norwich	ER150078	1
50 Backstroke	34.27	33.70	481	29/05/17	ASA East Region Long Course Championships	Norwich	ER170220	1
100 Backstroke	1:14.95	1:13.90	447	29/05/16	ASA East Region Long Course Championships	Luton	ER160821	1
200 Backstroke	2:41.34	2:39.30	444	05/05/18	East Swimming Long Course Championships 2018	Norwich	ER180213	1
200 Individual Medley	2:40.46	2:38.00	485	04/11/17	East Region Winter Championships	Norwich	ER170911	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	29.11	29.80	488	04/02/17	Suffolk County ASA Championships 2017	Ipswich	ER170394	2
100 Freestyle	1:03.17	1:04.50	503	04/02/18	Suffolk County Championships 2018	Ipswich	ER180352	2
200 Freestyle	2:13.70	2:16.30	561	04/02/18	Suffolk County Championships 2018	Ipswich	ER180352	2
400 Freestyle	4:39.66	4:44.60	565	26/02/17	Suffolk County ASA Championships 2017	Ipswich	ER170396	2
800 Freestyle	9:43.38	9:53.20	548	25/06/17	Teamipswich Long Distance Invitational Meet 2017	Ipswich	ER171103	4
50 Breaststroke	36.53	37.40	468	11/02/17	Suffolk County ASA Championships 2017	Ipswich	ER170395	2
100 Breaststroke	1:18.67	1:20.30	498	05/02/17	Suffolk County ASA Championships 2017	Ipswich	ER170394	2
200 Breaststroke	2:47.84	2:51.00	515	09/02/19	Suffolk County Championships 2019	Ipswich	ER190367	2
50 Butterfly	32.93	33.50	405	09/07/17	TeamipswichJuly Surprize Meet 2017	Ipswich	ER170554	3
100 Butterfly	1:15.22	1:16.20	371	04/02/17	Suffolk County ASA Championships 2017	Ipswich	ER170394	2
50 Backstroke	33.51	34.10	427	10/02/18	Suffolk County Championships 2018	Ipswich	ER180353	2
100 Backstroke	1:09.61	1:10.80	490	11/02/18	Suffolk County Championships 2018	Ipswich	ER180353	2
200 Backstroke	2:31.46	2:33.60	484	08/10/17	Deben Open Meet	Ipswich	ER171625	3
200 Individual Medley	2:32.85	2:35.40	506	18/03/18	Team Ipswich March Open 2018	Ipswich	ER180342	3
100 Individual Medley	1:11.72	1:11.70	489	10/02/18	Suffolk County Championships 2018	Ipswich	ER180353	2