

# Individual Best Times (All Time)

Charlotte Risby - (938596) - Team Ipswich Swimming

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	30.73	30.00	453	29/05/16	ASA East Region Long Course Championships	Luton	ER160821	1
100 Freestyle	1:06.52	1:05.20	469	28/05/16	ASA East Region Long Course Championships	Luton	ER160821	1
200 Freestyle	2:25.64	2:23.20	465	30/05/16	ASA East Region Long Course Championships	Luton	ER160821	1
400 Freestyle	5:02.83	4:58.20	469	29/05/16	ASA East Region Long Course Championships	Luton	ER160821	1
800 Freestyle	10:48.99	10:40.00	416	30/01/16	Suffolk County Championships 2016	Norwich	ER160220	1
100 Backstroke	1:25.55	1:24.60	300	04/04/15	UEA City of Norwich Easter LC Meet 2015	Norwich	ER150080	1
200 Backstroke	2:49.17	2:47.20	385	28/05/16	ASA East Region Long Course Championships	Luton	ER160821	1
200 Individual Medley	2:58.26	2:56.00	354	04/04/15	UEA City of Norwich Easter LC Meet 2015	Norwich	ER150080	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	29.98	30.70	447	19/11/16	Teamipswich November Open 2016	Ipswich	ER161722	3
100 Freestyle	1:04.40	1:05.70	475	20/11/16	Teamipswich November Open 2016	Ipswich	ER161722	3
200 Freestyle	2:19.45	2:21.90	494	19/03/16	Teamipswich March Open 2016	Ipswich	ER160137	3
400 Freestyle	4:54.47	4:59.20	484	03/07/16	Romford Town End of Season Meet	Ipswich	LR160626	3
800 Freestyle	9:53.49	10:03.20	520	21/01/17	Suffolk ASA County Chamionships 2017	Norwich	ER170432	2
50 Breaststroke	42.35	43.10	300	19/11/16	Teamipswich November Open 2016	Ipswich	ER161722	3
100 Breaststroke	1:33.66	1:35.00	295	25/09/16	Teamipswich Club Championships	Ipswich	ER161675	4
50 Butterfly	33.47	34.00	386	20/11/16	Teamipswich November Open 2016	Ipswich	ER161722	3
100 Butterfly	1:13.28	1:14.30	401	20/11/16	Teamipswich November Open 2016	Ipswich	ER161722	3
200 Butterfly	2:58.40	3:00.20	301	02/07/16	Romford Town End of Season Meet	Ipswich	LR160626	3
50 Backstroke	35.64	36.20	355	20/03/16	Teamipswich March Open 2016	Ipswich	ER160137	3
100 Backstroke	1:14.66	1:15.70	397	19/11/16	Teamipswich November Open 2016	Ipswich	ER161722	3
200 Backstroke	2:39.03	2:41.10	418	20/03/16	Teamipswich March Open 2016	Ipswich	ER160137	3
200 Individual Medley	2:41.61	2:44.00	428	20/11/16	Teamipswich November Open 2016	Ipswich	ER161722	3
100 Individual Medley	1:14.84	1:14.80	430	20/11/16	Teamipswich November Open 2016	Ipswich	ER161722	3