

Individual Best Times (All Time)

Emma Salter - (955791) - Watford SC

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	36.32	36.90	251	18/10/14	Hemel Hempstead SC 101st Birthday Open	Hemel Hempstead	ER4170	3
100 Freestyle	1:18.94	1:20.00	257	17/01/15	Watford County Qualifier Open Meet	Watford	ER150010	3
200 Freestyle	2:50.95	2:53.00	268	18/10/14	Hemel Hempstead SC 101st Birthday Open	Hemel Hempstead	ER4170	3
400 Freestyle	6:09.32	6:13.10	245	22/10/14	Watford Club Championships	Garston	ER14198	4
50 Breaststroke	43.72	44.40	273	29/06/14	WSC Terry Davies Alternative Nationals	Watford	ER4475	3
100 Breaststroke	1:30.83	1:32.20	323	17/01/15	Watford County Qualifier Open Meet	Watford	ER150010	3
200 Breaststroke	3:14.30	3:17.00	332	23/11/14	Watford MD & Sprints Open Meet	Watford	ER4664	3
50 Butterfly	41.81	42.30	198	10/05/14	Hemel Hempstead 3rd Spring Development Meet	Hemel Hempstead	ER4168	3
100 Butterfly	1:43.92	1:44.70	140	16/07/14	Watford SC Club Championships Sprints 2014	Watford	ER4867	4
50 Backstroke	42.02	42.50	216	23/11/14	Watford MD & Sprints Open Meet	Watford	ER4664	3
100 Backstroke	1:28.78	1:29.70	236	18/10/14	Hemel Hempstead SC 101st Birthday Open	Hemel Hempstead	ER4170	3
200 Backstroke	3:03.44	3:05.30	272	22/10/14	Watford Club Championships	Garston	ER14198	4
200 Individual Medley	3:04.28	3:06.40	289	18/10/14	Hemel Hempstead SC 101st Birthday Open	Hemel Hempstead	ER4170	3
100 Individual Medley	1:26.59	1:26.60	277	10/05/14	Hemel Hempstead 3rd Spring Development Meet	Hemel Hempstead	ER4168	3