

Individual Best Times (All Time)

Cara Yule - (956691) - Southern I-O-M SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	31.72	31.10	412	04/02/17	Lancashire County Championships	Manchester	NW170200	1
100 Freestyle	1:08.33	1:07.10	433	16/07/16	Doncaster Dartes End of Season Long Course Meet	Leeds	NE160598	3
50 Breaststroke	42.49	41.70	323	16/07/16	Doncaster Dartes End of Season Long Course Meet	Leeds	NE160598	3
100 Breaststroke	1:34.63	1:33.30	311	16/07/16	Doncaster Dartes End of Season Long Course Meet	Leeds	NE160598	3
50 Butterfly	36.30	35.80	304	17/07/16	Doncaster Dartes End of Season Long Course Meet	Leeds	NE160598	3
50 Backstroke	35.89	35.30	419	05/02/17	Lancashire County Championships	Manchester	NW170200	1
100 Backstroke	1:21.52	1:20.50	347	17/07/16	Doncaster Dartes End of Season Long Course Meet	Leeds	NE160598	3
200 Backstroke	2:53.54	2:51.60	357	17/07/16	Doncaster Dartes End of Season Long Course Meet	Leeds	NE160598	3
200 Individual Medley	3:00.03	2:57.80	343	17/07/16	Doncaster Dartes End of Season Long Course Meet	Leeds	NE160598	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	30.06	30.70	443	25/11/17	Utmost Wealth Solutions Isle of Man Championships	Douglas	NW172639	3
100 Freestyle	1:06.46	1:07.70	432	20/11/16	Isle of Man November Championships	Douglas	NW162434	2
200 Freestyle	2:49.70	2:51.70	274	22/11/14	Isle of Man November Swimming Champs	Douglas	NW14668	2
800 Freestyle	10:46.33	10:55.20	403	16/11/16	Isle of Man November Championships	Douglas	NW162433	2
50 Breaststroke	39.77	40.60	363	03/12/17	Utmost Wealth Solutions Isle of Man Championships	Douglas	NW172641	3
100 Breaststroke	1:26.97	1:28.40	368	11/02/17	Isle of Man Utmost Wealth Solutions Series 2017	Douglas	NW170524	3
200 Breaststroke	3:09.62	3:12.40	357	26/11/17	Utmost Wealth Solutions Isle of Man Championships	Douglas	NW172639	3
50 Butterfly	34.19	34.70	362	29/10/16	Blackpool Lights 2016	Blackpool	NW161323	3
100 Butterfly	1:21.24	1:22.20	294	02/07/16	2016 Microgaming Isle of Man Summer Sprint	Isle of Man	NW161022	3
50 Backstroke	34.60	35.20	388	19/11/16	Isle of Man November Championships	Douglas	NW162434	2
100 Backstroke	1:14.29	1:15.40	403	01/04/17	Isle of Man Utmost Wealth Solutions Series 2017	Douglas	NW170527	3
200 Backstroke	2:39.61	2:41.70	413	25/11/17	Utmost Wealth Solutions Isle of Man Championships	Douglas	NW172639	3
200 Individual Medley	2:47.14	2:49.50	387	18/03/17	Isle of Man Utmost Wealth Solutions Series 2017	Douglas	NW170526	3
400 Individual Medley	6:10.80	6:15.50	340	23/11/16	Isle of Man November Championships	Douglas	NW162435	2
100 Individual Medley	1:16.45	1:16.50	403	02/12/17	Utmost Wealth Solutions Isle of Man Championships	Douglas	NW172641	3