

Individual Best Times (All Time)

Rachel Charles - (965232) - Swinton SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	40.74	40.20	194	28/06/14	Lippepokalder Sparkasse Lunen	Lunen, Germany	GBR042	1
100 Freestyle	1:39.44	1:38.60	140	02/07/16	International Schwimmwettkampf	Lunen	GBR373	1
50 Breaststroke	58.16	57.60	126	02/07/16	International Schwimmwettkampf	Lunen	GBR373	1
50 Backstroke	53.23	52.80	128	28/06/14	Lippepokalder Sparkasse Lunen	Lunen, Germany	GBR042	1
100 Backstroke	2:28.11	2:27.60	57	16/06/12	21st International Lunen Swimming Comp	Lunen, Germany	GB2048	1
200 Individual Medley	4:18.80	4:17.30	115	28/06/14	Lippepokalder Sparkasse Lunen	Lunen, Germany	GBR042	1