

Individual Best Times (All Time)

Rose Douglas-Sutton - (967172) - Herne Bay L&SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	29.95	29.20	489	10/02/18	Kent Swimming Championships 2018	London	SE180335	1
100 Freestyle	1:06.05	1:04.80	479	28/01/18	Kent Swimming Championships 2018	Crystal Palace	SE180333	1
200 Freestyle	2:34.84	2:32.60	387	31/01/16	Kent Swimming Championships 2016	Crystal Palace	SE160329	1
50 Breaststroke	43.51	42.80	301	14/02/16	Kent Swimming Championships 2016	London	SE160331	1
50 Butterfly	32.21	31.60	436	20/01/19	Kent Swimming Championships 2019	London	SE190347	1
100 Butterfly	1:17.73	1:16.70	363	10/02/19	Kent Swimming Championships 2019	Crystal Palace	SE190350	1
50 Backstroke	34.86	34.30	457	26/05/18	Swim England South East Championships 2018	Crawley	SE181208	1
100 Backstroke	1:17.68	1:16.60	401	27/01/18	Kent Swimming Championships 2018	Crystal Palace	SE180333	1
200 Backstroke	2:55.94	2:54.00	342	30/01/16	Kent Swimming Championships 2016	Crystal Palace	SE160329	1
200 Individual Medley	2:59.43	2:57.20	347	14/02/16	Kent Swimming Championships 2016	London	SE160331	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	29.62	30.30	463	10/06/18	Thanet Swim Club Margate Open	Margate	SE180464	3
100 Freestyle	1:05.27	1:06.50	456	10/06/18	Thanet Swim Club Margate Open	Margate	SE180464	3
200 Freestyle	2:25.74	2:28.10	433	12/06/17	Herne Bay Lifeguard and SC Club Championships	Herne Bay	SE171115	4
400 Freestyle	5:07.49	5:12.00	425	26/06/17	Herne Bay Lifeguard and SC Club Championships	Herne Bay	SE171116	4
800 Freestyle	10:49.01	10:57.90	398	15/07/18	Herne Bay Lifeguard & SC Club Championships 2018	Herne Bay	SE180880	4
1500 Freestyle	20:52.97	21:09.40	380	22/04/18	Herne Bay Lifeguard & SC Club Championships 2018	Whitstable	SE180879	4
50 Breaststroke	40.56	41.30	342	02/03/19	Thanet Swim Club Development Gala	Hartsdown	SE191161	3
100 Breaststroke	1:31.24	1:32.60	319	03/07/17	Herne Bay Lifeguard Club Championships	Herne Bay	SE171118	4
200 Breaststroke	3:14.65	3:17.30	330	09/07/18	Herne Bay Lifeguard Club Championships 2018	Herne Bay	SE180906	4
50 Butterfly	32.30	32.90	430	06/04/19	Thanet Swim Club TYR Regional Qualifier	Hartsdown	SE191202	3
100 Butterfly	1:15.49	1:16.50	367	06/07/18	Herne Bay Lifeguard Club Championships 2018	Whitstable	SE180905	4
200 Butterfly	2:59.01	3:00.80	298	24/06/19	Herne Bay Lifeguard Club Champs 2019	Herne Bay	SE191719	4
50 Backstroke	33.11	33.70	443	17/03/18	Dartford Spring Meet	Medway	SE180241	3
100 Backstroke	1:13.91	1:15.00	409	02/07/18	Herne Bay Lifeguard & SC Club Championships 2018	Herne Bay	SE180883	4
200 Backstroke	2:42.79	2:44.80	390	28/10/18	Kent Development Meet 2018	Gillingham	SE181909	3
200 Individual Medley	2:45.23	2:47.60	401	30/06/19	Herne Bay Lifeguard Club Champs 2019	Whitstable	SE191721	4
400 Individual Medley	5:55.78	6:00.70	385	29/06/18	Herne Bay Lifeguard & SC Club Championships 2018	Herne Bay	SE180881	4
100 Individual Medley	1:16.07	1:16.10	409	28/10/18	Kent Development Meet 2018	Gillingham	SE181909	3