

Individual Best Times (All Time)

Rowena Michaelis - (970070) - Chelsea & Westminster SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	29.37	28.70	519	20/07/16	IAG Championships & Summer Open 2016	Dublin	GBR381	1
100 Freestyle	1:03.59	1:02.30	537	20/07/16	IAG Championships & Summer Open 2016	Dublin	GBR381	1
200 Freestyle	2:19.77	2:17.30	526	20/07/16	IAG Championships & Summer Open 2016	Dublin	GBR381	1
400 Freestyle	4:59.24	4:54.50	486	18/06/16	Torfaen Dolphins LC Open Meet 2016	Bristol	SW160625	3
50 Breaststroke	41.13	40.40	356	21/05/16	London Region Summer Age Grp Championships	Crystal Palace	LR160416	1
50 Butterfly	31.25	30.60	477	28/01/17	Chester le Street & Derwentside Burns Open Meet	Sheffield	NE170151	1
100 Butterfly	1:08.22	1:07.10	537	20/07/16	IAG Championships & Summer Open 2016	Dublin	GBR381	1
50 Backstroke	33.44	32.80	518	30/04/17	2017 London Swimming Regional Youth Championships	Stratford	LR170800	1
100 Backstroke	1:12.55	1:11.40	493	18/06/16	Torfaen Dolphins LC Open Meet 2016	Bristol	SW160625	3
200 Backstroke	2:31.61	2:29.40	535	20/07/16	IAG Championships & Summer Open 2016	Dublin	GBR381	1
200 Individual Medley	2:34.74	2:32.20	541	20/07/16	IAG Championships & Summer Open 2016	Dublin	GBR381	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	28.62	29.30	514	17/12/16	Hillingdon Winter Short Course Open Meet	Uxbridge	LR161927	3
100 Freestyle	1:01.02	1:02.40	558	18/12/16	Hillingdon Winter Short Course Open Meet	Uxbridge	LR161927	3
200 Freestyle	2:14.03	2:16.60	557	17/12/16	Hillingdon Winter Short Course Open Meet	Uxbridge	LR161927	3
400 Freestyle	4:51.62	4:56.40	498	30/09/16	Cambridge Grand Prix Regional & National Qualifier	Cambridge	ER160169	2
50 Breaststroke	38.61	39.40	396	24/10/15	Team Luton Autumn Short Course Meet	Luton	ER150601	3
100 Breaststroke	1:27.30	1:28.70	364	29/11/15	Chelsea & Westminster November 2015 Club Gala	London	LR152315	4
200 Breaststroke	3:23.46	3:26.00	289	01/03/14	MCASA Bagcat & Youth Competitions 2014	Enfield	CC4093	2
50 Butterfly	30.32	30.90	519	06/11/16	London Region Winter Championships	Stratford	LR162227	2
100 Butterfly	1:06.53	1:07.70	536	17/12/16	Hillingdon Winter Short Course Open Meet	Uxbridge	LR161927	3
200 Butterfly	2:31.33	2:33.40	493	18/12/16	Hillingdon Winter Short Course Open Meet	Uxbridge	LR161927	3
50 Backstroke	31.74	32.40	503	20/11/16	Aquae Sulis Autumn Level 2 Meet	Bristol	SW162363	2
100 Backstroke	1:08.18	1:09.30	521	17/12/16	Hillingdon Winter Short Course Open Meet	Uxbridge	LR161927	3
200 Backstroke	2:29.27	2:31.50	505	20/12/15	Hillingdon SC Winter Short Course Open Meet 2015	Uxbridge	LR152215	2
200 Individual Medley	2:32.16	2:34.70	513	20/11/16	Aquae Sulis Autumn Level 2 Meet	Bristol	SW162363	2
100 Individual Medley	1:11.25	1:11.30	498	13/11/16	Chelsea & Westminster November Club Gala	London	LR162465	4