

# Individual Best Times (All Time)

Isabel Deakin - (984055) - Dronfield Dolphins SC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	30.59	29.90	459	10/03/19	City of Sheffield Swim Squad March Madness 2019	Sheffield	NE190400	3
100 Freestyle	1:06.48	1:05.20	470	12/12/21	Derbyshire ASA LC Competition 2021 - Level 1	Ponds Forge	EM210639	1
200 Freestyle	2:31.35	2:29.00	414	11/09/22	Sherwood Colliery SC The Robin Hood Open Meet	Sheffield	EM220642	3
400 Freestyle	5:24.41	5:20.00	381	11/09/22	Sherwood Colliery SC The Robin Hood Open Meet	Sheffield	EM220642	3
50 Breaststroke	56.79	56.20	135	25/04/15	Stocksbridge Spring Open Meet	Sheffield	NE150262	3
50 Butterfly	35.14	34.60	336	12/12/21	Derbyshire ASA LC Competition 2021 - Level 3	Ponds Forge	EM210640	3
50 Backstroke	37.53	37.00	366	12/12/21	Derbyshire ASA LC Competition 2021 - Level 3	Ponds Forge	EM210640	3
100 Backstroke	1:23.70	1:22.70	321	10/03/19	City of Sheffield Swim Squad March Madness 2019	Sheffield	NE190400	3
200 Individual Medley	3:06.71	3:04.60	308	15/09/18	The Robin Hood Open Meet 2018	Sheffield	EM181255	3

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	29.31	30.00	478	19/06/22	Retford SC 27th Annual Open Meet	Sheffield	EM220435	3
100 Freestyle	1:05.05	1:06.30	460	15/01/22	Derwent District Swim Series Gala	Alfreton	EM220045	4
200 Freestyle	2:23.59	2:26.00	453	27/02/22	Derbyshire ASA County Championships 2022	Matlock	EM220032	2
400 Freestyle	5:18.17	5:22.60	384	16/02/19	Derbyshire ASA County Championships 2019	MATLOCK	EM190290	2
50 Breaststroke	38.97	39.80	385	29/01/22	Dronfield Dolphins Club Championship 2022	Eckington	EM220311	4
50 Butterfly	34.46	35.00	354	29/01/22	Dronfield Dolphins Club Championship 2022	Eckington	EM220311	4
100 Butterfly	1:19.40	1:20.40	315	05/02/22	Derwent District Swim Series Gala	Alfreton	EM220046	4
50 Backstroke	35.64	36.20	355	27/01/24	Dronfield Dolphins Club Championships 2024	Eckington	EM240482	4
100 Backstroke	1:20.87	1:21.90	312	23/02/19	Derbyshire ASA County Championships 2019	MATLOCK	EM190291	2
200 Individual Medley	2:47.32	2:49.70	386	19/06/22	Retford SC 27th Annual Open Meet	Sheffield	EM220435	3
100 Individual Medley	1:13.76	1:13.80	449	29/01/22	Dronfield Dolphins Club Championship 2022	Eckington	EM220311	4