

Individual Best Times (All Time)

Emelia Cox - (1482752) - Carlisle Aquatics - 100 Freestyle - Long Course

Performance Graph

Drag to Zoom, right click to reset.

Swims in Time Order

| Time | WA Pts | Round | Date | Meet | Venue | Club Swam Under | Level |
|---------|--------|-------|----------|---|------------|-----------------|-------|
| 1:09.46 | 412 | H | 01/07/23 | City of Sunderland ASC Summer Splash 2023 | Sunderland | Carlisle Aq | 3 |
| 1:09.55 | 410 | H | 16/03/24 | Richmond Dales ASC April Fool Gala 2024 | Leeds | Carlisle Aq | 3 |

Swims in Date Order

| Time | WA Pts | Round | Date | Meet | Venue | Club Swam Under | Level |
|---------|--------|-------|----------|---|------------|-----------------|-------|
| 1:09.55 | 410 | H | 16/03/24 | Richmond Dales ASC April Fool Gala 2024 | Leeds | Carlisle Aq | 3 |
| 1:09.46 | 412 | H | 01/07/23 | City of Sunderland ASC Summer Splash 2023 | Sunderland | Carlisle Aq | 3 |