Individual Best Times (All Time)

Emily Locke - (517199) - Southwold Swimming Club - 200 Individual Medley - 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
2:42.38	468	H	09/01/16	United Bristol New Year Open Meet	Bristol	Southwold	1
2:43.10	462	F	01/11/14	City of Bristol Open Meet	Bristol	Southwold	3
2:43.39	459	F	09/04/16	City of Bristol International Open Meet	Bristol	Southwold	1
2:44.37	451	F	18/01/14	Exeter January Meet	Cardiff	Southwold	1
2:44.42	451	H	10/01/15	United Bristol New Year Open Meet	Hengrove	Southwold	1
2:44.42	451	F	10/01/15	United Bristol New Year Open Meet	Hengrove	Southwold	1
2:46.95	431	F	17/05/14	COBEXE May Meet 2014	Hengrove	Southwold	1
2:49.06	415	H	01/06/13	ASA South West Region Age Groups 2013	Millfield	Southwold	1
2:51.75	395	F	12/01/13	Exeter City Open Meet	Cardiff	Southwold	1
2:59.31	347	F	22/01/12	Exeter City Level 1 Open Meet	Cardiff	Southwold	1
3:22.63	241	F	07/05/10	Team Bath Sprints	Bath	Southwold	3
3:32.96	207		24/01/10	Exeter City New Year Meet	Millfield	Southwold	1

Swims in Date Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
2:43.39	459	F	09/04/16	City of Bristol International Open Meet	Bristol	Southwold	1
2:42.38	468	H	09/01/16	United Bristol New Year Open Meet	Bristol	Southwold	1
2:44.42	451	F	10/01/15	United Bristol New Year Open Meet	Hengrove	Southwold	1
2:44.42	451	H	10/01/15	United Bristol New Year Open Meet	Hengrove	Southwold	1
2:43.10	462	F	01/11/14	City of Bristol Open Meet	Bristol	Southwold	3
2:46.95	431	F	17/05/14	COBEXE May Meet 2014	Hengrove	Southwold	1
2:44.37	451	F	18/01/14	Exeter January Meet	Cardiff	Southwold	1
2:49.06	415	H	01/06/13	ASA South West Region Age Groups 2013	Millfield	Southwold	1
2:51.75	395	F	12/01/13	Exeter City Open Meet	Cardiff	Southwold	1
2:59.31	347	F	22/01/12	Exeter City Level 1 Open Meet	Cardiff	Southwold	1
3:22.63	241	F	07/05/10	Team Bath Sprints	Bath	Southwold	3

| 3:32.96 | 207 | 24/01/10 | Exeter City New Year Meet | Millfield | Southwold | 1 |