

# Individual Best Times (All Time)

Rosie Hollands - (1335890) - Dover Lifeguard Swimming Club - 200 Breaststroke - Short 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 |
|---------|--------|-------|----------|---|------------|-----------------|-------|
| 3:07.39 | 370    | H     | 09/06/24 | Dover Lifeguard Club Championships 2024           | Dover      | Dover Life      | 4     |
| 3:12.37 | 342    | H     | 07/01/24 | Dover Lifeguard Club & Herne Bay SC Icebreaker 24 | Dover      | Dover Life      | 3     |
| 3:13.49 | 336    | H     | 16/03/24 | Basildon Spring Regional Qualifier 2024           | Basildon   | Dover Life      | 3     |
| 3:13.82 | 334    | H     | 04/06/23 | Dover Lifeguard Club Club Championships 2023      | Dover      | Dover Life      | 4     |
| 3:16.80 | 319    | H     | 07/10/23 | Hatfield SC Regional Qualifier Oct 2023           | Hatfield   | Dover Life      | 3     |
| 3:16.96 | 318    | H     | 21/05/23 | East Invicta Development Meet 2023                | Dover      | Dover Life      | 3     |
| 3:17.76 | 315    | H     | 02/12/23 | Thanet SC Speedo Festive Meet 2023                | Margate    | Dover Life      | 3     |
| 3:25.77 | 279    | H     | 07/01/23 | Dover Lifeguards & Herne Bay SCs Icebreakers 2023 | Dover      |                 | 3     |
| 3:28.69 | 268    | H     | 04/07/22 | Folkestone SC Club Champs 2022                    | Folkestone |                 | 4     |
| 3:30.26 | 262    | H     | 19/06/22 | Hatfield SC Summer Meet                           | Hatfield   | Folkestone      | 2     |
| 3:30.83 | 260    | H     | 03/04/22 | Black Lion SC Regional Chaser 2022                | Gillingham | Folkestone      | 3     |
| 3:31.16 | 258    | H     | 23/01/22 | Kent County Championships 2022                    | Dover LC   | Folkestone      | 2     |
| 3:34.81 | 245    | F     | 19/06/22 | Hatfield SC Summer Meet                           | Hatfield   | Folkestone      | 2     |
| 3:35.72 | 242    | H     | 02/10/22 | Hatfield Regional Qualifier October 2022          | Hatfield   | Folkestone      | 3     |
| 3:38.09 | 234    | H     | 18/09/22 | East Invicta Championships                        | Dover      | Folkestone      | 3     |
| 3:38.49 | 233    | H     | 27/11/21 | Maidstone Level 3 Winter Qualifier 2021           | Maidstone  | Folkestone      | 3     |
| 3:51.44 | 196    |       | 28/06/21 | Folkestone  | Folkestone |                 | 0     |

## Swims in Date Order

| Time    | WA Pts | Round | Date     | Meet  | Venue    | Club Swam Under | Level |
|---------|--------|-------|----------|---|----------|-----------------|-------|
| 3:07.39 | 370    | H     | 09/06/24 | Dover Lifeguard Club Championships 2024           | Dover    | Dover Life      | 4     |
| 3:13.49 | 336    | H     | 16/03/24 | Basildon Spring Regional Qualifier 2024           | Basildon | Dover Life      | 3     |
| 3:12.37 | 342    | H     | 07/01/24 | Dover Lifeguard Club & Herne Bay SC Icebreaker 24 | Dover    | Dover Life      | 3     |
| 3:17.76 | 315    | H     | 02/12/23 | Thanet SC Speedo Festive Meet 2023                | Margate  | Dover Life      | 3     |
| 3:16.80 | 319    | H     | 07/10/23 | Hatfield SC Regional Qualifier Oct 2023           | Hatfield | Dover Life      | 3     |
| 3:13.82 | 334    | H     | 04/06/23 | Dover Lifeguard Club Club Championships 2023      | Dover    | Dover Life      | 4     |

|         |     |   |          |   |            |            |   |
|---------|-----|---|----------|---|------------|------------|---|
| 3:16.96 | 318 | H | 21/05/23 | East Invicta Development Meet 2023                | Dover      | Dover Life | 3 |
| 3:25.77 | 279 | H | 07/01/23 | Dover Lifeguards & Herne Bay SCs Icebreakers 2023 | Dover      |            | 3 |
| 3:35.72 | 242 | H | 02/10/22 | Hatfield Regional Qualifier October 2022          | Hatfield   | Folkestone | 3 |
| 3:38.09 | 234 | H | 18/09/22 | East Invicta Championships                        | Dover      | Folkestone | 3 |
| 3:28.69 | 268 | H | 04/07/22 | Folkestone SC Club Champs 2022                    | Folkestone |            | 4 |
| 3:34.81 | 245 | F | 19/06/22 | Hatfield SC Summer Meet                           | Hatfield   | Folkestone | 2 |
| 3:30.26 | 262 | H | 19/06/22 | Hatfield SC Summer Meet                           | Hatfield   | Folkestone | 2 |
| 3:30.83 | 260 | H | 03/04/22 | Black Lion SC Regional Chaser 2022                | Gillingham | Folkestone | 3 |
| 3:31.16 | 258 | H | 23/01/22 | Kent County Championships 2022                    | Dover LC   | Folkestone | 2 |
| 3:38.49 | 233 | H | 27/11/21 | Maidstone Level 3 Winter Qualifier 2021           | Maidstone  | Folkestone | 3 |
| 3:51.44 | 196 |   | 28/06/21 | Folkestone  | Folkestone |            | 0 |