

# Individual Best Times (All Time)

Ella Anastasiou - (1110072) - Watford SC

Short Course

| Stroke                | SC Time | Converted to LC | SC WA Pts | Date     | Meet                                   | Venue         | License  | Level |
|-----------------------|---------|-----------------|-----------|----------|----------------------------------------|---------------|----------|-------|
| 50 Freestyle          | 31.40   | 32.10           | 389       | 18/12/16 | Hatfield Christmas Gala                | Hatfield      | ER162424 | 3     |
| 100 Freestyle         | 1:09.97 | 1:11.20         | 370       | 18/12/16 | Hatfield Christmas Gala                | Hatfield      | ER162424 | 3     |
| 200 Freestyle         | 2:32.60 | 2:34.90         | 377       | 13/03/16 | Watford Regional Qualifier             | Watford       | ER160088 | 3     |
| 50 Breaststroke       | 44.17   | 44.90           | 264       | 16/10/16 | Hemel Hempstead 103rd Birthday Open    | Hertfordshire | ER161842 | 3     |
| 100 Breaststroke      | 1:42.69 | 1:43.90         | 223       | 28/11/15 | Hatfield SC Winter Gala 2015           | Hatfield      | ER152040 | 3     |
| 200 Breaststroke      | 3:45.66 | 3:48.00         | 212       | 04/10/15 | Hatfield Club Championships 2015       | Hatfield      | ER151701 | 4     |
| 50 Butterfly          | 35.60   | 36.10           | 321       | 17/12/16 | Hatfield Christmas Gala                | Hatfield      | ER162424 | 3     |
| 100 Butterfly         | 1:32.70 | 1:33.50         | 198       | 13/07/16 | Watford Sprint Club Championships 2016 | Watford       | ER161560 | 4     |
| 50 Backstroke         | 38.10   | 38.60           | 291       | 18/12/16 | Hatfield Christmas Gala                | Hatfield      | ER162424 | 3     |
| 100 Backstroke        | 1:21.95 | 1:22.90         | 300       | 13/07/16 | Watford Sprint Club Championships 2016 | Watford       | ER161560 | 4     |
| 200 Individual Medley | 2:57.20 | 2:59.40         | 325       | 15/10/16 | Hemel Hempstead 103rd Birthday Open    | Hertfordshire | ER161842 | 3     |
| 100 Individual Medley | 1:21.93 | 1:21.90         | 328       | 16/10/16 | Hemel Hempstead 103rd Birthday Open    | Hertfordshire | ER161842 | 3     |