

Individual Best Times (All Time)

Elen Amendolara - (510823) - Trowbridge ASC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
800 Freestyle	10:30.52	10:21.30	454	14/04/12	Taunton Deane Easter Open Meet	Millfield	SW2095	1
50 Breaststroke	39.68	38.90	396	15/04/12	Taunton Deane Easter Open Meet	Millfield	SW2095	1
100 Breaststroke	1:22.42	1:20.90	471	14/04/12	Taunton Deane Easter Open Meet	Millfield	SW2095	1
200 Breaststroke	3:06.53	3:03.70	400	04/05/13	ASA South West Regional Championships	Millfield	SWR321	1
50 Backstroke	37.08	36.50	380	15/04/12	Taunton Deane Easter Open Meet	Millfield	SW2095	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	30.35	31.00	431	23/02/13	Wiltshire County Championships	Swindon	CC3067	2
100 Freestyle	1:05.51	1:06.80	451	27/10/13	Trowbridge ASC Club Championships 2013	Trowbridge	SW3882	4
200 Freestyle	2:23.02	2:25.40	458	23/02/13	Wiltshire County Championships	Swindon	CC3067	2
50 Breaststroke	38.19	39.00	409	21/10/12	City of Southampton James Moreno Meet	Southampton	SE2365	2
100 Breaststroke	1:24.24	1:25.70	405	26/02/12	Wiltshire County Championships	Swindon	CC2097	2
200 Breaststroke	3:01.93	3:04.80	404	02/03/13	Wiltshire County Championships	Swindon	CC3068	2
50 Butterfly	34.59	35.10	350	26/02/12	Wiltshire County Championships	Swindon	CC2097	2
100 Butterfly	1:38.09	1:38.90	167	13/03/11	Wiltshire County Championships	Swindon	CC1110	2
50 Backstroke	35.25	35.80	367	08/07/12	Trowbridge End of Season Celebration Meet	Trowbridge	SW2459	3
100 Backstroke	1:17.53	1:18.60	354	01/10/11	Gloucester City Open Meet	Gloucester	SW1476	3
200 Backstroke	2:51.97	2:53.90	330	05/12/10	Tigersharks Xmas Open Meet	Swindon	SW0131	3
200 Individual Medley	2:41.78	2:44.20	427	18/11/12	Trowbridge Club Championships	Trowbridge	SW2662	4
400 Individual Medley	5:50.68	5:55.70	402	25/02/12	Wiltshire County Championships	Swindon	CC2097	2
100 Individual Medley	1:15.93	1:15.90	412	08/07/12	Trowbridge End of Season Celebration Meet	Trowbridge	SW2459	3