

Individual Best Times (All Time)

Rosanna Abbott - (742316) - South Lincs Competitive SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	38.59	38.00	229	18/01/14	Rotherham Metro SC A & B Grade LC Meet	Sheffield	NE4046	3
100 Freestyle	1:24.77	1:23.80	226	19/01/14	Rotherham Metro SC A & B Grade LC Meet	Sheffield	NE4046	3
200 Freestyle	2:51.85	2:49.80	283	05/07/14	City of Coventry Graham Sykes Gala	Coventry	WM4407	3
50 Breaststroke	55.61	55.00	144	19/01/14	Rotherham Metro SC A & B Grade LC Meet	Sheffield	NE4046	3
100 Breaststroke	1:58.32	1:57.20	159	18/01/14	Rotherham Metro SC A & B Grade LC Meet	Sheffield	NE4046	3
200 Breaststroke	4:07.14	4:05.00	172	19/01/14	Rotherham Metro SC A & B Grade LC Meet	Sheffield	NE4046	3
50 Backstroke	47.76	47.30	177	05/07/14	City of Coventry Graham Sykes Gala	Coventry	WM4407	3
100 Backstroke	1:42.50	1:41.70	174	05/07/14	City of Coventry Graham Sykes Gala	Coventry	WM4407	3
200 Backstroke	3:27.83	3:26.20	208	05/07/14	City of Coventry Graham Sykes Gala	Coventry	WM4407	3
200 Individual Medley	3:32.77	3:30.90	208	05/07/14	City of Coventry Graham Sykes Gala	Coventry	WM4407	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	32.95	33.60	337	01/05/16	South Lincs Tulip Meet 2016	Spalding	EM160420	3
100 Freestyle	1:12.07	1:13.20	338	01/05/16	South Lincs Tulip Meet 2016	Spalding	EM160420	3
200 Freestyle	2:35.23	2:37.50	358	17/07/16	SLCSC Club Championships	Spalding	EM161237	3
400 Freestyle	5:34.72	5:38.90	329	24/09/17	South Lincs Club Championships	Spalding	EM171682	3
800 Freestyle	11:23.71	11:32.10	340	17/09/17	South Lincs Club Championships	Spalding	EM171681	3
50 Breaststroke	44.99	45.70	250	09/04/17	COPS Last Chance Regional Qualifier 2017	Peterborough	ER170327	3
100 Breaststroke	1:35.95	1:37.30	274	12/11/17	SLCSC Time Trials 2017	Spalding	EM172582	4
200 Breaststroke	3:32.32	3:34.80	254	07/11/15	South Lincs Club Championships 2015	Spalding	EM151957	3
50 Butterfly	39.20	39.70	240	18/11/17	Boston ASC 13th Open Meet	Grantham	EM171183	3
100 Butterfly	1:31.46	1:32.30	206	20/11/16	Boston Club 12th Open Meet	Grantham	EM161367	3
200 Butterfly	3:29.32	3:30.80	186	17/10/15	South Lincs Club Championships 2015	Spalding	EM151956	3
50 Backstroke	40.63	41.10	240	08/04/17	COPS Last Chance Regional Qualifier 2017	Peterborough	ER170327	3
100 Backstroke	1:26.29	1:27.20	257	20/05/17	Tulip Open Meet 2017	Spalding	EM170547	3
200 Backstroke	3:02.53	3:04.40	276	30/09/17	Rob Welbourn Open Meet 2017	Deeping	EM171153	3
200 Individual Medley	2:58.06	3:00.30	320	14/10/17	SLCSC Club Championships	Spalding	EM171684	3
400 Individual Medley	6:15.19	6:19.90	328	08/10/17	SLCSC Club Championships	Spalding	EM171683	3
100 Individual Medley	1:26.21	1:26.20	281	19/11/16	Boston Club 12th Open Meet	Grantham	EM161367	3