

Individual Best Times (All Time)

Carla Abel - (827359) - Sedgfield & District 75

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	38.40	37.80	232	07/10/12	Northumberland & Durham Autumn Meet 2012	Sunderland	NE2628	3
100 Freestyle	1:27.11	1:26.10	209	07/10/12	Northumberland & Durham Autumn Meet 2012	Sunderland	NE2628	3
200 Freestyle	3:12.19	3:10.40	202	06/10/12	Northumberland & Durham Autumn Meet 2012	Sunderland	NE2628	3
50 Breaststroke	58.29	57.70	125	07/10/12	Northumberland & Durham Autumn Meet 2012	Sunderland	NE2628	3
50 Backstroke	47.82	47.40	177	06/10/12	Northumberland & Durham Autumn Meet 2012	Sunderland	NE2628	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	33.57	34.20	318	29/03/15	Richmond Dales ASC Developmental Meet	Billingham	NE150408	3
100 Freestyle	1:14.93	1:16.00	301	08/03/15	Derwentside ASC Developmental 2015	Stanley	NE150720	3
200 Freestyle	2:41.42	2:43.60	319	28/03/15	Richmond Dales ASC Developmental Meet	Billingham	NE150408	3
50 Breaststroke	45.34	46.00	244	29/03/15	Richmond Dales ASC Developmental Meet	Billingham	NE150408	3
100 Breaststroke	1:44.53	1:45.70	212	01/11/14	Wear Valley Guy Fawkes Meet	Bishop Auckland	NE4303	3
50 Butterfly	41.43	41.90	203	28/03/15	Richmond Dales ASC Developmental Meet	Billingham	NE150408	3
50 Backstroke	39.83	40.30	254	29/03/15	Richmond Dales ASC Developmental Meet	Billingham	NE150408	3
100 Backstroke	1:25.25	1:26.20	266	08/03/15	Derwentside ASC Developmental 2015	Stanley	NE150720	3
200 Backstroke	3:05.91	3:07.70	261	01/11/14	Wear Valley Guy Fawkes Meet	Bishop Auckland	NE4303	3
100 Individual Medley	1:25.60	1:25.60	287	29/03/15	Richmond Dales ASC Developmental Meet	Billingham	NE150408	3