

# Individual Best Times (All Time)

Annah Bowles - (926885) - Worthing Swimming Club

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	31.70	32.40	378	11/04/15	Worthing Age Group Competition	Worthing	SE150838	4
100 Freestyle	1:12.30	1:13.50	335	27/09/14	Worthing Club Championships	Worthing	SE4469	4
200 Freestyle	2:40.09	2:42.20	327	19/11/12	Worthing Club Championships	Worthing	SE2677	4
400 Freestyle	5:37.28	5:41.40	322	14/11/13	Worthing SC Open Championships	Worthing	SE3480	4
800 Freestyle	12:10.81	12:18.70	278	21/11/12	Worthing Club Championships	Worthing	SE2677	4
50 Breaststroke	43.25	44.00	282	24/04/15	Worthing Age Group Competition	Worthing	SE150839	4
100 Breaststroke	1:33.96	1:35.30	292	04/10/14	Worthing Club Championships	Worthing	SE4469	4
200 Breaststroke	3:27.06	3:29.60	274	20/11/12	Worthing Club Championships	Worthing	SE2677	4
50 Butterfly	35.48	36.00	324	11/04/15	Worthing Age Group Competition	Worthing	SE150838	4
100 Butterfly	1:23.20	1:24.10	274	27/09/14	Worthing Club Championships	Worthing	SE4469	4
200 Butterfly	3:06.06	3:07.80	265	28/09/14	Littlehampton Development Chaser Open Meet	Bognor Regis	SE4930	3
50 Backstroke	34.81	35.40	381	24/04/15	Worthing Age Group Competition	Worthing	SE150839	4
100 Backstroke	1:18.06	1:19.10	347	04/10/14	Worthing Club Championships	Worthing	SE4469	4
200 Backstroke	2:50.81	2:52.80	337	15/11/14	Worthing Club Championships	Worthing	SE4470	4
200 Individual Medley	2:53.54	2:55.80	346	24/04/15	Worthing Age Group Competition	Worthing	SE150839	4
400 Individual Medley	6:09.53	6:14.30	344	12/11/13	Worthing SC Open Championships	Worthing	SE3480	4
100 Individual Medley	1:18.61	1:18.60	371	11/04/15	Worthing Age Group Competition	Worthing	SE150838	4