

Individual Best Times (All Time)

Rachel Aked - (976146) - Henley SC

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	36.29	36.90	252	25/01/14	Reading January Level 3	Reading	SE4199	3
100 Freestyle	1:18.36	1:19.40	263	25/01/14	Reading January Level 3	Reading	SE4199	3
200 Freestyle	2:50.60	2:52.60	270	15/11/14	Reading Club Championships	Reading	SE14103	4
400 Freestyle	6:15.63	6:19.40	233	20/11/14	Reading Club Championships	Reading	SE14103	4
800 Freestyle	12:37.22	12:44.80	250	24/11/14	Reading Club Championships	Reading	SE14105	4
50 Breaststroke	52.77	53.40	155	21/06/14	Reading Club Sprints 2014	Reading	SE4734	4
100 Breaststroke	1:52.41	1:53.50	170	16/11/14	Reading Club Championships	Reading	SE14102	4
200 Breaststroke	3:46.13	3:48.50	210	15/11/14	Reading Club Championships	Reading	SE14102	4
50 Butterfly	44.75	45.20	161	14/06/14	Tilehurst SC Open Meet	Reading	SE4429	3
50 Backstroke	42.75	43.20	206	21/06/14	Reading Club Sprints 2014	Reading	SE4734	4
100 Backstroke	1:29.98	1:30.90	227	16/11/14	Reading Club Championships	Reading	SE14102	4
200 Backstroke	3:09.57	3:11.30	246	15/11/14	Reading Club Championships	Reading	SE14102	4
200 Individual Medley	3:14.32	3:16.30	246	16/11/14	Reading Club Championships	Reading	SE14102	4
100 Individual Medley	1:46.44	1:46.40	149	06/07/13	Reading SC Club Sprints	Surrey	SE3588	4