

# Individual Best Times (All Time)

Rae Amosu - (1103321) - Dulwich Dolphins

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	30.90	30.20	446	27/02/16	Surrey County ASA Age Group Championships 2016	Crystal Palace	LR160384	1
100 Freestyle	1:07.05	1:05.80	458	19/07/15	Portsmouth Northsea End of Season Meet	Portsmouth	SE150139	3
200 Freestyle	2:28.46	2:26.10	439	18/07/15	Portsmouth Northsea End of Season Meet	Portsmouth	SE150139	3
50 Butterfly	34.59	34.00	352	28/02/16	Surrey County ASA Age Group Championships 2016	Crystal Palace	LR160384	1
50 Backstroke	34.19	33.60	484	28/02/15	Surrey Age Group Championships	Crystal Palace	CC150303	1
100 Backstroke	1:17.40	1:16.40	406	11/04/15	Bexley Long Course Open Meet	Crystal Palace	LR150015	1
200 Backstroke	2:50.28	2:48.30	378	18/07/15	Portsmouth Northsea End of Season Meet	Portsmouth	SE150139	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	29.43	30.10	472	05/12/15	Dulwich Dolphins Club Championships Winter	Dulwich	LR152151	4
100 Freestyle	1:04.86	1:06.10	465	12/12/15	Dulwich Dolphins Club Championships Winter 2015	Dulwich	LR152152	4
200 Freestyle	2:20.18	2:22.60	487	29/11/15	Bexley Short Course Open	Bexleyheath	LR150603	3
400 Freestyle	5:45.58	5:49.60	299	15/12/13	Dulwich Dolphin SC Club Championships	Dulwich	LR3954	4
50 Breaststroke	41.01	41.80	331	14/11/15	Dulwich Dolphins Club Championships Winter	Dulwich	LR152150	4
100 Breaststroke	1:34.87	1:36.20	284	21/06/15	Dulwich Dolphins Summer Club Championships	Dulwich	LR151417	4
200 Breaststroke	3:13.13	3:15.90	338	05/12/15	Dulwich Dolphins Club Championships Winter	Dulwich	LR152151	4
50 Butterfly	33.81	34.40	374	28/11/15	Bexley Short Course Open	Bexleyheath	LR150603	3
100 Butterfly	1:23.93	1:24.80	267	05/12/15	Dulwich Dolphins Club Championships Winter	Dulwich	LR152151	4
50 Backstroke	33.28	33.90	436	10/12/16	Dulwich Dolphins Club Championships	Stone	LR162362	4
100 Backstroke	1:13.24	1:14.30	420	14/02/15	Surrey Age Group Championships	Guildford	CC150301	2
200 Backstroke	2:42.72	2:44.80	390	07/06/15	Surrey Development Meet 2015	Guildford	LR150938	3
200 Individual Medley	2:48.60	2:50.90	377	21/06/15	Dulwich Dolphins Summer Club Championships	Dulwich	LR151417	4
400 Individual Medley	6:00.78	6:05.60	369	23/06/15	Dulwich Dolphins Summer Club Championships	Dulwich	LR151417	4
100 Individual Medley	1:17.36	1:17.40	389	14/11/15	Dulwich Dolphins Club Championships Winter	Dulwich	LR152150	4