

Individual Best Times (All Time)

Isabella Ashford - (1145912) - Paignton SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
100 Freestyle	1:18.48	1:17.40	286	30/03/19	PL Spring Regional Qualifier L1 & L3 Open 2019	Plymouth	SW190505	1
200 Freestyle	2:53.25	2:51.20	276	31/03/19	PL Spring Regional Qualifier L1 & L3 Open 2019	Plymouth	SW190505	1
50 Breaststroke	50.21	49.60	195	30/03/19	PL Spring Regional Qualifier L1 & L3 Open 2019	Plymouth	SW190505	1
100 Backstroke	1:30.22	1:29.30	256	30/03/19	PL Spring Regional Qualifier L1 & L3 Open 2019	Plymouth	SW190505	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	33.16	33.80	330	01/03/20	6th Dartmoor Sprint Meet 2020	Parklands	SW200251	4
100 Freestyle	1:20.29	1:21.30	245	17/11/18	Paignton Club Championships	Torbay LC	SW182253	4
200 Freestyle	2:59.05	3:01.00	233	12/07/19	Paignton Club Champsss Middle And Long Distance	Paignton	SW192080	4
400 Freestyle	6:14.56	6:18.30	235	15/10/18	Paignton Club Championships	Torbay LC	SW182249	4
800 Freestyle	13:24.59	13:31.80	208	21/11/18	Paignton Club Championships	Torbay LC	SW182254	4
1500 Freestyle	26:40.00	26:52.90	182	28/11/18	Paignton Club Championships	Torbay LC	SW182255	4
50 Breaststroke	47.41	48.10	214	01/03/20	6th Dartmoor Sprint Meet 2020	Parklands	SW200251	4
100 Breaststroke	1:47.93	1:49.10	192	24/03/18	Plymouth Leander Spring L3 Short Course Open	Plymouth	SW180557	3
200 Breaststroke	3:46.10	3:48.40	210	14/11/18	Paignton Club Championships	Torbay	SW182252	4
50 Butterfly	37.52	38.00	274	04/11/20	Paignton	Paignton	LEX525	0
200 Butterfly	4:23.29	4:24.50	93	19/10/18	Paignton Club Championships	Torbay LC	SW182251	4
50 Backstroke	36.98	37.50	318	04/11/20	Paignton	Paignton	LEX525	0
100 Backstroke	1:33.67	1:34.50	201	17/11/18	Paignton Club Championships	Torbay LC	SW182253	4
200 Backstroke	3:30.04	3:31.60	181	17/10/18	Paignton Club Championships	Torbay LC	SW182250	4
200 Individual Medley	3:22.23	3:24.20	218	10/07/19	Paignton Club Champsss Middle And Long Distance	Paignton	SW192079	4
100 Individual Medley	1:28.54	1:28.50	259	01/03/20	6th Dartmoor Sprint Meet 2020	Parklands	SW200251	4