

Individual Best Times (All Time)

Ellie Abel - (1206308) - Hailsham SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	31.86	31.20	406	04/01/20	Crawley Team Finis New Year Gala 2020	K2, Crawley	SE200082	3
100 Freestyle	1:20.52	1:19.50	264	07/04/18	Crawley Spring Open	Crawley	SE180013	1
50 Breaststroke	37.90	37.10	455	09/02/19	SUSSEX COUNTY CHAMPIONSHIPS	Crawley	SE190455	1
100 Breaststroke	1:27.87	1:26.40	388	29/09/18	Lis Hartley Long Course Open Meet	Crawley	SE180015	3
200 Breaststroke	3:24.58	3:22.00	303	11/02/18	Sussex County Championships & Age Group Comp	Crawley	SE180607	1
50 Butterfly	34.95	34.40	341	04/01/20	Crawley Team Finis New Year Gala 2020	K2, Crawley	SE200082	3
200 Butterfly	3:42.14	3:40.70	164	01/10/17	Lis Hartley Long Course Open Meet	Crawley	SE170538	3
50 Backstroke	37.84	37.30	357	04/01/20	Crawley Team Finis New Year Gala 2020	K2, Crawley	SE200082	3
100 Backstroke	1:30.17	1:29.30	257	08/04/18	Crawley Spring Open	Crawley	SE180013	1
200 Individual Medley	3:09.56	3:07.50	294	18/03/18	Atlantis Regional-National Chaser Open Meet	Crawley	SE180295	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	30.52	31.20	424	20/10/19	Sussex Couny ASA Winter Short Course Competition	Crawley	SE192761	2
100 Freestyle	1:08.14	1:09.40	401	28/04/19	East Grinstead Spring Sprint Meet	Crawley	SE190252	3
200 Freestyle	2:56.34	2:58.30	244	10/06/17	Hailsham Club Champs 2017	Hailsham	SE170494	4
400 Freestyle	6:28.10	6:31.70	211	04/03/17	Hailsham Club Champs 2017	Hailsham	SE170493	4
800 Freestyle	11:49.00	11:57.10	305	17/01/20	Hailsham Club Championships 2019	Hailsham	SE200494	4
50 Breaststroke	37.75	38.60	424	08/09/18	Hailsham Club Championships 2018	Hailsham	SE180776	4
100 Breaststroke	1:24.30	1:25.80	404	04/05/19	Black Lion Level 3 Spring Open Meet	Medway Park	SE191534	3
200 Breaststroke	3:04.34	3:07.20	389	19/10/19	Sussex Couny ASA Winter Short Course Competition	Crawley	SE192761	2
50 Butterfly	34.23	34.80	361	28/04/19	East Grinstead Spring Sprint Meet	Crawley	SE190252	3
100 Butterfly	1:24.68	1:25.60	260	21/06/19	Hailsham Club Championships 2019	Hailsham	SE191574	4
200 Butterfly	3:19.01	3:20.60	217	04/10/19	Hailsham Club Championships 2019	Hailsham	SE191577	4
50 Backstroke	36.28	36.80	337	14/09/19	Brighton SC Ken Deeley	Brighton	SE191668	3
100 Backstroke	1:18.59	1:19.60	340	04/05/19	Black Lion Level 3 Spring Open Meet	Medway Park	SE191534	3
200 Individual Medley	3:05.63	3:07.70	282	24/09/17	Littlehampton County Qualifier 2017	Arun	SE170884	3
100 Individual Medley	1:16.68	1:16.70	400	28/04/19	East Grinstead Spring Sprint Meet	Crawley	SE190252	3