

Individual Best Times (All Time)

Jessica Adolpho-Pugh - (1253551) - Gosport Dolphins SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	33.21	32.60	359	19/05/19	Portsmouth Northsea May Long Course Sprint Meet	Portsmouth	SE191329	3
100 Freestyle	1:11.62	1:10.40	376	07/12/19	PN Christmas Last Chance County Qualifier	Portsmouth	SE192815	3
200 Freestyle	2:43.71	2:41.60	327	28/09/19	Lis Hartley Long Course Open Meet	K2 LC	SE190314	3
50 Breaststroke	46.25	45.60	250	19/05/19	Portsmouth Northsea May Long Course Sprint Meet	Portsmouth	SE191329	3
50 Butterfly	36.09	35.60	310	20/04/19	Portsmouth Northsea Easter Meet	Mountbatten SC	SE190069	1
50 Backstroke	38.19	37.70	347	19/05/19	Portsmouth Northsea May Long Course Sprint Meet	Portsmouth	SE191329	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	31.50	32.20	385	01/11/20	Fareham Nomads	Mountbatten Centre	LEX285	0
100 Freestyle	1:09.25	1:10.40	382	01/11/20	Fareham Nomads	Mountbatten Centre	LEX285	0
200 Freestyle	2:33.52	2:35.80	370	23/06/19	Havant & Waterlooville Swim Out Of Your Skin Open	Waterlooville	SE191638	3
400 Freestyle	5:20.03	5:24.40	377	26/02/20	Gosport Dolphins Spring Meet	Gosport	SE200461	4
50 Breaststroke	46.04	46.70	233	30/06/19	Hampshire County ASA Development Meet 2019	Waterlooville LC	SE192329	3
100 Breaststroke	1:57.26	1:58.30	150	24/09/17	Littlehampton County Qualifier 2017	Arun	SE170884	3
50 Butterfly	34.29	34.80	359	23/02/20	Gosport Dolphins Spring Meet	Gosport	SE200460	4
100 Butterfly	1:19.62	1:20.60	312	16/02/20	Fareham Nomads Valentines Meet	Waterlooville	SE200262	3
200 Butterfly	3:13.71	3:15.30	235	16/03/19	Forest of Bere Regional Chaser Meet	Waterlooville	SE190315	3
50 Backstroke	36.52	37.10	330	23/02/20	Gosport Dolphins Spring Meet	Gosport	SE200460	4
100 Backstroke	1:23.08	1:24.00	288	14/04/19	Littlehampton S.C. Easter Open Meet 2019	Bognor Regis	SE190251	3
200 Backstroke	3:05.61	3:07.40	263	02/12/18	Havant & Waterlooville SC Peter Bull Open Meet	Waterlooville	SE182480	3
200 Individual Medley	2:55.00	2:57.20	337	23/02/20	Gosport Dolphins Spring Meet	Gosport	SE200460	4
100 Individual Medley	1:22.07	1:22.10	326	23/06/19	Havant & Waterlooville Swim Out Of Your Skin Open	Waterlooville	SE191638	3