

Individual Best Times (All Time)

Isabel Atkins - (1254248) - Herne Bay L&SC

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	33.86	34.50	310	01/07/19	Herne Bay Lifeguard Club Champs 2019	Herne Bay	SE191722	4
100 Freestyle	1:13.30	1:14.40	322	30/06/19	Herne Bay Lifeguard Club Champs 2019	Whitstable	SE191721	4
200 Freestyle	2:39.09	2:41.30	333	23/06/19	Herne Bay Lifeguard Club Champs 2019	Whitstable	SE191718	4
400 Freestyle	5:43.55	5:47.60	305	01/07/18	Herne Bay Lifeguard & SC Club Championships 2018	Whitstable	SE180882	4
800 Freestyle	11:33.68	11:42.00	326	01/04/19	Herne Bay Lifeguard Club Champs 2019	Herne Bay	SE191715	4
1500 Freestyle	22:14.04	22:29.50	315	28/04/19	Herne Bay Lifeguard Club Champs 2019	Whitstable	SE191716	4
50 Breaststroke	46.32	47.00	229	28/06/19	Herne Bay Lifeguard Club Champs 2019	Herne Bay	SE191720	4
100 Breaststroke	1:40.24	1:41.50	240	23/06/19	Herne Bay Lifeguard Club Champs 2019	Whitstable	SE191718	4
200 Breaststroke	3:33.88	3:36.30	249	01/07/19	Herne Bay Lifeguard Club Champs 2019	Herne Bay	SE191722	4
50 Butterfly	39.25	39.70	239	15/12/18	TYR Festive Qualifier	Hartsdown	SE182427	3
100 Butterfly	1:30.72	1:31.60	211	12/05/18	East Invicta Development Gala	Margate	SE180919	3
200 Butterfly	3:29.16	3:30.70	187	02/07/18	Herne Bay Lifeguard & SC Club Championships 2018	Herne Bay	SE180883	4
50 Backstroke	36.41	37.00	333	17/06/19	Herne Bay Lifeguard Club Champs 2019	Herne Bay	SE191971	4
100 Backstroke	1:17.55	1:18.60	354	06/01/19	Dover and Canterbury SC (Jointly) Icebreaker 2019	Kent	SE190194	3
200 Backstroke	2:45.35	2:47.40	372	16/12/18	TYR Festive Qualifier	Hartsdown	SE182427	3
200 Individual Medley	2:58.86	3:01.10	316	30/06/19	Herne Bay Lifeguard Club Champs 2019	Whitstable	SE191721	4
400 Individual Medley	6:22.61	6:27.20	309	17/06/19	Herne Bay Lifeguard Club Champs 2019	Herne Bay	SE191971	4
100 Individual Medley	1:26.81	1:26.80	275	01/07/18	Herne Bay Lifeguard & SC Club Championships 2018	Whitstable	SE180882	4