

Individual Best Times (All Time)

Josie Attrell - (1313973) - Lewes SC

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	38.66	39.20	208	24/09/23	Lewes SC Club Championships 2023	Seahaven	SE230519	4
100 Freestyle	1:24.53	1:25.50	210	15/10/23	Lewes SC Club Championships 2023	Seahaven	SE230520	4
200 Freestyle	2:57.56	2:59.50	239	24/03/24	Lewes Swimming Club Championships 2024	Newhaven	SE240537	4
400 Freestyle	6:49.60	6:53.00	180	09/07/23	Lewes SC Club Championships 2023	Seahaven	SE230518	4
50 Breaststroke	51.68	52.30	165	03/12/23	Lewes SC Club Championships 2023	Seahaven	SE230521	4
100 Breaststroke	1:49.65	1:50.80	183	24/03/24	Lewes Swimming Club Championships 2024	Newhaven	SE240537	4
200 Breaststroke	4:27.47	4:29.40	127	15/05/22	Lewes SC Club Championships	Seahaven Swim & Fitn	SE220466	4
50 Butterfly	44.20	44.60	167	24/03/24	Lewes Swimming Club Championships 2024	Newhaven	SE240537	4
100 Butterfly	2:12.07	2:12.60	68	05/12/21	Lewes Swimming Club Championships	Seahaven Swim & FC	SE210198	4
50 Backstroke	46.22	46.70	163	15/10/23	Lewes SC Club Championships 2023	Seahaven	SE230520	4
100 Backstroke	1:41.00	1:41.80	160	09/10/22	Lewes SC Club Championships	Seahaven Swim & Fitn	SE220468	4
200 Backstroke	3:24.28	3:25.90	197	03/12/23	Lewes SC Club Championships 2023	Seahaven	SE230521	4
200 Individual Medley	3:33.13	3:35.00	186	11/06/23	Lewes SC Club Championships 2023	Seahaven	SE230517	4
100 Individual Medley	1:42.10	1:42.10	169	09/07/23	Lewes SC Club Championships 2023	Seahaven	SE230518	4