

Individual Best Times (All Time)

Harriet Carroll - (1318956) - Runnymede SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	31.24	30.60	431	01/02/20	Essex Age Group Championships 2020	London	ER200176	1
100 Freestyle	1:07.77	1:06.50	444	02/02/20	Essex Age Group Championships 2020	Basildon	ER200177	1
200 Freestyle	2:31.34	2:29.00	414	16/02/20	Essex Age Group Championships 2020	Basildon	ER200178	1
50 Breaststroke	39.67	38.90	397	02/02/19	ESSEX AGE GROUP CHAMPS 2019	LONDON	ER190209	1
50 Backstroke	50.93	50.50	146	07/05/16	BPSC Non Regional Qualifiers Gala	Basildon	ER160489	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	30.45	31.10	427	20/10/19	Essex Senior Winter Champs	Basildon	ER191968	2
100 Freestyle	1:05.17	1:06.40	458	19/10/19	Essex Senior Winter Champs	Basildon	ER191968	2
200 Freestyle	2:23.82	2:26.20	451	19/10/19	Essex Senior Winter Champs	Basildon	ER191968	2
400 Freestyle	5:17.30	5:21.70	387	26/10/19	Runnymede Club Championship	Runnymede	ER192341	4
50 Breaststroke	38.73	39.50	393	17/03/19	BPSC Regional County Qualifier 2019	Basildon	ER190185	3
100 Breaststroke	1:24.73	1:26.20	398	19/01/19	Essex Age Group Champs 2019	Basildon	ER190208	2
200 Breaststroke	3:07.49	3:10.30	369	28/09/19	BPSC Season Opener 2019	Basildon	ER191860	3
50 Butterfly	37.05	37.60	284	26/10/19	Runnymede Club Championship	Runnymede	ER192341	4
50 Backstroke	37.09	37.60	315	29/09/19	BPSC Season Opener 2019	Basildon	ER191860	3
100 Backstroke	1:19.79	1:20.80	325	06/10/19	The Alan Mitchell Memorial County Qualifier	Thurrock	ER190363	3
200 Individual Medley	2:46.95	2:49.30	388	29/09/19	BPSC Season Opener 2019	Basildon	ER191860	3
100 Individual Medley	1:17.82	1:17.80	382	28/09/19	BPSC Season Opener 2019	Basildon	ER191860	3