

Individual Best Times (All Time)

Isabelle Abraham - (1339766) - City of Sunderland ASC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	29.71	29.00	501	03/07/22	City of Sunderland ASC Summer Splash 2022	Sunderland	NE221159	3
100 Freestyle	1:05.31	1:04.00	496	02/07/22	City of Sunderland ASC Summer Splash 2022	Sunderland	NE221159	3
200 Freestyle	2:22.53	2:20.10	496	02/04/22	City of Sunderland ASC National Qualifier 2022	Sunderland	NE220261	1
400 Freestyle	5:04.03	4:59.40	464	23/01/22	City of Sunderland ASC New Year Meet 2022	Sunderland	NE220080	1
50 Breaststroke	52.31	51.70	173	06/07/19	City of Sunderland ASC Summer Splash 2019	Sunderland	NE192020	3
100 Breaststroke	1:34.20	1:32.80	315	03/07/22	City of Sunderland ASC Summer Splash 2022	Sunderland	NE221159	3
200 Breaststroke	3:20.97	3:18.30	320	02/07/22	City of Sunderland ASC Summer Splash 2022	Sunderland	NE221159	3
50 Butterfly	33.63	33.10	383	02/07/22	City of Sunderland ASC Summer Splash 2022	Sunderland	NE221159	3
100 Butterfly	1:47.21	1:46.50	138	07/07/19	City of Sunderland ASC Summer Splash 2019	Sunderland	NE192020	3
50 Backstroke	38.46	37.90	340	02/07/22	City of Sunderland ASC Summer Splash 2022	Sunderland	NE221159	3
100 Backstroke	1:37.26	1:36.40	204	06/07/19	City of Sunderland ASC Summer Splash 2019	Sunderland	NE192020	3
200 Individual Medley	3:26.94	3:25.00	226	13/07/19	Richmond Dales Summer Madness Gala 2019	Leeds	NE191610	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	29.44	30.10	472	06/02/22	Durham City Aquatics Valentine Gala	Durham	NE220235	3
100 Freestyle	1:03.88	1:05.20	486	05/02/22	Durham City Aquatics Valentine Gala	Durham	NE220235	3
200 Freestyle	2:21.02	2:23.50	478	27/03/22	Tynemouth ASC March Gala 2022	North Shields	NE220516	3
400 Freestyle	4:56.57	5:01.30	474	27/03/22	Tynemouth ASC March Gala 2022	North Shields	NE220516	3
800 Freestyle	10:16.55	10:25.90	464	25/03/22	Tynemouth ASC March Gala 2022	North Shields	NE220516	3
50 Breaststroke	40.55	41.30	342	28/05/22	South Tyneside SC Spring Meet 2022	South Shields	NE220610	3
100 Breaststroke	1:29.76	1:31.20	335	09/01/22	Billingham New Year Meet	Billingham	NE220007	3
200 Breaststroke	3:17.65	3:20.30	315	08/01/22	Billingham New Year Meet	Billingham	NE220007	3
50 Butterfly	33.36	33.90	390	06/02/22	Durham City Aquatics Valentine Gala	Durham	NE220235	3
100 Butterfly	1:19.12	1:20.10	318	20/09/22	City of Sunderland ASC Club Champs 2022	Sunderland	NE221650	4
50 Backstroke	37.44	38.00	306	05/02/22	Durham City Aquatics Valentine Gala	Durham	NE220235	3
100 Backstroke	1:20.40	1:21.40	318	27/03/22	Tynemouth ASC March Gala 2022	North Shields	NE220516	3
200 Backstroke	3:09.02	3:10.80	249	18/09/21	Richmond Dales The Iain Young Back to Pool Gala	Middlesbrough	NE210405	3
200 Individual Medley	2:46.23	2:48.60	393	26/03/22	Tynemouth ASC March Gala 2022	North Shields	NE220516	3
400 Individual Medley	6:30.48	6:35.00	291	18/09/21	Richmond Dales The Iain Young Back to Pool Gala	Middlesbrough	NE210405	3
100 Individual Medley	1:17.75	1:17.80	383	29/05/22	South Tyneside SC Spring Meet 2022	South Shields	NE220610	3