

Individual Best Times (All Time)

Isla Baines - (1442938) - Nene Valley SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	41.73	41.20	181	29/06/19	Corby & Nene Valley 50m Club Championships	Corby	EM191647	4
100 Freestyle	1:33.64	1:32.70	168	25/09/21	CASC NV 100m Club Championships 2021	Corby	EM210149	4
200 Freestyle	3:48.87	3:47.30	119	30/11/19	CASC NV 200 400m Club Championships 2019	Corby	EM192882	4
50 Breaststroke	1:03.60	1:03.10	96	29/06/19	Corby & Nene Valley 50m Club Championships	Corby	EM191647	4
100 Breaststroke	2:14.99	2:14.00	107	25/09/21	CASC NV 100m Club Championships 2021	Corby	EM210149	4
50 Butterfly	53.84	53.50	93	29/06/19	Corby & Nene Valley 50m Club Championships	Corby	EM191647	4
100 Butterfly	1:59.99	1:59.40	98	28/09/19	CASC NV 100m Club Championships 2019	Corby	EM192286	4
50 Backstroke	44.64	44.20	217	12/02/22	Northamptonshire ASA County Championships 2022	Corby	EM220231	1
100 Backstroke	1:46.78	1:46.00	154	25/09/21	CASC NV 100m Club Championships 2021	Corby	EM210149	4
200 Backstroke	3:33.25	3:31.70	192	30/11/19	CASC NV 200 400m Club Championships 2019	Corby	EM192882	4

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	41.00	41.50	174	21/07/21	Nene Valley SC	Nene Swimming Pool	LEX3678	0
100 Freestyle	1:23.29	1:24.30	219	24/09/22	Corby ASC NV & Rushden 100m Club Championships 22	Corby	EM221603	4
100 Breaststroke	1:50.75	1:51.90	178	24/09/22	Corby ASC NV & Rushden 100m Club Championships 22	Corby	EM221603	4
50 Butterfly	47.42	47.80	135	23/10/21	Northampton SC Time Trials	Corby	EM211072	4
100 Butterfly	1:42.71	1:43.40	145	24/09/22	Corby ASC NV & Rushden 100m Club Championships 22	Corby	EM221603	4
50 Backstroke	43.49	44.00	195	03/10/21	Corby October Open Meet	Corby	EM210147	3
100 Backstroke	1:32.96	1:33.80	205	24/09/22	Corby ASC NV & Rushden 100m Club Championships 22	Corby	EM221603	4
100 Individual Medley	1:40.12	1:40.10	179	23/10/21	Northampton SC Time Trials	Corby	EM211072	4