

Individual Best Times (All Time)

Natasha Ballendat - (1453000) - Leicester Sharks Swimming Club

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	30.52	29.80	462	07/04/24	City of Bristol L1 International Open Meet 2024	Bristol	SW240226	1
100 Freestyle	1:07.23	1:06.00	455	06/04/24	City of Bristol L1 International Open Meet 2024	Bristol	SW240226	1
200 Freestyle	2:34.02	2:31.70	393	07/04/24	City of Bristol L1 International Open Meet 2024	Bristol	SW240226	1
50 Breaststroke	42.80	42.10	316	26/11/23	City of Sheffield SS Snow Frills Meet 2023	Sheffield	NE231713	3
100 Breaststroke	1:32.92	1:31.60	328	25/11/23	City of Sheffield SS Snow Frills Meet 2023	Sheffield	NE231713	3
200 Breaststroke	3:24.36	3:21.80	304	27/11/22	City of Sheffield Swim Squad Snow Frills 2022	Ponds Forge	NE221740	3
50 Butterfly	38.26	37.80	260	26/11/23	City of Sheffield SS Snow Frills Meet 2023	Sheffield	NE231713	3
100 Butterfly	1:34.80	1:34.00	200	25/11/23	City of Sheffield SS Snow Frills Meet 2023	Sheffield	NE231713	3
200 Butterfly	3:37.87	3:36.40	174	14/05/22	Rotherham Metro Springtime Long Course Meet	Sheffield	NE220075	3
50 Backstroke	37.09	36.50	379	22/04/23	East Midlands Regional LC Championships 2023	Corby	EM230741	1
100 Backstroke	1:20.15	1:19.10	365	06/04/24	City of Bristol L1 International Open Meet 2024	Bristol	SW240226	1
200 Backstroke	2:59.79	2:57.90	321	07/04/24	City of Bristol L1 International Open Meet 2024	Bristol	SW240226	1
200 Individual Medley	2:52.22	2:49.90	392	06/04/24	City of Bristol L1 International Open Meet 2024	Bristol	SW240226	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	29.78	30.50	456	18/05/24	Hinckley SC Open Meet 2024	Hinckley	EM240488	3
100 Freestyle	1:04.80	1:06.10	466	19/05/24	Hinckley SC Open Meet 2024	Hinckley	EM240488	3
200 Freestyle	2:29.12	2:31.40	404	10/02/24	Leicestershire County Age Groups & Champs 2024	Hinckley LC	EM240052	2
400 Freestyle	5:25.94	5:30.20	357	02/03/24	Leicester Sharks CSC Spring Open 2024	Nuneaton	EM240485	3
50 Breaststroke	39.89	40.70	359	27/01/24	Leicestershire County Age Groups & Champs 2024	Hinckley LC	EM240050	2
100 Breaststroke	1:30.17	1:31.60	330	27/01/24	Leicestershire County Age Groups & Champs 2024	Hinckley LC	EM240050	2
200 Breaststroke	3:17.61	3:20.30	315	04/02/24	Leicestershire County Age Groups & Champs 2024	Hinckley LC	EM240051	2
50 Butterfly	35.09	35.60	335	19/05/24	Hinckley SC Open Meet 2024	Hinckley	EM240488	3
100 Butterfly	1:28.28	1:29.10	229	02/07/23	City of Cambridge SC Jeanna Barker 23	Cambridge	ER231030	3
200 Butterfly	3:33.30	3:34.80	176	30/10/22	Leicester Sharks Competitive SC Trick or Treat	Nuneaton	EM221063	3
50 Backstroke	35.29	35.90	366	18/05/24	Hinckley SC Open Meet 2024	Hinckley	EM240488	3
100 Backstroke	1:17.14	1:18.20	360	28/01/24	Leicestershire County Age Groups & Champs 2024	Hinckley LC	EM240050	2
200 Backstroke	2:48.91	2:50.90	349	18/05/24	Hinckley SC Open Meet 2024	Hinckley	EM240488	3
200 Individual Medley	2:49.92	2:52.20	368	28/10/23	Leicester Sharks CSC Trick or Treat Meet 2023	Nuneaton	EM230946	3
400 Individual Medley	6:13.60	6:18.30	332	28/10/23	Leicester Sharks CSC Trick or Treat Meet 2023	Nuneaton	EM230946	3
100 Individual Medley	1:18.91	1:18.90	367	28/10/23	Leicester Sharks CSC Trick or Treat Meet 2023	Nuneaton	EM230946	3