

Individual Best Times (All Time)

Rosalie Anderson - (1459422) - City of Cardiff

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	28.32	27.60	579	24/03/24	Swim Wales National Championships 2024	Swansea	WL240023	1
100 Freestyle	1:00.02	58.60	639	14/04/24	Cardiff International Open Meet 2024	Cardiff	WL240160	1
200 Freestyle	2:11.68	2:09.00	629	22/03/24	Swim Wales National Championships 2024	Swansea	WL240023	1
400 Freestyle	4:40.25	4:35.20	592	24/03/24	Swim Wales National Championships 2024	Swansea	WL240023	1
50 Breaststroke	44.26	43.50	285	03/08/22	Swim Wales Summer Open 2022	Swansea	WL220741	1
100 Breaststroke	1:28.63	1:27.20	378	05/08/23	Swim Wales Summer Open 2023	Swansea	WL230316	1
200 Breaststroke	3:10.75	3:08.00	374	06/05/23	Swansea Aquatic May LC Meet	Swansea	WL230007	1
50 Butterfly	30.10	29.50	534	10/03/24	2024 Wycombe Long Course L1 Premier Meet	High Wycombe	SE240287	1
100 Butterfly	1:08.42	1:07.30	533	13/04/24	Cardiff International Open Meet 2024	Cardiff	WL240160	1
50 Backstroke	32.07	31.40	587	23/03/24	Swim Wales National Championships 2024	Swansea	WL240023	1
100 Backstroke	1:09.27	1:08.10	566	14/04/24	Cardiff International Open Meet 2024	Cardiff	WL240160	1
200 Backstroke	2:29.86	2:27.60	554	06/08/23	Swim Wales Summer Open 2023	Swansea	WL230316	1
200 Individual Medley	2:31.12	2:28.50	581	25/03/24	Swim Wales National Championships 2024	Swansea	WL240023	1
400 Individual Medley	5:35.14	5:29.90	499	06/05/23	Swansea Aquatic May LC Meet	Swansea	WL230007	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	28.39	29.10	526	23/09/23	Co Cardiff Club Championships 2023	Cardiff	WL230623	3
100 Freestyle	58.93	1:00.30	620	17/12/23	Swim Wales Winter Championships 2023	Swansea	WL232016	2
200 Freestyle	2:08.76	2:11.40	628	15/12/23	Swim Wales Winter Championships 2023	Swansea	WL232016	2
400 Freestyle	4:43.70	4:48.60	541	22/10/23	CW+Millfield Int'l Meet Part of 23/24 Arena Series	Millfied School	SW231690	2
800 Freestyle	10:05.48	10:15.00	490	23/09/23	Co Cardiff Club Championships 2023	Cardiff	WL230623	3
50 Breaststroke	38.20	39.00	409	18/11/23	City of Cardiff Welsh Capital Open Meet 2023	Cardiff	WL232009	3
100 Breaststroke	1:22.36	1:23.90	434	23/10/23	CW+Millfield Int'l Meet Part of 23/24 Arena Series	Millfied School	SW231690	2
200 Breaststroke	2:55.28	2:58.30	452	18/11/23	City of Cardiff Welsh Capital Open Meet 2023	Cardiff	WL232009	3
50 Butterfly	30.87	31.50	492	18/11/23	City of Cardiff Welsh Capital Open Meet 2023	Cardiff	WL232009	3
100 Butterfly	1:11.27	1:12.30	436	22/10/23	CW+Millfield Int'l Meet Part of 23/24 Arena Series	Millfied School	SW231690	2
200 Butterfly	2:41.25	2:43.20	408	23/09/23	Co Cardiff Club Championships 2023	Cardiff	WL230623	3
50 Backstroke	31.67	32.30	506	08/10/23	Swim England National County Team Champs 2023	Sheffield	ASA157	2
100 Backstroke	1:06.22	1:07.40	569	14/10/23	National Arena Swimming League Western 2023 Gala 1	Plymouth	SW232334	4
200 Backstroke	2:22.18	2:24.50	585	15/12/23	Swim Wales Winter Championships 2023	Swansea	WL232016	2
200 Individual Medley	2:24.45	2:27.20	600	16/12/23	Swim Wales Winter Championships 2023	Swansea	WL232016	2
400 Individual Medley	5:23.12	5:28.50	514	24/09/23	Co Cardiff Club Championships 2023	Cardiff	WL230623	3
100 Individual Medley	1:54.21	1:54.20	121	27/10/19	Greater Gwent Fastwater Open Meet	Newport	WL191588	3