

# Individual Best Times (All Time)

Holly Brogden - (914072) - Gloucester City SC

Long Course

| Stroke         | LC Time | Converted to SC | LC WA Pts | Date     | Meet                   | Venue      | Licence | Level |
|----------------|---------|-----------------|-----------|----------|------------------------|------------|---------|-------|
| 50 Freestyle   | 47.28   | 46.80           | 124       | 12/12/15 | National Para Swimming | Manchester | DIS108  | 1     |
| 100 Freestyle  | 1:50.61 | 1:49.80         | 102       | 12/12/15 | National Para Swimming | Manchester | DIS108  | 1     |
| 100 Backstroke | 2:02.75 | 2:02.10         | 101       | 13/12/15 | National Para Swimming | Manchester | DIS108  | 1     |

Short Course

| Stroke         | SC Time | Converted to LC | SC WA Pts | Date     | Meet                               | Venue      | License  | Level |
|----------------|---------|-----------------|-----------|----------|------------------------------------|------------|----------|-------|
| 50 Freestyle   | 49.59   | 50.00           | 98        | 11/07/15 | Gloucester City Level 3 Open Meet  | Gloucester | SW150203 | 3     |
| 100 Freestyle  | 1:50.76 | 1:51.50         | 93        | 17/07/16 | Gloucester City Summer Level 3     | Gloucester | SW160135 | 3     |
| 400 Freestyle  | 8:58.46 | 9:01.10         | 79        | 04/10/15 | ASASWR Para Swimming Championships | Bristol    | SW151639 | 3     |
| 50 Butterfly   | 1:02.13 | 1:02.40         | 60        | 07/10/17 | Gloucester Autumn Meet             | Gloucester | SW171769 | 3     |
| 50 Backstroke  | 56.72   | 57.10           | 88        | 20/09/15 | Gloucester City SC Sprint Meet     | Gloucester | SW150657 | 3     |
| 100 Backstroke | 1:59.97 | 2:00.60         | 95        | 07/10/17 | Gloucester Autumn Meet             | Gloucester | SW171769 | 3     |