

# Individual Best Times (All Time)

Denice Gardo - (390937) - Swindon Dolphin ASC

## Long Course

Stroke	Time	FINA Pts	Swim Date	Meet	Venue	License	Level
50 Freestyle	29.25	529	07/04/18	City of Bristol International Open Meet	Hengrove Park	SW180691	1
100 Freestyle	1:06.19	476	06/01/18	UBSC New Year Level 1 Open Meet	Hengrove	SW180293	1
200 Freestyle	2:26.75	456	11/01/15	United Bristol New Year Open Meet	Hengrove	SW150024	1
400 Freestyle	5:47.56	314	02/11/13	City of Bristol SC Level 3 LC Open Meet	Bristol	SW3622	3
800 Freestyle	11:46.47	323	01/02/14	Wiltshire County Championships	Bath	CC4097	1
50 Breaststroke	38.16	457	11/03/18	UBSC National Qualifier Level 1 Open Meet	Hengrove	SW180292	1
50 Butterfly	34.33	360	08/04/17	Derventio Excel 11th LC Open Meet	Sheffield	EM170259	1
100 Butterfly	1:35.75	194	16/06/12	British Gas South West Region AG Champs	Millfield	SWR206	1
200 Butterfly	3:36.78	177	17/06/12	British Gas South West Region AG Champs	Millfield	SWR206	1
50 Backstroke	31.01	658	04/08/17	Swim England National Summer Meet (50m)	Sheffield	ENG001	1
100 Backstroke	1:06.21	672	06/05/18	ASA SWR Summer Championships	Plymouth	SW180512	1
200 Backstroke	2:27.85	590	09/04/17	Derventio Excel 11th LC Open Meet	Sheffield	EM170259	1
200 Individual Medley	2:38.43	504	07/04/18	City of Bristol International Open Meet	Hengrove Park	SW180691	1

## Short Course

Stroke	Time	FINA Pts	Swim Date	Meet	Venue	License	Level
50 Freestyle	28.30	531	04/11/18	ASA SWR Winter Championships	Millfield	SW180511	2
100 Freestyle	1:03.18	503	30/09/18	Swindon Dolphin Club Champs 2018	The Link Centre	SW181541	4
200 Freestyle	2:15.61	539	04/03/17	Swindon Dolphins Regional Qualifier 2017	Swindon	SW170041	3
400 Freestyle	4:45.58	553	05/03/17	Swindon Dolphins Regional Qualifier 2017	Swindon	SW170041	3
800 Freestyle	9:46.94	544	28/01/17	Wiltshire Age Group Championships	Salisbury	SW170235	2
50 Breaststroke	38.10	424	29/09/18	Swindon Dolphin Club Champs 2018	The Link Centre	SW181541	4
100 Breaststroke	1:26.68	372	30/09/18	Swindon Dolphin Club Champs 2018	The Link Centre	SW181541	4
200 Breaststroke	3:26.77	275	28/09/14	Swindon Dolphin ASC 2014 Club Championships	Swindon	SW4436	4
50 Butterfly	32.28	430	30/09/18	Swindon Dolphin Club Champs 2018	The Link Centre	SW181541	4
100 Butterfly	1:19.76	320	25/01/15	Swindon Dolphin Last Chance Open Meet	Swindon	SW150468	3
200 Butterfly	3:01.03	288	30/11/14	Swindon Dolphins Open Meet	Swindon	SW4859	3
50 Backstroke	30.79	579	03/11/18	ASA SWR Winter Championships	Millfield	SW180511	2
100 Backstroke	1:05.16	602	17/12/17	City of Bristol Christmas Cracker Meet	Hengrove Park LC	SW172459	2
200 Backstroke	2:21.83	594	05/11/16	ASA SWR Winter Championships	Millfield	SW162268	2
200 Individual Medley	2:31.51	520	28/10/17	Swindon Dolphin Club Championships	Swindon	SW171133	4
400 Individual Medley	5:50.54	403	21/11/15	Swindon Dolphin Last Chance Open Meet	Swindon	SW151133	3
100 Individual Medley	1:13.17	460	15/12/18	Swindon Dolphin Christmas Open Meet 2018	Swindon	SW181857	2