

Individual Best Times (Masters)

Alice Grant - (1479634) - Deepings SC

Short Course

Stroke	Time	FINA Pts	Swim Date	Meet	Venue	Licence	Level
50 Freestyle	37.77	223	27/10/23	Swim England Masters National Championships 2023	Sheffield	MAS1090	0
100 Freestyle	1:21.87	231	30/10/22	Swim England Masters National Championships 2022	Sheffield	MAS992	0
200 Freestyle	2:56.33	244	30/10/21	Swim England National Masters Champs 2021	Sheffield	MAS924	0
800 Freestyle	13:16.40	215	28/10/23	Swim England Masters National Championships 2023	Sheffield	MAS1090	0
50 Breaststroke	46.48	227	14/11/21	Masters Inter-County Meet 2021	Various	MAS987	0
100 Breaststroke	1:43.73	217	07/04/24	Newmarket Masters Meet 2024	Newmarket	MAS1144	0
50 Butterfly	42.13	193	27/10/23	Swim England Masters National Championships 2023	Sheffield	MAS1090	0
100 Butterfly	1:37.44	170	29/10/23	Swim England Masters National Championships 2023	Sheffield	MAS1090	0
200 Butterfly	3:50.15	140	27/10/23	Swim England Masters National Championships 2023	Sheffield	MAS1090	0
50 Backstroke	47.54	149	13/11/22	Masters Inter-County 2022	Various	MAS995	0
100 Backstroke	1:38.57	172	07/04/24	Newmarket Masters Meet 2024	Newmarket	MAS1144	0
200 Individual Medley	3:27.30	203	28/10/23	Swim England Masters National Championships 2023	Sheffield	MAS1090	0
400 Individual Medley	7:28.61	192	31/10/21	Swim England National Masters Champs 2021	Sheffield	MAS924	0
100 Individual Medley	1:40.05	180	07/04/24	Newmarket Masters Meet 2024	Newmarket	MAS1144	0