

Individual Best Times (Masters)

Stefanie Cappleman - (1484444) - Richmond Dales ASC

Long Course

Stroke	Time	FINA Pts	Swim Date	Meet	Venue	Licence	Level
50 Freestyle	34.55	319	13/05/23	Yorkshire Masters & Senior Age Group Competition 2	Leeds	MAS1038	0
100 Freestyle	1:21.43	256	18/06/22	British Masters Championships	Aberdeen Aquatics	MAS966	0
200 Freestyle	3:04.56	228	01/06/19	Yorkshire SA Masters Champs 2019	Sheffield	MAS847	0
400 Freestyle	6:34.79	211	13/05/23	Yorkshire Masters & Senior Age Group Competition 2	Leeds	MAS1038	0
800 Freestyle	13:23.00	220	04/06/22	Yorkshire Open Masters and Senior Age Group Champs	Sheffield	MAS961	0
1500 Freestyle	25:53.19	208	17/06/22	British Masters Championships	Aberdeen Aquatics	MAS966	0
50 Backstroke	43.99	227	03/06/23	British Masters Championships	Sheffield	MAS1046	0
100 Backstroke	1:39.60	190	04/06/22	Yorkshire Open Masters and Senior Age Group Champs	Sheffield	MAS961	0

Short Course

Stroke	Time	FINA Pts	Swim Date	Meet	Venue	Licence	Level
50 Freestyle	34.13	303	24/09/23	Gateshead & Whickham Autumn Meet 2023 Masters	Gateshead	MAS1076	0
100 Freestyle	1:16.59	282	29/10/21	Swim England National Masters Champs 2021	Sheffield	MAS924	0
200 Freestyle	2:58.11	237	12/02/22	Carlisle Masters Meet 2022	Carlisle	MAS938	0
400 Freestyle	6:18.54	228	18/03/23	Billingham Masters	Billingham	MAS1022	0
800 Freestyle	13:01.18	228	30/10/22	Swim England Masters National Championships 2022	Sheffield	MAS992	0
1500 Freestyle	25:19.98	213	29/10/21	Swim England National Masters Champs 2021	Sheffield	MAS924	0
50 Breaststroke	48.83	196	13/03/22	Billingham Masters Meet	Billingham	MAS944	0
100 Breaststroke	1:52.00	172	24/06/21	Richmond Dales ASC	Richmond	LEX2437	0
50 Butterfly	50.03	115	17/12/20	Richmond Dales	Richmond	LEX770	0
50 Backstroke	41.40	226	13/03/22	Billingham Masters Meet	Billingham	MAS944	0
100 Backstroke	1:33.79	200	12/02/22	Carlisle Masters Meet 2022	Carlisle	MAS938	0
100 Individual Medley	1:33.56	220	18/03/23	Billingham Masters	Billingham	MAS1022	0