

Individual Best Times (All Time)

Helen Atton - (106997) - Neptune (Leicester) SC

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	39.75	40.30	191	28/09/14	Leicester Neptune Internal Gala	Leicester	EM14094	4
100 Freestyle	1:28.83	1:29.80	181	01/11/14	Leicester Neptunes Internal Gala	Leicester	EM14095	3
200 Freestyle	3:14.50	3:16.30	182	02/11/14	Leicester Neptunes Internal Gala	Leicester	EM14095	3
400 Freestyle	6:37.62	6:41.10	196	02/10/14	Leicester Neptune SC Internal Gala Club Champs	Leicester	EM14093	4
800 Freestyle	13:43.53	13:50.50	194	27/09/14	Leicester Neptune Internal Gala	Leicester	EM14094	4
50 Breaststroke	54.31	54.90	142	02/11/14	Leicester Neptunes Internal Gala	Leicester	EM14095	3
100 Breaststroke	1:58.80	1:59.90	144	18/05/14	Leicester Neptune SC Age Group Championships	Leicester	EM4681	4
100 Backstroke	1:57.79	1:58.50	101	18/05/14	Leicester Neptune SC Age Group Championships	Leicester	EM4681	4