

Individual Best Times (All Time)

Louise Ambrose - (1108011) - Sutton Atlantis SC

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	41.06	41.60	174	09/01/16	Sutton Atlantis Club Championships	Croydon	LR160464	4
100 Freestyle	1:48.25	1:49.00	100	08/11/14	Sutton Atlantis Club Championships	Croydon	LR14566	4
50 Butterfly	42.49	42.90	188	17/10/15	Sutton Atlantis Club Championships	Croydon	LR151576	4
50 Backstroke	46.44	46.90	160	09/01/16	Sutton Atlantis Club Championships	Croydon	LR160464	4
100 Individual Medley	1:36.83	1:36.80	198	22/10/15	Sutton Atlantis Club Championships	Croydon	LR151581	4