

Individual Best Times (All Time)

Daniel Armstrong - (742879) - Castleford WPC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	26.50	25.70	491	29/04/17	ASA North West Region Summer Championships	Manchester	NW170270	1
100 Freestyle	58.55	57.10	512	01/05/16	ASA North West Region Summer Championships	Manchester	NW160337	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	25.17	26.00	513	08/11/15	ASA North West Region Winter Championships	Liverpool	NW151659	2
100 Freestyle	56.64	58.10	496	14/01/17	Cumbria Age Group & County Championships	Workington	NW170238	4
200 Freestyle	2:10.28	2:12.90	443	06/12/15	2015 Cumbria Autumn Meet	Whitehaven	NW151663	3
400 Freestyle	4:49.72	4:54.50	393	09/07/15	Kendal Club Championships Gala	Kendal	NW151321	4
50 Breaststroke	33.24	34.20	422	15/07/17	Kendal Club Championships - Gala 3	Kendal	NW171604	4
100 Breaststroke	1:13.86	1:15.50	419	24/02/18	Kendal Club Championships Gala 1	KENDAL LC	NW180637	4
200 Breaststroke	2:49.56	2:52.60	355	18/10/15	Kendal ASC Club Championships	Kendal	NW151821	4
50 Butterfly	28.16	28.80	460	26/03/17	Kendal Club Championships	Kendal	NW170817	4
100 Butterfly	1:11.14	1:12.20	302	18/10/15	Kendal ASC Club Championships	Kendal	NW151821	4
200 Butterfly	2:50.62	2:52.50	245	29/11/15	Kendal ASC Club Championships	Kendal	NW151823	4
50 Backstroke	31.54	32.20	344	02/07/16	Kendal Mint Open Gala	Kendal	NW161080	3
100 Backstroke	1:08.84	1:10.00	346	06/12/15	2015 Cumbria Autumn Meet	Whitehaven	NW151663	3
200 Backstroke	2:31.57	2:33.80	338	15/03/15	2015 Cumbria Age Groups & County Championships	Whitehaven	CC150100	2
200 Individual Medley	2:28.11	2:30.70	405	07/03/15	2015 Cumbria Age Groups & County Championships	Kendal	CC150098	2
400 Individual Medley	5:24.68	5:30.00	378	04/10/16	Kendal Club Championships Distance Gala	Kendal	NW160826	4
100 Individual Medley	1:05.20	1:05.20	431	02/07/16	Kendal Mint Open Gala	Kendal	NW161080	3