

Individual Best Times (All Time)

Florence Crowley - (1221163) - City of St Albans SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	32.38	31.70	387	16/03/19	Harpenden Frantic Fifties 2019	Inspire - Luton	ER191297	3
200 Freestyle	2:20.32	2:17.80	520	12/03/22	71st ESSA National Inter-Divisional Championships	Coventry	WM220488	1
400 Freestyle	5:02.20	4:57.50	472	13/03/22	71st ESSA National Inter-Divisional Championships	Coventry	WM220488	1
50 Breaststroke	44.22	43.50	286	16/03/19	Harpenden Frantic Fifties 2019	Inspire - Luton	ER191297	3
50 Butterfly	30.89	30.30	494	01/05/23	Swim England East Region LC Championships 2023	Norwich	ER230334	1
100 Butterfly	1:08.16	1:07.00	539	30/04/23	Swim England East Region LC Championships 2023	Norwich	ER230334	1
200 Butterfly	2:27.12	2:25.00	567	29/04/23	Swim England East Region LC Championships 2023	Norwich	ER230334	1
50 Backstroke	39.67	39.20	310	16/03/19	Harpenden Frantic Fifties 2019	Inspire - Luton	ER191297	3
400 Individual Medley	5:36.81	5:31.50	491	30/04/23	Swim England East Region LC Championships 2023	Norwich	ER230334	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	29.24	29.90	482	01/10/23	City of St Albans Club Champs 2023	St Albans	ER231563	4
100 Freestyle	1:03.01	1:04.30	507	03/12/23	City of St Albans Winter Meet 2023	St Albans	ER231556	3
200 Freestyle	2:14.54	2:17.10	551	02/12/23	City of St Albans Winter Meet 2023	St Albans	ER231556	3
400 Freestyle	4:37.55	4:42.60	578	27/01/24	SE Hertfordshire County Championships 2024	Borehamwood	ER240101	2
800 Freestyle	9:32.09	9:42.10	581	13/01/24	SE Hertfordshire County Championships 2024	St Albans	ER240099	2
1500 Freestyle	18:18.89	18:37.50	564	03/02/24	SE Hertfordshire County Championships 2024	St Albans	ER240102	2
50 Breaststroke	40.35	41.10	347	16/09/23	City of St Albans Club Champs 2023	St Albans	ER231562	4
100 Breaststroke	1:26.28	1:27.70	377	01/10/23	City of St Albans Club Champs 2023	St Albans	ER231563	4
200 Breaststroke	3:02.73	3:05.60	399	16/09/23	City of St Albans Club Champs 2023	St Albans	ER231562	4
50 Butterfly	30.99	31.60	486	29/01/23	SE Hertfordshire County Championships 2023	Borehamwood	ER230018	2
100 Butterfly	1:06.08	1:07.20	547	21/01/23	SE Hertfordshire County Championships 2023	Borehamwood	ER230017	2
200 Butterfly	2:24.24	2:26.40	570	28/01/23	SE Hertfordshire County Championships 2023	Borehamwood	ER230018	2
50 Backstroke	34.04	34.60	408	16/09/23	City of St Albans Club Champs 2023	St Albans	ER231562	4
100 Backstroke	1:16.64	1:17.70	367	01/10/23	City of St Albans Club Champs 2023	St Albans	ER231563	4
200 Backstroke	2:35.30	2:37.40	449	01/10/23	City of St Albans Club Champs 2023	St Albans	ER231563	4
200 Individual Medley	2:35.49	2:38.00	481	05/02/23	SE Hertfordshire County Championships 2023	Borehamwood	ER230019	2
400 Individual Medley	5:21.18	5:26.60	524	04/03/23	Watford SC Regional Qualifier 2023	Garston	ER230197	3
100 Individual Medley	1:14.08	1:14.10	443	29/01/23	SE Hertfordshire County Championships 2023	Borehamwood	ER230018	2