

Individual Best Times (All Time)

Emma Arpesani - (1382861) - Hackney Aquatics Club

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	37.43	36.90	174	07/07/19	BWFSC Summer Meet Level 3	London	LR191885	3
100 Freestyle	1:33.42	1:32.50	126	05/01/20	BWFSC New Year Meet 2020	London	LR200238	3
50 Breaststroke	49.71	49.10	142	05/01/20	BWFSC New Year Meet 2020	London	LR200238	3
100 Breaststroke	1:53.22	1:52.10	126	05/01/20	BWFSC New Year Meet 2020	London	LR200238	3
50 Butterfly	40.53	40.10	165	05/01/20	BWFSC New Year Meet 2020	London	LR200238	3
50 Backstroke	46.88	46.40	126	07/07/19	BWFSC Summer Meet Level 3	London	LR191885	3
100 Backstroke	1:37.75	1:36.90	147	05/01/20	BWFSC New Year Meet 2020	London	LR200238	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	36.28	36.90	171	01/03/20	Hackney Aquatics Spring Invitational Development	London	LR200493	4
100 Freestyle	1:31.49	1:32.40	117	16/06/19	HAC Summer Invitational Development Meet	London	LR191933	4
50 Breaststroke	48.10	48.80	139	17/11/19	Hackney Aquatics Club Championships 2019	London	LR193031	4
100 Breaststroke	1:42.45	1:43.70	157	01/03/20	Hackney Aquatics Spring Invitational Development	London	LR200493	4
200 Breaststroke	3:59.93	4:02.10	125	23/03/19	Middx Spring Development Meet 2019	Enfield	LR190377	3
50 Butterfly	41.01	41.50	149	28/09/19	BPSC Season Opener 2019	Basildon	ER191860	3
100 Butterfly	1:52.56	1:53.20	76	23/03/19	Middx Spring Development Meet 2019	Enfield	LR190377	3
50 Backstroke	44.06	44.50	126	01/03/20	Hackney Aquatics Spring Invitational Development	London	LR200493	4
100 Backstroke	1:41.19	1:42.00	108	16/06/19	HAC Summer Invitational Development Meet	London	LR191933	4
200 Individual Medley	3:43.22	3:45.00	118	27/04/19	RTSC Non- Regional Qualifiers Meet	Romford	LR191251	3
100 Individual Medley	1:36.72	1:36.70	132	17/11/19	Hackney Aquatics Club Championships 2019	London	LR193031	4