

Individual Best Times (All Time)

Lewis Ambridge - (1457921) - City of Southend on Sea SC

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	44.34	44.80	93	01/12/18	Runnymede SC Jingle Bells	Basildon	ER181220	3
50 Breaststroke	1:00.40	1:00.90	70	01/12/18	Runnymede SC Jingle Bells	Basildon	ER181220	3
50 Backstroke	50.03	50.40	86	01/12/18	Runnymede SC Jingle Bells	Basildon	ER181220	3
100 Backstroke	1:56.50	1:57.20	71	14/12/18	Southend on Sea Club Champs 2018	Southend	ER182282	4