

Individual Best Times (All Time)

Freddi Argyle - (1503294) - Sutton In Ashfield SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	38.28	37.70	162	22/01/23	Nottinghamshire ASA County Championships 2023	Nottingham	EM230409	1
100 Freestyle	1:26.62	1:25.60	158	25/02/23	Nottinghamshire ASA County Championships 2023	Nottingham	EM230411	1
200 Freestyle	3:07.08	3:05.20	162	05/02/23	Nottinghamshire ASA County Championships 2023	Nottingham	EM230410	1
50 Breaststroke	52.88	52.30	118	05/02/23	Nottinghamshire ASA County Championships 2023	Nottingham	EM230410	1
100 Breaststroke	1:50.59	1:49.40	136	04/02/23	Nottinghamshire ASA County Championships 2023	Nottingham	EM230410	1
200 Breaststroke	3:52.82	3:50.50	156	22/01/23	Nottinghamshire ASA County Championships 2023	Nottingham	EM230409	1
50 Butterfly	52.67	52.30	75	04/02/23	Nottinghamshire ASA County Championships 2023	Nottingham	EM230410	1
50 Backstroke	44.76	44.30	145	05/02/23	Nottinghamshire ASA County Championships 2023	Nottingham	EM230410	1
100 Backstroke	1:39.41	1:38.60	139	21/01/23	Nottinghamshire ASA County Championships 2023	Nottingham	EM230409	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	37.92	38.50	150	19/05/24	Sutton in Ashfield Allen Urch MBE Memorial Sprint	Alfreton	EM240388	3
100 Freestyle	1:27.51	1:28.50	134	12/03/23	Matlock & District SC Spring Open Meet 2023	Matlock	EM230424	3
200 Freestyle	3:13.70	3:15.50	135	19/11/22	Mansfield SC The Major Oak Open Meet	Water Meadows	EM220882	3
400 Freestyle	7:06.66	7:10.00	123	10/11/22	Sutton in Ashfield SC Club Championships 2022	Sutton in Ashfield	EM222028	4
50 Breaststroke	49.99	50.60	124	19/11/23	Mansfield SC Major Oak Open Meet 2023	Water Meadows	EM230947	3
100 Breaststroke	1:49.23	1:50.40	129	12/03/23	Matlock & District SC Spring Open Meet 2023	Matlock	EM230424	3
200 Breaststroke	3:56.78	3:59.00	130	03/11/22	Sutton in Ashfield SC Club Championships 2022	Sutton in Ashfield	EM222027	4
50 Butterfly	48.94	49.30	87	12/12/23	Sutton in Ashfield Winter Sprints Time Trial 2023	Sutton in Ashfield	EM232606	4
50 Backstroke	40.94	41.40	157	19/05/24	Sutton in Ashfield Allen Urch MBE Memorial Sprint	Alfreton	EM240388	3
100 Backstroke	1:31.99	1:32.90	145	18/05/24	Nottinghamshire Sports Centre League Division 3	Alfreton	EM240401	4
100 Individual Medley	1:35.11	1:35.10	139	19/05/24	Sutton in Ashfield Allen Urch MBE Memorial Sprint	Alfreton	EM240388	3