

Individual Best Times (All Time)

Freya Andreassen - (1601398) - Amman Valley

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	34.44	33.80	322	05/05/24	City of Swansea Aquatics MAY LC Open Meet 2024	Swansea	WL240501	1
100 Freestyle	1:17.30	1:16.20	299	11/06/23	Torfaen Dolphins Long Course Meet 2023	Cardiff	WL230736	1
200 Freestyle	2:51.77	2:49.70	283	10/02/24	Swim Wales Regional Racing Series - West 2024	Swansea	WL240022	1
400 Freestyle	6:14.80	6:11.00	247	06/01/24	RCT Performance Swim Squad - New Year LC 2024	Cardiff	WL240122	3
50 Breaststroke	49.67	49.00	202	10/02/24	Swim Wales Regional Racing Series - West 2024	Swansea	WL240022	1
50 Backstroke	38.72	38.20	333	05/05/24	City of Swansea Aquatics MAY LC Open Meet 2024	Swansea	WL240501	1
100 Backstroke	1:24.66	1:23.70	310	04/05/24	City of Swansea Aquatics MAY LC Open Meet 2024	Swansea	WL240501	1
200 Backstroke	3:05.18	3:03.40	294	18/05/24	Tiger Bay Open Meet 2024	Cardiff	WL240162	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	34.15	34.80	302	23/04/23	Amman Valley Swimming Club No Time Gala 2023	Carmarthen	WL230687	3
100 Freestyle	1:15.16	1:16.30	298	25/02/24	Llanelli Open Meet Level 2 and 3 Combined 2024	Llanelli	WL240256	2
200 Freestyle	2:43.88	2:46.00	304	25/02/24	Llanelli Open Meet Level 2 and 3 Combined 2024	Llanelli	WL240256	2
800 Freestyle	12:31.48	12:39.20	256	12/11/23	Amman Valley SC Mid-distance Development Meet 2023	Carmarthen	WL232007	3
50 Breaststroke	48.10	48.80	205	25/11/23	Swim Wales Regional SC Championships - West 2023	Haverfordwest	WL232012	2
100 Breaststroke	1:50.02	1:51.20	182	08/10/23	Llanelli ASC Autumn Meet 2023	Llanelli	WL230637	3
50 Butterfly	41.48	41.90	203	13/01/24	Nofio Sir Gar Performance Swimming's Open Meet 24	Carmarthen	WL240161	3
50 Backstroke	38.67	39.20	278	07/04/24	Amman Valley No Time Gala 2024	Carmarthen	WL240500	3
100 Backstroke	1:22.27	1:23.20	296	11/05/24	Nofio Sir Gar Short Course Development Meet 2024	Carmarthenshire	WL240259	3
200 Backstroke	2:57.65	2:59.50	300	11/05/24	Nofio Sir Gar Short Course Development Meet 2024	Carmarthenshire	WL240259	3
200 Individual Medley	3:13.35	3:15.40	250	07/04/24	Amman Valley No Time Gala 2024	Carmarthen	WL240500	3