

Individual Best Times (All Time)

Jude Ashken - (784361) - Diss Otters SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	27.43	26.70	442	03/02/19	Norfolk County Championships 2019	Norwich	ER191264	1
100 Freestyle	1:04.08	1:02.80	391	13/01/18	Norfolk County Championships 2018	Norwich	ER180289	1
50 Backstroke	35.90	35.30	282	14/01/18	Norfolk County Championships 2018	Norwich	ER180289	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	26.72	27.50	429	22/09/19	Diss Otters Club Champs 2019	Diss	ER192635	4
100 Freestyle	1:00.83	1:02.20	400	13/10/19	22nd Diss Otters Sprint Open 2019	Norwich	ER191956	3
200 Freestyle	2:21.50	2:23.90	346	20/09/19	Diss Otters Club Champs 2019	Diss	ER192635	4
400 Freestyle	5:42.87	5:46.90	237	22/02/14	Norfolk County Champs & AG Comp	Wymondham	CC4107	2
800 Freestyle	11:31.40	11:39.70	263	27/09/19	Diss Otters Club Champs 2019	Diss	ER192636	4
1500 Freestyle	22:59.62	23:14.50	231	29/09/19	Diss Otters Club Champs 2019	Diss	ER192636	4
50 Breaststroke	41.57	42.30	216	09/03/14	Norfolk County Champs & AG Comp	Thetford	CC4109	2
100 Breaststroke	1:26.82	1:28.30	258	20/09/19	Diss Otters Club Champs 2019	Diss	ER192635	4
200 Breaststroke	3:24.59	3:27.20	202	20/10/13	Diss Otters SC Open 2013	Norwich	ER3730	3
50 Butterfly	30.41	31.00	365	22/09/19	Diss Otters Club Champs 2019	Diss	ER192635	4
100 Butterfly	1:15.16	1:16.20	256	28/09/19	Diss Otters Club Champs 2019	Diss	ER192636	4
50 Backstroke	34.16	34.70	271	15/10/17	20th Diss Otters Open Sprint Meet	UEA Sportspark	ER171007	3
100 Backstroke	1:12.56	1:13.70	295	22/09/19	Diss Otters Club Champs 2019	Diss	ER192635	4
200 Backstroke	2:46.94	2:48.90	253	28/09/19	Diss Otters Club Champs 2019	Diss	ER192636	4
200 Individual Medley	2:49.94	2:52.20	268	28/09/19	Diss Otters Club Champs 2019	Diss	ER192636	4
100 Individual Medley	1:12.86	1:12.90	309	22/09/19	Diss Otters Club Champs 2019	Diss	ER192635	4