

Individual Best Times (All Time)

Harriet Almond - (800523) - Mildenhall & District SC

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	31.76	32.40	376	08/11/14	Mildenhall & District Club Championships	Mildenhall	ER4790	4
100 Freestyle	1:09.31	1:10.50	381	15/11/14	Mildenhall & District Club Championships	Mildenhall	ER4791	4
200 Freestyle	2:33.22	2:35.50	373	31/10/14	Mildenhall & District Club Championships	Mildenhall	ER4788	4
400 Freestyle	5:29.78	5:34.00	345	02/11/14	Mildenhall & District Club Championships	Mildenhall	ER4789	4
50 Breaststroke	41.98	42.70	308	15/11/14	Mildenhall & District Club Championships	Mildenhall	ER4791	4
100 Breaststroke	1:32.66	1:34.00	304	08/11/14	Mildenhall & District Club Championships	Mildenhall	ER4790	4
200 Breaststroke	3:16.25	3:18.90	322	17/10/14	Mildenhall & District Club Championships	Mildenhall	ER4786	4
50 Butterfly	35.76	36.30	316	08/11/14	Mildenhall & District Club Championships	Mildenhall	ER4790	4
100 Butterfly	1:22.48	1:23.40	281	15/11/14	Mildenhall & District Club Championships	Mildenhall	ER4791	4
200 Butterfly	3:17.37	3:19.00	222	26/09/14	Mildenhall & District Club Championships	Mildenhall	ER4781	4
50 Backstroke	36.60	37.10	328	15/11/14	Mildenhall & District Club Championships	Mildenhall	ER4791	4
100 Backstroke	1:20.35	1:21.30	318	08/11/14	Mildenhall & District Club Championships	Mildenhall	ER4790	4
200 Backstroke	2:53.91	2:55.80	319	03/10/14	Mildenhall & District Club Championships	Mildenhall	ER4783	4
200 Individual Medley	2:57.15	2:59.40	325	16/11/14	Mildenhall & District Club Championships	Mildenhall	ER4791	4
400 Individual Medley	6:15.31	6:20.00	328	19/10/14	Mildenhall & District Club Championships	Mildenhall	ER4787	4
100 Individual Medley	1:19.78	1:19.80	355	16/11/14	Mildenhall & District Club Championships	Mildenhall	ER4791	4