

Individual Best Times (All Time)

Rhys Armah-Kwantreng - (877136) - Dulwich Dolphins

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	33.91	33.30	234	16/11/14	Bexley Distance & Sprint Open Meet	Crystal Palace	LR4571	1
200 Freestyle	2:48.63	2:46.60	221	20/07/14	Portsmouth Northsea SC PN End of Season Meet	Portsmouth	SE4226	3
50 Breaststroke	46.69	46.00	171	19/07/14	Portsmouth Northsea SC PN End of Season Meet	Portsmouth	SE4226	3
50 Butterfly	38.31	37.80	196	19/07/14	Portsmouth Northsea SC PN End of Season Meet	Portsmouth	SE4226	3
50 Backstroke	39.91	39.40	205	20/07/14	Portsmouth Northsea SC PN End of Season Meet	Portsmouth	SE4226	3
200 Backstroke	3:01.44	2:59.60	234	20/07/14	Portsmouth Northsea SC PN End of Season Meet	Portsmouth	SE4226	3
200 Individual Medley	3:10.10	3:08.00	215	20/07/14	Portsmouth Northsea SC PN End of Season Meet	Portsmouth	SE4226	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	34.90	35.50	192	02/12/14	Dulwich Dolphins Winter Club Champs	Dulwich	LR14682	4
100 Freestyle	1:26.75	1:27.70	138	15/12/13	Dulwich Dolphin SC Club Championships	Dulwich	LR3954	4
200 Freestyle	2:46.63	2:48.70	212	29/11/14	Dulwich Dolphins Club Championships	London	LR14681	4
400 Freestyle	6:30.72	6:34.30	160	15/12/13	Dulwich Dolphin SC Club Championships	Dulwich	LR3954	4
50 Breaststroke	47.31	48.00	146	29/11/14	Dulwich Dolphins Club Championships	London	LR14681	4
100 Breaststroke	1:45.09	1:46.30	145	30/06/14	Dulwich Dolphins Summer Club Championships	Dulwich	LR4855	4
200 Breaststroke	3:36.95	3:39.40	169	02/12/14	Dulwich Dolphins Winter Club Champs	Dulwich	LR14682	4
50 Butterfly	43.28	43.70	126	02/02/14	Wandsworth Borough Qualifier 2014	Dulwich	LR4129	4
100 Butterfly	1:36.92	1:37.70	119	02/12/14	Dulwich Dolphins Winter Club Champs	Dulwich	LR14682	4
50 Backstroke	39.36	39.90	177	09/07/14	Dulwich Dolphins Summer Club Championships	Dulwich	LR4856	4
100 Backstroke	1:25.69	1:26.60	179	02/12/14	Dulwich Dolphins Winter Club Champs	Dulwich	LR14682	4
200 Backstroke	3:01.04	3:02.90	198	30/06/14	Dulwich Dolphins Summer Club Championships	Dulwich	LR4855	4
200 Individual Medley	3:10.56	3:12.60	190	30/06/14	Dulwich Dolphins Summer Club Championships	Dulwich	LR4855	4
100 Individual Medley	1:30.18	1:30.20	163	29/11/14	Dulwich Dolphins Club Championships	London	LR14681	4