

Individual Best Times (All Time)

Betsy Owen - (1330950) - Haverfordwest

Short Course

Stroke	Time	FINA Pts	Swim Date	Meet	Venue	License	Level
50 Freestyle	37.23	233	03/02/19	Swim Wales West Regional Championships	Haverfordwest	WL190039	2
100 Freestyle	1:23.28	219	10/02/19	Swim Wales West Regional Championships	Haverfordwest	WL190040	2
200 Freestyle	3:39.71	126	17/06/17	Swim Wales West Region Junior Development Meet	Haverfordwest	WL170088	3
400 Freestyle	7:02.87	170	27/10/18	Pembrokeshire County Swimming Championships	Haverfordwest	WL181820	3
50 Breaststroke	50.65	180	28/10/18	Pembrokeshire County Swimming Championships	Haverfordwest	WL181820	3
100 Breaststroke	1:41.24	233	02/02/19	Swim Wales West Regional Championships	Haverfordwest	WL190039	2
200 Breaststroke	3:46.36	210	10/03/18	Llanelli Open Meet 2018	Llanelli	WL180474	2
50 Butterfly	48.12	130	02/02/19	Swim Wales West Regional Championships	Haverfordwest	WL190039	2
50 Backstroke	44.87	187	10/02/19	Swim Wales West Regional Championships	Haverfordwest	WL190040	2
200 Individual Medley	3:38.05	174	27/10/18	Pembrokeshire County Swimming Championships	Haverfordwest	WL181820	3
100 Individual Medley	1:41.91	170	27/10/18	Pembrokeshire County Swimming Championships	Haverfordwest	WL181820	3