

Individual Best Times (Masters)

Miriama Owens - (1165643) - Putteridge Swimming Club

Long Course

Stroke	Time	FINA Pts	Swim Date	Meet	Venue	Licence	Level
50 Freestyle	29.36	520	02/04/16	British Masters & Senior Age Group Meet	Sheffield	MAS598	0
100 Freestyle	1:03.83	531	03/04/16	British Masters & Senior Age Group Meet	Sheffield	MAS598	0
200 Freestyle	2:22.82	493	02/04/16	British Masters & Senior Age Group Meet	Sheffield	MAS598	0
400 Freestyle	5:12.37	427	14/06/15	GB Masters 2015	Manchester	MAS537	0
800 Freestyle	10:40.06	434	12/06/15	GB Masters 2015	Manchester	MAS537	0
50 Breaststroke	37.18	482	03/04/16	British Masters & Senior Age Group Meet	Sheffield	MAS598	0
100 Breaststroke	1:21.02	495	02/04/16	British Masters & Senior Age Group Meet	Sheffield	MAS598	0
200 Individual Medley	2:40.37	486	01/04/16	British Masters & Senior Age Group Meet	Sheffield	MAS598	0
400 Individual Medley	5:50.17	437	12/06/15	GB Masters 2015	Manchester	MAS537	0

Short Course

Stroke	Time	FINA Pts	Swim Date	Meet	Venue	Licence	Level
50 Freestyle	28.30	531	25/10/15	ASA National Masters 2015	Sheffield	MAS570	0
100 Freestyle	1:01.54	544	24/10/15	ASA National Masters 2015	Sheffield	MAS570	0
200 Freestyle	2:18.53	504	23/10/15	ASA National Masters 2015	Sheffield	MAS570	0
400 Freestyle	4:56.50	474	24/10/15	ASA National Masters 2015	Sheffield	MAS570	0
800 Freestyle	10:22.41	451	25/10/15	ASA National Masters 2015	Sheffield	MAS570	0
50 Breaststroke	36.19	481	15/11/15	ASA Inter County Competition East Region	Newmarket	MAS575	0
100 Breaststroke	1:22.14	437	28/10/16	ASA National Masters 2016	Sheffield	MAS639	0
50 Butterfly	31.37	469	28/10/16	ASA National Masters 2016	Sheffield	MAS639	0
200 Individual Medley	2:38.03	458	29/10/16	ASA National Masters 2016	Sheffield	MAS639	0
100 Individual Medley	1:13.10	461	30/10/16	ASA National Masters 2016	Sheffield	MAS639	0