

Individual Best Times (Masters)

Jodie Armstrong - (1469474) - Dunstable SC

Long Course

Stroke	Time	FINA Pts	Swim Date	Meet	Venue	Licence	Level
50 Freestyle	33.10	362	17/06/22	British Masters Championships	Aberdeen Aquatics	MAS966	0
100 Freestyle	1:10.78	389	18/01/20	SSE LC Masters 2020	Crawley	MAS897	0
400 Freestyle	5:20.05	397	18/06/22	British Masters Championships	Aberdeen Aquatics	MAS966	0
50 Butterfly	34.87	343	18/06/22	British Masters Championships	Aberdeen Aquatics	MAS966	0
100 Butterfly	1:24.53	282	18/01/20	SSE LC Masters 2020	Crawley	MAS897	0
50 Backstroke	36.29	405	18/06/22	British Masters Championships	Aberdeen Aquatics	MAS966	0
100 Backstroke	1:21.05	353	17/06/22	British Masters Championships	Aberdeen Aquatics	MAS966	0

Short Course

Stroke	Time	FINA Pts	Swim Date	Meet	Venue	Licence	Level
50 Freestyle	31.66	379	26/10/19	Swim England National Masters	Sheffield	MAS882	0
100 Freestyle	1:09.93	371	29/09/19	Swim England East Region Seniors & Masters	Newmarket	MAS877	0
200 Freestyle	2:30.22	395	07/03/20	Bracknell 25th Anniversary Masters 2020	Bracknell	MAS908	0
400 Freestyle	5:16.76	389	18/09/22	Barnet Copthall Masters Sprints+ Meet 2022	Barnet	MAS981	0
50 Butterfly	35.08	335	15/09/19	Masters Sprints Meet 2019	Barnet	MAS870	0
50 Backstroke	35.29	366	25/10/19	Swim England National Masters	Sheffield	MAS882	0
100 Backstroke	1:18.34	343	07/03/20	Bracknell 25th Anniversary Masters 2020	Bracknell	MAS908	0
200 Backstroke	2:51.80	331	07/03/20	Bracknell 25th Anniversary Masters 2020	Bracknell	MAS908	0