

Individual Best Times (All Time)

Hollie Armstrong - (840734) - Team Ipswich Swimming

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	30.13	29.40	481	26/05/19	Swim England East Region Long Course Champs 2019	UEA Sportspark	ER190179	1
100 Freestyle	1:09.16	1:07.90	417	04/03/18	UEA Norwich March Long Course Open Meet	Norwich	ER180025	3
200 Freestyle	2:28.44	2:26.10	439	25/03/18	Team Luton March Long Course Meet 2018	Luton	ER180343	1
50 Breaststroke	35.41	34.50	558	27/05/19	Swim England East Region Long Course Champs 2019	UEA Sportspark	ER190179	1
100 Breaststroke	1:16.31	1:14.60	593	25/05/19	Swim England East Region Long Course Champs 2019	UEA Sportspark	ER190179	1
200 Breaststroke	2:49.39	2:46.20	535	26/05/19	Swim England East Region Long Course Champs 2019	UEA Sportspark	ER190179	1
50 Butterfly	32.23	31.60	435	26/05/19	Swim England East Region Long Course Champs 2019	UEA Sportspark	ER190179	1
100 Butterfly	1:16.08	1:15.10	387	06/07/19	CoNSC MIDSUMMER MADNESS 2019	NORWICH	ER191302	3
50 Backstroke	34.71	34.10	463	27/05/19	Swim England East Region Long Course Champs 2019	UEA Sportspark	ER190179	1
100 Backstroke	1:15.40	1:14.30	439	06/07/19	CoNSC MIDSUMMER MADNESS 2019	NORWICH	ER191302	3
200 Individual Medley	2:43.55	2:41.10	458	26/05/18	East Swimming Long Course Championships 2018	Luton	ER180214	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	29.24	29.90	482	24/03/19	Teamipswich March Open 2019	Ipswich	ER190275	3
100 Freestyle	1:03.87	1:05.20	486	23/03/19	Teamipswich March Open 2019	Ipswich	ER190275	3
200 Freestyle	2:17.84	2:20.30	512	24/03/19	Teamipswich March Open 2019	Ipswich	ER190275	3
400 Freestyle	5:22.52	5:26.90	368	26/02/17	Suffolk County ASA Championships 2017	Ipswich	ER170396	2
800 Freestyle	10:08.15	10:17.60	483	23/06/18	Teamipswich Long Distance Invitational Meet 2018	Ipswich	ER181222	4
50 Breaststroke	35.20	36.10	523	03/11/19	Swim England East Region Short Course Champs 2019	Basildon	ER192086	2
100 Breaststroke	1:13.98	1:15.70	598	09/11/19	NASL London Round 2	Becontree	ER192864	2
200 Breaststroke	2:43.51	2:46.70	557	01/02/20	Suffolk ASA County Championships 2020	Ipswich	ER200345	2
50 Butterfly	31.28	31.90	473	31/10/21	Teamipswich October Open Meet 2021	Ipswich	ER210933	3
100 Butterfly	1:12.18	1:13.20	419	23/03/19	Teamipswich March Open 2019	Ipswich	ER190275	3
50 Backstroke	32.40	33.00	473	14/03/20	Teamipswich March Open Meet 2020	Ipswich	ER200335	3
100 Backstroke	1:09.78	1:10.90	486	09/02/20	Suffolk ASA County Championships 2019	Ipswich	ER200346	2
200 Backstroke	2:28.65	2:30.90	512	15/03/20	Teamipswich March Open Meet 2020	Ipswich	ER200335	3
200 Individual Medley	2:29.24	2:31.90	544	26/01/20	Suffolk ASA County Championships 2020	Ipswich	ER200344	2
100 Individual Medley	1:09.82	1:09.80	530	17/11/19	Teamipswich November Open Meet 2019	Ipswich	ER192239	3