

Individual Best Times (All Time)

Rebecca Armstrong - (850992) - Nofio Gwynedd Performance

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
100 Backstroke	1:24.91	1:24.00	307	06/07/13	Gemau Cymru 2013	Cardiff	WAL509	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	35.98	36.60	258	21/10/12	Conwy Autumn Meet 2012	Llandudno	WAL457	2
100 Freestyle	1:12.50	1:13.60	332	20/10/13	Swim Conway Autumn Meet	Llandudno	WAL523	1
200 Freestyle	2:33.27	2:35.50	372	03/02/14	Swim Wales North Region Championships	Llandudno	WAL549	2
400 Freestyle	5:22.36	5:26.70	369	02/02/13	SWNR Regional Championships	Llandudno	WAL475	2
800 Freestyle	11:08.18	11:16.80	364	08/12/13	BG Swim Wales North Sub Regional Champs	Llandudno	WAL536	4
50 Breaststroke	48.74	49.40	197	21/10/12	Conwy Autumn Meet 2012	Llandudno	WAL457	2
100 Breaststroke	1:38.02	1:39.30	257	23/02/13	Menai AA & B Grade Meet	Bangor	WAL479	4
50 Butterfly	38.83	39.30	247	20/10/13	Swim Conway Autumn Meet	Llandudno	WAL523	1
100 Butterfly	1:29.34	1:30.20	221	07/12/13	BG Swim Wales North Sub Regional Champs	Llandudno	WAL536	4
50 Backstroke	37.93	38.50	295	20/10/13	Swim Conway Autumn Meet	Llandudno	WAL523	1
100 Backstroke	1:20.92	1:21.90	312	03/02/14	Swim Wales North Region Championships	Llandudno	WAL549	2
200 Backstroke	2:48.79	2:50.80	349	20/10/13	Swim Conway Autumn Meet	Llandudno	WAL523	1
100 Individual Medley	1:33.68	1:33.70	219	14/04/12	City of Bangor Diddy Meet	Bangor	WAL424	4