

# Individual Best Times (All Time)

Elena Armes - (852685) - Thetford Dolphins SC

Long Course

| Stroke         | LC Time | Converted to SC | LC WA Pts | Date     | Meet                              | Venue   | Licence  | Level |
|----------------|---------|-----------------|-----------|----------|-----------------------------------|---------|----------|-------|
| 50 Freestyle   | 30.47   | 29.80           | 465       | 02/02/19 | Norfolk County Championships 2019 | Norwich | ER191264 | 1     |
| 50 Backstroke  | 36.31   | 35.80           | 404       | 10/02/19 | Norfolk County Championships 2019 | Norwich | ER191264 | 1     |
| 100 Backstroke | 1:20.84 | 1:19.80         | 356       | 06/01/18 | Norfolk County Championships 2018 | Norwich | ER180288 | 1     |

Short Course

| Stroke                | SC Time  | Converted to LC | SC WA Pts | Date     | Meet                                              | Venue    | License  | Level |
|-----------------------|----------|-----------------|-----------|----------|---------------------------------------------------|----------|----------|-------|
| 50 Freestyle          | 29.73    | 30.40           | 458       | 21/04/18 | Norwich Swan Open Meet 2018                       | Norwich  | ER180720 | 3     |
| 100 Freestyle         | 1:06.60  | 1:07.80         | 429       | 21/04/18 | Norwich Swan Open Meet 2018                       | Norwich  | ER180720 | 3     |
| 200 Freestyle         | 2:28.32  | 2:30.60         | 411       | 16/10/17 | Tony Hegarty Club Championships & Age Groups Comp | Thetford | ER172062 | 4     |
| 400 Freestyle         | 5:19.42  | 5:23.80         | 379       | 05/10/17 | Tony Hegarty Club Championships & AG Comp         | Thetford | ER172058 | 4     |
| 800 Freestyle         | 10:53.08 | 11:01.90        | 390       | 02/10/17 | Tony Hegarty Club Championships & AG Comp         | Thetford | ER172057 | 4     |
| 1500 Freestyle        | 21:43.63 | 21:59.40        | 338       | 08/10/18 | Tony Hegarty Club Champs and Age Groups Comp      | Thetford | ER182226 | 4     |
| 50 Breaststroke       | 41.33    | 42.10           | 323       | 19/06/16 | Norfolk County Challenge                          | Dereham  | ER161178 | 3     |
| 100 Breaststroke      | 1:32.08  | 1:33.40         | 310       | 14/10/17 | Tony Hegarty Club Championships & Age Groups Comp | Thetford | ER172061 | 4     |
| 50 Butterfly          | 34.04    | 34.60           | 367       | 11/10/18 | Tony Hegarty Club Champs and Age Groups Comp      | Thetford | ER182227 | 4     |
| 100 Butterfly         | 1:26.35  | 1:27.20         | 245       | 20/10/16 | Tony Hegarty Club Championships                   | Thetford | ER162185 | 4     |
| 50 Backstroke         | 34.67    | 35.20           | 386       | 22/04/18 | Norwich Swan Open Meet 2018                       | Norwich  | ER180720 | 3     |
| 100 Backstroke        | 1:16.72  | 1:17.80         | 366       | 14/10/17 | Tony Hegarty Club Championships & Age Groups Comp | Thetford | ER172061 | 4     |
| 200 Backstroke        | 3:31.55  | 3:33.10         | 177       | 02/03/13 | Norfolk County Championships                      | Thetford | CC3075   | 2     |
| 200 Individual Medley | 2:57.22  | 2:59.40         | 325       | 20/10/19 | Tony Hegarty Club Champs & Age Groups Comp 2019   | Thetford | ER192839 | 4     |
| 100 Individual Medley | 1:19.38  | 1:19.40         | 360       | 18/10/18 | Tony Hegarty Club Champs and Age Groups Comp      | Thetford | ER182230 | 4     |