

# Individual Best Times (All Time)

## Charlotte Opoku-Gyamfi - (1100681) - Team Luton Swimming

### Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	30.97	30.30	443	16/04/17	Team Luton April Long Course Meet 2017	Luton	ER170348	1
100 Freestyle	1:08.32	1:07.10	433	13/05/17	Team Luton May Long Course Meet 2017	Luton	ER170349	1
200 Freestyle	2:32.40	2:30.10	406	31/01/16	Bedfordshire Age Group & County Champs	Luton	ER160101	1
400 Freestyle	5:23.93	5:19.60	383	13/02/16	Bedfordshire Age Group & County Champs	Luton	ER160102	1
50 Breaststroke	40.75	40.00	366	13/05/17	Team Luton May Long Course Meet 2017	Luton	ER170349	1
100 Breaststroke	1:33.37	1:32.00	324	05/02/17	Bedfordshire ASA 2017 Age Group & County Champs	Luton	ER170119	1
200 Breaststroke	3:23.02	3:20.40	311	05/02/17	Bedfordshire ASA 2017 Age Group & County Champs	Luton	ER170119	1
50 Butterfly	32.81	32.20	412	04/02/17	Bedfordshire ASA 2017 Age Group & County Champs	Luton	ER170119	1
100 Butterfly	1:24.08	1:23.20	287	28/01/17	Bedfordshire ASA 2017 Age Group & County Champs	Luton	ER170118	1
50 Backstroke	40.06	39.60	301	14/02/16	Bedfordshire Age Group & County Champs	Luton	ER160102	1
100 Backstroke	1:22.65	1:21.70	333	28/01/17	Bedfordshire ASA 2017 Age Group & County Champs	Luton	ER170118	1
200 Backstroke	3:11.72	3:10.00	264	08/03/15	Bedfordshire ASA County Championships	Luton	CC150189	1
200 Individual Medley	2:57.37	2:55.10	359	28/01/17	Bedfordshire ASA 2017 Age Group & County Champs	Luton	ER170118	1
400 Individual Medley	6:20.98	6:16.30	339	04/02/17	Bedfordshire ASA 2017 Age Group & County Champs	Luton	ER170119	1

### Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	29.82	30.50	454	23/09/17	Team Luton Autumn Short Course Meet 2017	Luton	ER171628	3
100 Freestyle	1:07.28	1:08.50	416	18/12/16	Hillingdon Winter Short Course Open Meet	Uxbridge	LR161927	3
200 Freestyle	2:28.15	2:30.50	412	25/09/16	Team Luton September Short Course Meet	Luton	ER160086	2
400 Freestyle	5:14.53	5:19.00	397	01/10/16	Hatfield Early Season Gala	Hatfield	ER161914	3
50 Breaststroke	42.28	43.00	302	22/11/15	Golden Eagle Meet 2015	Bletchley	ER151726	2
100 Breaststroke	1:27.67	1:29.10	359	23/09/17	Team Luton Autumn Short Course Meet 2017	Luton	ER171628	3
200 Breaststroke	3:21.19	3:23.80	299	03/12/16	Team Luton Club Championships 2016 17	Luton	ER161907	4
50 Butterfly	33.01	33.60	402	18/12/16	Hillingdon Winter Short Course Open Meet	Uxbridge	LR161927	3
100 Butterfly	1:20.48	1:21.40	302	16/07/16	Team Luton Fast & Furious III Sprint Meet	Luton	ER160864	3
200 Butterfly	3:10.23	3:11.90	248	24/06/17	Team Luton Club Championships 2016 17	Luton	ER170101	4
50 Backstroke	37.75	38.30	299	24/06/17	Team Luton Club Championships 2016 17	Luton	ER170101	4
100 Backstroke	1:20.93	1:21.90	311	10/09/16	Team Luton Club Championships 2016 17	Luton	ER161906	4
200 Backstroke	2:48.90	2:50.90	349	10/06/17	Team Luton Club Championships 2016 17	Luton	ER170100	4
200 Individual Medley	2:46.99	2:49.30	388	23/09/17	Team Luton Autumn Short Course Meet 2017	Luton	ER171628	3
400 Individual Medley	6:02.70	6:07.50	363	10/06/17	Team Luton Club Championships 2016 17	Luton	ER170100	4
100 Individual Medley	1:19.10	1:19.10	364	01/10/16	Hatfield Early Season Gala	Hatfield	ER161914	3