

Individual Best Times (All Time)

Rowan Armitage - (1109975) - Lancaster City SC

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	32.64	33.30	235	13/12/15	Lancaster City Winter Club Championships	Lancaster	NW152292	4
100 Freestyle	1:15.31	1:16.40	211	13/12/15	Lancaster City Winter Club Championships	Lancaster	NW152292	4
50 Breaststroke	50.81	51.40	118	19/04/15	Lancaster City 2015 Spring Gala	Lancaster	NW150662	4
100 Breaststroke	1:53.86	1:55.00	114	13/12/15	Lancaster City Winter Club Championships	Lancaster	NW152292	4
50 Butterfly	41.73	42.20	141	13/12/15	Lancaster City Winter Club Championships	Lancaster	NW152292	4
100 Individual Medley	1:28.48	1:28.50	172	13/12/15	Lancaster City Winter Club Championships	Lancaster	NW152292	4