

Individual Best Times (All Time)

Justin Cohen - (1114538) - Harpenden Swimming Club

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	36.32	36.90	171	12/07/15	Hatfield Summer Spectacle Level 3 Meet	Hatfield	ER151036	3
100 Freestyle	1:16.69	1:17.80	199	24/06/16	Harpenden Club Championships	St Albans	ER161501	4
200 Freestyle	3:13.30	3:15.10	135	12/07/15	Hatfield Summer Spectacle Level 3 Meet	Hatfield	ER151036	3
50 Breaststroke	47.71	48.40	143	24/06/16	Harpenden Club Championships	St Albans	ER161501	4
100 Breaststroke	1:46.10	1:47.30	141	13/12/15	Hertsmere Flyers Last Chance County Qualifier	Borehamwood	ER151658	3
200 Breaststroke	4:17.59	4:19.60	101	06/07/14	Harpenden SC 200m Championships 2014	Harpenden	ER4490	4
50 Butterfly	39.19	39.70	170	24/06/16	Harpenden Club Championships	St Albans	ER161501	4
50 Backstroke	40.57	41.10	161	12/07/15	Hatfield Summer Spectacle Level 3 Meet	Hatfield	ER151036	3
100 Backstroke	1:32.77	1:33.60	141	13/06/15	Stevenage Swimming Club Summer Sprint	Stevenage	ER150769	3
100 Individual Medley	1:32.83	1:32.80	149	13/12/15	Hertsmere Flyers Last Chance County Qualifier	Borehamwood	ER151658	3