

Individual Best Times (All Time)

Joella Mcdonogh - (1118838) - Harpenden Swimming Club

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	35.81	36.40	262	12/03/16	Maxwell March L3 Meet	Aylesbury	SE160680	3
100 Freestyle	1:22.31	1:23.30	227	24/06/16	Harpenden Club Championships	St Albans	ER161501	4
200 Freestyle	3:16.41	3:18.20	177	06/07/14	Harpenden SC 200m Championships 2014	Harpenden	ER4490	4
50 Breaststroke	48.39	49.00	201	20/05/17	Hemel Hempstead Spring Development Meet	Hemel Hempstead	ER170858	3
100 Breaststroke	1:44.74	1:45.90	211	02/10/16	Harpenden Legacy Meet 2016	Borehamwood	ER161478	3
200 Breaststroke	3:44.36	3:46.70	215	13/03/16	Maxwell March L3 Meet	Aylesbury	SE160680	3
50 Butterfly	41.04	41.50	209	19/11/17	CMKSC Autumn Open Meet (Level 3)	Bletchley	SE171633	3
100 Butterfly	1:41.03	1:41.80	153	04/10/15	Harpenden SC Legacy Open Meet 2015	Borehamwood	ER151365	3
200 Butterfly	3:36.56	3:38.00	168	24/09/16	Hemel Hempstead 200 Fly Fest	Hemel Hempstead	ER161572	3
50 Backstroke	41.32	41.80	228	22/05/16	Hemel Hempstead 5th Spring Development Meet	Hemel Hempstead	ER160839	3
100 Backstroke	1:29.33	1:30.20	231	06/10/18	Harpenden Legacy Meet	Westminster Lodge	ER181485	3
200 Backstroke	3:10.45	3:12.20	243	21/05/16	Hemel Hempstead 5th Spring Development Meet	Hemel Hempstead	ER160839	3
200 Individual Medley	3:17.01	3:19.00	236	11/03/18	Potters Bar Spring Regional Qualifier	Furzeffield Centre	ER180670	3
100 Individual Medley	1:31.25	1:31.30	237	01/10/16	Harpenden Legacy Meet 2016	Borehamwood	ER161478	3