

# Individual Best Times (All Time)

Rebecca Coulson - (1136831) - Hemel Hempstead SC

## Short Course

| Stroke                | SC Time | Converted to LC | SC WA Pts | Date     | Meet                               | Venue           | License  | Level |
|-----------------------|---------|-----------------|-----------|----------|------------------------------------|-----------------|----------|-------|
| 50 Freestyle          | 31.29   | 32.00           | 393       | 12/06/16 | Hemel Hempstead Club Championships | Hemel Hempstead | ER161250 | 4     |
| 100 Freestyle         | 1:13.38 | 1:14.50         | 321       | 12/06/16 | Hemel Hempstead Club Championships | Hemel Hempstead | ER161250 | 4     |
| 50 Breaststroke       | 41.66   | 42.40           | 315       | 13/06/16 | Hemel Hempstead Club Championships | Hemel Hempstead | ER161251 | 4     |
| 100 Breaststroke      | 1:37.74 | 1:39.00         | 259       | 22/03/15 | Hertfordshire County Championships | Borehamwood     | CC150273 | 2     |
| 200 Breaststroke      | 3:41.93 | 3:44.30         | 222       | 28/11/14 | Hemel Hempstead Club Championships | Hemel Hempstead | ER14693  | 4     |
| 50 Butterfly          | 35.61   | 36.10           | 320       | 26/06/16 | Hemel Hempstead Club Championships | Hemel Hempstead | ER161252 | 4     |
| 50 Backstroke         | 38.72   | 39.20           | 277       | 15/06/16 | Hemel Hempstead Club Championships | Hemel Hempstead | ER161253 | 4     |
| 100 Backstroke        | 1:29.86 | 1:30.80         | 227       | 22/11/14 | Hemel Hempstead Club Championships | Hemel Hempstead | ER14692  | 4     |
| 100 Individual Medley | 1:31.18 | 1:31.20         | 238       | 29/11/14 | Hemel Hempstead Club Championships | Hemel Hempstead | ER14693  | 4     |