

Individual Best Times (All Time)

Harriette Sebag-Montefiore - (1143085) - Anaconda SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	30.82	30.10	449	24/03/18	Team Luton March Long Course Meet 2018	Luton	ER180343	1
100 Freestyle	1:07.64	1:06.40	446	24/03/18	Team Luton March Long Course Meet 2018	Luton	ER180343	1
50 Butterfly	35.99	35.50	312	27/01/18	MCASA 2018 County Age Group & Youth Championships	London	LR180226	1
100 Butterfly	1:33.75	1:32.90	207	25/09/16	BWFSC County Qualifier Meet 2016	London	LR161616	3
200 Individual Medley	3:15.83	3:13.80	267	25/09/16	BWFSC County Qualifier Meet 2016	London	LR161616	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	30.52	31.20	424	25/02/18	Ealing L3 Open	Northolt	LR180254	3
100 Freestyle	1:09.14	1:10.30	383	14/10/17	NASL - London Rounds 2017 - Division 1 & 2	Lewisham	ER172118	3
200 Freestyle	2:37.44	2:39.60	343	16/06/18	ESC End of Season Open	Northolt	LR180594	3
50 Breaststroke	50.23	50.90	180	14/03/15	MCASA Spring Development Meet	Enfield	LR150434	3
200 Breaststroke	3:55.07	3:57.30	187	28/11/14	Hackney vs Islington Winter Champs	Hackney	LR14645	4
50 Butterfly	35.29	35.80	329	07/05/17	Middlesex Spring Development Meet	Southbury	LR170774	3
100 Butterfly	1:26.52	1:27.40	243	23/04/17	Middlesex Spring Development Meet	Enfield	LR170773	3
200 Butterfly	4:08.12	4:09.40	112	28/11/14	Hackney vs Islington Winter Champs	Hackney	LR14645	4
50 Backstroke	42.75	43.20	206	05/07/15	Barnet Cophall Summer Sprints	Barnet	LR151303	3
100 Backstroke	1:37.72	1:38.50	177	23/11/14	Enfield SS County Qualifier Meet	Southbury	LR14242	3
200 Backstroke	3:31.47	3:33.00	177	29/11/14	Hackney vs Islington Winter Champs	Hackney	LR14645	4
200 Individual Medley	3:12.90	3:14.90	252	11/10/15	MCASA Winter Development Meet	Enfield	LR151831	3
100 Individual Medley	1:24.76	1:24.80	296	10/04/16	MCASA County Spring Development 2016	Enfield	LR160634	3