

Individual Best Times (All Time)

Emma Castell - (1160701) - Hillingdon Swimming Club

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	44.01	44.50	141	09/11/14	Hillingdon RNSS Club Championships	Hillingdon	LR4590	4
50 Breaststroke	53.16	53.80	151	09/11/14	Hillingdon RNSS Club Championships	Hillingdon	LR4590	4
50 Butterfly	47.81	48.20	132	09/11/14	Hillingdon RNSS Club Championships	Hillingdon	LR4590	4
50 Backstroke	46.41	46.80	161	09/11/14	Hillingdon RNSS Club Championships	Hillingdon	LR4590	4