

Individual Best Times (All Time)

Hannah Armstrong - (1179957) - Flitwick Dolphins SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	35.03	34.40	306	14/05/17	Team Luton May Long Course Meet 2017	Luton	ER170349	1
100 Freestyle	1:22.13	1:21.10	249	25/03/17	UEA CoNSC March Long Course Open 2017	Norwich	ER170425	3
50 Backstroke	39.45	38.90	315	14/05/17	Team Luton May Long Course Meet 2017	Luton	ER170349	1
100 Backstroke	1:26.91	1:26.00	287	28/01/17	Bedfordshire ASA 2017 Age Group & County Champs	Luton	ER170118	1
200 Backstroke	3:02.80	3:01.00	305	25/03/17	UEA CoNSC March Long Course Open 2017	Norwich	ER170425	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	35.38	36.00	272	11/03/18	Central Beds Swim Squad L2 Open Meet 2018	Biggleswade	ER180359	2
100 Freestyle	1:16.94	1:18.00	278	17/12/17	1st Christmas Cracker Open Meet	Biggleswade	ER172069	3
200 Freestyle	2:44.04	2:46.10	304	23/06/18	The Terry Davies Alternative Nationals	Woodside LC	ER180890	3
400 Freestyle	6:15.53	6:19.30	233	10/09/16	Team Luton Club Championships 2016 17	Luton	ER161906	4
50 Breaststroke	51.64	52.20	165	10/09/16	Team Luton Club Championships 2016 17	Luton	ER161906	4
100 Breaststroke	1:51.24	1:52.40	176	25/06/16	Team Luton Club Championships 2015 2016	Luton	ER160179	3
200 Breaststroke	4:47.46	4:49.30	102	28/06/14	Team Luton SC Club Championships	Luton	ER4532	4
50 Butterfly	42.10	42.50	194	13/05/18	Leighton Buzzard Springboard Open Meet 2018	Bletchley	ER180505	3
100 Butterfly	1:56.19	1:56.80	100	18/07/15	Team Luton 2 Fast 2 Furious Sprint Meet	Luton	ER150706	3
200 Butterfly	4:56.45	4:57.50	65	09/05/15	Team Luton Skills Challenge 2015	Luton	ER150920	4
50 Backstroke	38.49	39.00	282	16/12/17	1st Christmas Cracker Open Meet	Biggleswade	ER172069	3
100 Backstroke	1:23.28	1:24.20	286	10/03/18	Central Beds Swim Squad L2 Open Meet 2018	Biggleswade	ER180359	2
200 Backstroke	2:55.99	2:57.90	308	11/03/18	Central Beds Swim Squad L2 Open Meet 2018	Biggleswade	ER180359	2
200 Individual Medley	3:15.89	3:17.90	240	03/12/16	Team Luton Club Championships 2016 17	Luton	ER161907	4
400 Individual Medley	6:40.78	6:45.20	269	10/06/17	Team Luton Club Championships 2016 17	Luton	ER170100	4
100 Individual Medley	1:38.86	1:38.90	186	25/06/16	Team Luton Club Championships 2015 2016	Luton	ER160179	3