

# Individual Best Times (All Time)

## Natasha Acres - (1182390) - Hemel Hempstead SC

### Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	38.38	37.80	232	18/04/15	The Bracknell Spring Level 3 Open Meet	Aldershot	SE150574	3
100 Freestyle	1:29.93	1:29.00	190	18/04/15	The Bracknell Spring Level 3 Open Meet	Aldershot	SE150574	3
50 Breaststroke	53.08	52.50	165	18/04/15	The Bracknell Spring Level 3 Open Meet	Aldershot	SE150574	3
50 Backstroke	47.11	46.70	185	18/04/15	The Bracknell Spring Level 3 Open Meet	Aldershot	SE150574	3

### Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	33.66	34.30	316	20/05/17	Hemel Hempstead Spring Development Meet	Hemel Hempstead	ER170858	3
100 Freestyle	1:15.18	1:16.30	298	19/05/18	HHSC Spring Development Meet	SportSpace	ER180666	3
200 Freestyle	2:50.84	2:52.90	269	22/06/18	HHSC Club Championships	Hemel Hempstead	ER180676	4
400 Freestyle	5:57.47	6:01.40	270	20/06/17	Hemel Hempstead Club Championships	Hemel Hempstead	ER171342	4
800 Freestyle	13:03.14	13:10.50	226	15/11/16	Watford & Hemel Hempstead Club Champs	Watford	ER162495	3
50 Breaststroke	46.13	46.80	232	19/05/18	HHSC Spring Development Meet	SportSpace	ER180666	3
100 Breaststroke	1:44.42	1:45.60	212	21/11/15	Watford November County Qualifier Open Meet	Watford	ER150604	3
200 Breaststroke	3:45.65	3:48.00	212	22/05/16	Hemel Hempstead 5th Spring Development Meet	Hemel Hempstead	ER160839	3
50 Butterfly	42.12	42.60	193	02/07/17	Hemel Hempstead Club Championships	Hemel Hempstead	ER171345	4
100 Butterfly	1:45.41	1:46.10	134	02/07/17	Hemel Hempstead Club Championships	Hemel Hempstead	ER171345	4
50 Backstroke	43.43	43.90	196	22/06/18	HHSC Club Championships	Hemel Hempstead	ER180676	4
100 Backstroke	1:35.75	1:36.60	188	22/11/15	Watford November County Qualifier Open Meet	Watford	ER150604	3
200 Backstroke	3:22.49	3:24.10	202	19/09/15	Hemel Hempstead Club Championships	Hemel Hempstead	ER151873	4
200 Individual Medley	3:17.83	3:19.80	233	20/06/18	HHSC Club Championships	Hemel Hempstead	ER180674	4
100 Individual Medley	1:27.47	1:27.50	269	21/06/17	Hemel Hempstead Club Championships	Hemel Hempstead	ER171343	4