

Individual Best Times (All Time)

Helena Folwell - (1185314) - Killerwhales SC (Havering)

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	43.48	44.00	146	20/06/15	Thurrock Summer Sprint Meet	Thurrock	ER150398	3
50 Breaststroke	55.01	55.60	137	20/06/15	Thurrock Summer Sprint Meet	Thurrock	ER150398	3
200 Breaststroke	4:27.28	4:29.30	127	28/06/14	Killerwhales SC Club Championships	Grays	LR4725	4
50 Butterfly	1:01.53	1:01.80	62	28/06/14	Killerwhales SC Club Championships	Grays	LR4725	4
50 Backstroke	57.40	57.80	85	28/06/14	Killerwhales SC Club Championships	Grays	LR4725	4