

# Individual Best Times (All Time)

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## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	56.23	56.60	67	05/01/14	Barking & Dagenham Aquatics Last Chance	Dagenham	LR4257	3
100 Freestyle	2:17.81	2:18.40	48	04/01/14	Barking & Dagenham Aquatics Last Chance	Dagenham	LR4257	3
200 Freestyle	5:08.15	5:09.30	45	05/01/14	Barking & Dagenham Aquatics Last Chance	Dagenham	LR4257	3
50 Breaststroke	1:30.27	1:30.60	31	04/01/14	Barking & Dagenham Aquatics Last Chance	Dagenham	LR4257	3
50 Backstroke	57.09	57.40	86	05/01/14	Barking & Dagenham Aquatics Last Chance	Dagenham	LR4257	3
200 Backstroke	4:32.22	4:33.40	83	04/01/14	Barking & Dagenham Aquatics Last Chance	Dagenham	LR4257	3