

# Individual Best Times (All Time)

Kizzie Beckwith - (1191505) - Hemel Hempstead SC

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	33.93	34.50	308	16/06/19	Hemel Hempstead Club Championships 2019	Hemel Hempstead	ER192177	4
100 Freestyle	1:13.99	1:15.10	313	16/06/19	Hemel Hempstead Club Championships 2019	Hemel Hempstead	ER192177	4
200 Freestyle	2:52.12	2:54.10	263	20/05/18	HHSC Spring Development Meet	SportSpace	ER180666	3
400 Freestyle	6:03.69	6:07.50	257	19/11/17	Watford & Hemel Hempstead Joint Club Champs	Hemel Hempstead	ER171354	3
50 Breaststroke	42.32	43.10	301	17/06/19	Hemel Hempstead Club Championships 2019	Hemel Hempstead	ER192178	4
100 Breaststroke	1:33.09	1:34.40	300	16/06/19	Hemel Hempstead Club Championships 2019	Hemel Hempstead	ER192177	4
200 Breaststroke	3:32.40	3:34.90	254	08/10/17	Hemel Hempstead Birthday Open	Hemel Hempstead	ER170859	3
50 Butterfly	38.42	38.90	255	14/10/17	NASL - London Rounds 2017 - Division 1 & 2	Hertfordshire	ER172119	3
100 Butterfly	1:46.67	1:47.40	130	22/06/18	HHSC Club Championships	Hemel Hempstead	ER180676	4
50 Backstroke	39.99	40.50	251	19/06/19	Hemel Hempstead Club Championships 2019	Hemel Hempstead	ER192180	4
100 Backstroke	1:25.87	1:26.80	261	18/06/19	Hemel Hempstead Club Championships 2019	Hemel Hempstead	ER192179	4
200 Backstroke	3:11.81	3:13.50	238	18/06/17	The Terry Davies Alternative Nationals	Watford	ER170876	3
200 Individual Medley	3:05.61	3:07.70	282	07/10/17	Hemel Hempstead Birthday Open	Hemel Hempstead	ER170859	3
400 Individual Medley	7:34.38	7:38.20	185	16/11/16	Watford & Hemel Hempstead Club Champs	Hemel Hempstead	ER162496	3
100 Individual Medley	1:22.50	1:22.50	321	17/06/19	Hemel Hempstead Club Championships 2019	Hemel Hempstead	ER192178	4