

Individual Best Times (All Time)

Joseph English - (1192468) - Letchworth ASC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	33.94	33.30	233	30/06/18	Bishops Stortford Long Course Open Meet	Luton	ER180172	3
50 Backstroke	42.49	42.00	170	30/06/18	Bishops Stortford Long Course Open Meet	Luton	ER180172	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	33.90	34.50	210	17/03/18	Bishops Stortford Spring Open Meet	Borehamwood	ER180173	3
100 Freestyle	1:12.15	1:13.30	240	24/11/19	Hitchin Open 2019	Borehamwood	ER191545	3
200 Freestyle	2:39.68	2:41.80	240	24/11/19	Hitchin Open 2019	Borehamwood	ER191545	3
400 Freestyle	5:56.48	6:00.40	211	06/10/18	Harpenden Legacy Meet	Westminster Lodge	ER181485	3
50 Backstroke	39.94	40.40	169	24/11/19	Hitchin Open 2019	Borehamwood	ER191545	3
100 Backstroke	1:30.15	1:31.00	154	24/11/19	Hitchin Open 2019	Borehamwood	ER191545	3
100 Individual Medley	1:47.75	1:47.80	95	28/03/15	Harlow Penguins 3rd Junior Development Meet	Harlow	ER150399	3