

# Individual Best Times (All Time)

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## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	45.32	44.90	98	11/12/14	CO Sheffield December Time Trials	Sheffield	NE14717	4
50 Backstroke	56.07	55.70	74	11/11/14	City of Sheffield Time Trials	Sheffield	NE14716	4