

# Individual Best Times (All Time)

Harry Palmer - (1473845) - Dereham & District SC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	30.72	30.00	315	03/02/24	SE Norfolk County Championships 2024	Norwich	ER240128	1
100 Freestyle	1:08.53	1:07.30	319	08/07/23	Co Norwich SC Midsummer Madness Open Meet 2023	Norwich	ER230398	3
200 Freestyle	2:40.24	2:38.10	257	09/07/22	City of Norwich SC Midsummer Madness 2022	Norwich	ER220343	3
50 Breaststroke	41.45	40.70	245	08/07/23	Co Norwich SC Midsummer Madness Open Meet 2023	Norwich	ER230398	3
100 Breaststroke	1:36.86	1:35.50	202	10/07/22	City of Norwich SC Midsummer Madness 2022	Norwich	ER220343	3
50 Butterfly	33.91	33.30	283	27/01/24	SE Norfolk County Championships 2024	Norwich	ER240127	1
100 Butterfly	1:23.52	1:22.60	207	28/01/24	SE Norfolk County Championships 2024	Norwich	ER240127	1
200 Individual Medley	3:06.78	3:04.70	227	28/01/23	Norfolk County Championships 2023	Norwich	ER230194	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	29.96	30.60	304	02/12/23	Great Yarmouth SC Winter Wipeout Meet 2023	Norwich	ER231744	3
100 Freestyle	1:06.17	1:07.40	311	03/12/23	Great Yarmouth SC Winter Wipeout Meet 2023	Norwich	ER231744	3
200 Freestyle	2:35.07	2:37.30	263	11/07/22	Dereham and District ASC Roger Virgoe	Dereham	ER221160	4
50 Breaststroke	41.54	42.30	216	30/09/23	Dereham and District ASC Icen Open 2023	Dereham	ER230657	3
100 Breaststroke	1:30.07	1:31.50	231	25/03/23	Norwich Swan Open Meet 2023	Norwich	ER230288	3
200 Breaststroke	3:20.23	3:22.90	216	26/03/23	Norwich Swan Open Meet 2023	Norwich	ER230288	3
50 Butterfly	33.91	34.50	263	03/12/23	Great Yarmouth SC Winter Wipeout Meet 2023	Norwich	ER231744	3
100 Butterfly	1:18.82	1:19.80	222	02/12/23	Great Yarmouth SC Winter Wipeout Meet 2023	Norwich	ER231744	3
200 Butterfly	3:17.63	3:19.20	158	13/07/22	Dereham and District ASC Roger Virgoe	Dereham	ER221160	4
50 Backstroke	38.60	39.10	187	23/03/24	Norwich Swan Open Meet 2024	Norwich	ER240463	3
100 Backstroke	1:26.03	1:27.00	177	03/06/23	Swim England Norfolk Inter Club Gala 2023	Norwich	ER230890	2
200 Backstroke	3:19.19	3:20.90	149	20/11/21	Dereham & District SC November 2021 Dual Meet	Dereham	ER211263	3
200 Individual Medley	2:56.78	2:59.00	238	12/07/22	Dereham and District ASC Roger Virgoe	Dereham	ER221160	4
100 Individual Medley	1:18.90	1:18.90	243	19/11/23	Dereham & District ASC Annual Sprints 2023	Dereham	ER232066	4