

# Individual Best Times (All Time)

Freddie Gribbin - (1508120) - West Norfolk Swimming Club

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	35.32	34.70	207	17/06/23	Boudicca Level 3 Long Course Open Meet 2023	Norwich	ER230912	3
100 Freestyle	1:22.69	1:21.70	181	18/06/23	Boudicca Level 3 Long Course Open Meet 2023	Norwich	ER230912	3
50 Breaststroke	41.69	40.90	241	03/02/24	SE Norfolk County Championships 2024	Norwich	ER240128	1
100 Breaststroke	1:35.04	1:33.70	214	27/01/24	SE Norfolk County Championships 2024	Norwich	ER240127	1
200 Breaststroke	3:26.85	3:24.30	223	03/02/24	SE Norfolk County Championships 2024	Norwich	ER240128	1
50 Butterfly	50.54	50.20	85	18/06/23	Boudicca Level 3 Long Course Open Meet 2023	Norwich	ER230912	3
50 Backstroke	45.23	44.80	141	17/06/23	Boudicca Level 3 Long Course Open Meet 2023	Norwich	ER230912	3

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	32.86	33.50	230	17/03/24	West Norfolk Open Meet 2024	King's Lynn	ER240029	3
100 Freestyle	1:19.40	1:20.50	180	15/10/23	Diss Otters Open Meet 2023	Norwich	ER231460	3
50 Breaststroke	43.23	44.00	192	25/06/23	Swim England Norfolk County Challenge 2023	Derehem	ER231032	3
100 Breaststroke	1:29.71	1:31.10	233	17/03/24	West Norfolk Open Meet 2024	King's Lynn	ER240029	3
200 Breaststroke	3:18.02	3:20.70	223	16/03/24	West Norfolk Open Meet 2024	King's Lynn	ER240029	3
50 Butterfly	38.23	38.70	184	17/03/24	West Norfolk Open Meet 2024	King's Lynn	ER240029	3
50 Backstroke	41.43	41.90	151	16/03/24	West Norfolk Open Meet 2024	King's Lynn	ER240029	3
100 Backstroke	1:42.85	1:43.60	103	04/12/22	Great Yarmouth SC Winter Wipeout 2022	Norwich	ER221515	3
200 Individual Medley	3:02.32	3:04.50	217	17/03/24	West Norfolk Open Meet 2024	King's Lynn	ER240029	3
100 Individual Medley	1:27.83	1:27.80	176	29/07/23	Norwich Swan & Great Yarmouth SC Summer Sprints	Norwich	ER231160	3