

Individual Best Times (All Time)

Rebecca Smith - (1518708) - Harpenden Swimming Club

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	33.03	32.40	365	02/03/24	Harpenden SC Frantic 50s 2024	St Albans	ER240268	3
100 Freestyle	1:14.74	1:13.60	331	15/07/23	Team Luton Summer LC Meet 2023	Luton	ER230397	3
50 Breaststroke	41.33	40.60	351	16/07/23	Team Luton Summer LC Meet 2023	Luton	ER230397	3
100 Breaststroke	1:33.59	1:32.20	321	15/07/23	Team Luton Summer LC Meet 2023	Luton	ER230397	3
200 Breaststroke	3:24.97	3:22.40	302	16/07/23	Team Luton Summer LC Meet 2023	Luton	ER230397	3
50 Butterfly	36.15	35.60	308	02/03/24	Harpenden SC Frantic 50s 2024	St Albans	ER240268	3
100 Butterfly	1:27.17	1:26.30	257	16/07/23	Team Luton Summer LC Meet 2023	Luton	ER230397	3
50 Backstroke	40.04	39.50	301	02/03/24	Harpenden SC Frantic 50s 2024	St Albans	ER240268	3
200 Individual Medley	3:03.75	3:01.60	323	16/07/23	Team Luton Summer LC Meet 2023	Luton	ER230397	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	31.84	32.50	373	10/02/24	Harpenden SC Club Champs 2024	Harpenden	ER240505	4
100 Freestyle	1:10.81	1:12.00	357	28/04/24	Harpenden SC Club Champs 2024	Harpenden	ER240507	4
200 Freestyle	2:41.06	2:43.20	321	24/03/24	Harpenden SC Club Champs 2024	St Albans	ER240506	4
50 Breaststroke	39.57	40.40	368	10/12/23	Harpenden SC Last Chance County Qualifier 2023	St Albans	ER232352	3
100 Breaststroke	1:26.09	1:27.50	380	24/03/24	Harpenden SC Club Champs 2024	St Albans	ER240506	4
200 Breaststroke	3:10.60	3:13.40	351	20/01/24	SE Hertfordshire County Championships 2024	Borehamwood	ER240100	2
50 Butterfly	35.37	35.90	327	10/02/24	Harpenden SC Club Champs 2024	Harpenden	ER240505	4
100 Butterfly	1:21.25	1:22.20	294	28/04/24	Harpenden SC Club Champs 2024	Harpenden	ER240507	4
50 Backstroke	37.59	38.10	303	10/02/24	Harpenden SC Club Champs 2024	Harpenden	ER240505	4
100 Backstroke	1:23.44	1:24.40	284	28/04/24	Harpenden SC Club Champs 2024	Harpenden	ER240507	4
200 Backstroke	2:59.28	3:01.10	292	24/03/24	Harpenden SC Club Champs 2024	St Albans	ER240506	4
200 Individual Medley	2:54.28	2:56.50	341	28/04/24	Harpenden SC Club Champs 2024	Harpenden	ER240507	4
400 Individual Medley	6:35.10	6:39.50	281	08/10/23	Harpenden SC FINIS Bryan Thompson Legacy Meet 23	Westminster Lodge	ER230756	3
100 Individual Medley	1:19.85	1:19.80	354	03/12/23	Borough of Harrow Christmas Cracker Meet 2023	Barnet Cophall	LR231493	3