

# Individual Best Times (All Time)

Heidi Thomas - (1584096) - Thetford Dolphins SC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Breaststroke	46.34	45.70	249	03/03/24	City of Norwich March LC Open Meet 2024	Norwich	ER240009	3
50 Butterfly	36.77	36.20	293	27/01/24	SE Norfolk County Championships 2024	Norwich	ER240127	1
100 Backstroke	1:26.64	1:25.70	289	03/03/24	City of Norwich March LC Open Meet 2024	Norwich	ER240009	3

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	33.40	34.00	323	17/03/24	West Norfolk Open Meet 2024	King's Lynn	ER240029	3
100 Freestyle	1:15.11	1:16.20	299	16/03/24	West Norfolk Open Meet 2024	King's Lynn	ER240029	3
200 Freestyle	3:11.95	3:13.80	189	13/10/22	Thetford Dolphins Club Championships 2022	Thetford	ER221856	4
50 Breaststroke	45.93	46.60	235	16/03/24	West Norfolk Open Meet 2024	King's Lynn	ER240029	3
100 Breaststroke	1:40.65	1:41.90	237	12/10/23	Thetford Dolphins SC Club Championships 2023	Thetford	ER231224	4
50 Butterfly	37.13	37.60	283	17/03/24	West Norfolk Open Meet 2024	King's Lynn	ER240029	3
50 Backstroke	38.28	38.80	286	15/10/23	Thetford Dolphins SC Club Championships 2023	Thetford	ER231224	4
100 Backstroke	1:25.03	1:26.00	269	17/03/24	West Norfolk Open Meet 2024	King's Lynn	ER240029	3
200 Backstroke	3:17.60	3:19.30	218	12/10/23	Thetford Dolphins SC Club Championships 2023	Thetford	ER231224	4
100 Individual Medley	1:24.56	1:24.60	298	14/10/23	Thetford Dolphins SC Club Championships 2023	Thetford	ER231224	4