

Individual Best Times (All Time)

Isabelle Armstrong - (1585584) - Croydon Amphibians SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	30.90	30.20	446	23/03/24	Newham & UEL SC National Qualifier Open Meet 2024	Stratford	LR240111	1
100 Freestyle	1:09.08	1:07.90	419	15/06/24	Crawley Summer Splash L3 Gala 2024	Crawley	SE241040	3
50 Butterfly	34.64	34.10	350	24/03/24	Newham & UEL SC National Qualifier Open Meet 2024	Stratford	LR240111	1
100 Butterfly	1:19.07	1:18.10	345	23/03/24	Newham & UEL SC National Qualifier Open Meet 2024	Stratford	LR240111	1
50 Backstroke	35.86	35.30	420	15/06/24	Crawley Summer Splash L3 Gala 2024	Crawley	SE241040	3
100 Backstroke	1:22.27	1:21.30	338	24/09/23	Crawley SC Lis Hartley Open Meet L3 2023	Crawley	SE231515	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	30.47	31.10	426	23/06/24	Sutton & Cheam Summertime Splash 2024	Carshalton, Surrey	LR241283	3
100 Freestyle	1:07.58	1:08.80	411	07/04/24	Basildon & Phoenix Easter Meet 2024	Basildon	ER240561	3
200 Freestyle	2:25.99	2:28.40	431	16/03/24	Croydon Borough SA Annual Champs & AG Comp 2024	Whitgift School	LR240053	4
50 Breaststroke	41.32	42.10	323	22/06/24	Sutton & Cheam Summertime Splash 2024	Carshalton, Surrey	LR241283	3
100 Breaststroke	1:33.43	1:34.80	297	16/03/24	Croydon Borough SA Annual Champs & AG Comp 2024	Whitgift School	LR240053	4
50 Butterfly	34.17	34.70	363	22/06/24	Sutton & Cheam Summertime Splash 2024	Carshalton, Surrey	LR241283	3
100 Butterfly	1:17.06	1:18.00	345	22/06/24	Sutton & Cheam Summertime Splash 2024	Carshalton, Surrey	LR241283	3
50 Backstroke	35.13	35.70	371	23/06/24	Sutton & Cheam Summertime Splash 2024	Carshalton, Surrey	LR241283	3
100 Backstroke	1:19.49	1:20.50	329	22/10/23	Basildon & Phoenix Autumn County Qualifier 2023	Basildon	ER232129	3
200 Backstroke	2:48.83	2:50.80	349	21/10/23	Basildon & Phoenix Autumn County Qualifier 2023	Basildon	ER232129	3
200 Individual Medley	2:57.23	2:59.40	325	21/10/23	Basildon & Phoenix Autumn County Qualifier 2023	Basildon	ER232129	3
100 Individual Medley	1:18.64	1:18.60	371	16/03/24	Croydon Borough SA Annual Champs & AG Comp 2024	Whitgift School	LR240053	4