

# Individual Best Times (All Time)

Lenny Luchmun Hicks - (1625382) - Hemel Hempstead SC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	33.49	32.90	243	04/03/23	Harpenden SC FINIS Frantic 50s 2023	Luton	ER230255	3

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	29.96	30.60	304	18/05/24	Watford Swimming Club Development Meet 2024	Watford	ER240110	3
100 Freestyle	1:07.24	1:08.50	296	03/03/24	Watford SC Regional Qualifier 2024	Watford	ER240120	3
200 Freestyle	2:43.92	2:46.00	222	19/11/23	Hitchin SC Open 2023	Borehamwood	ER230914	3
50 Breaststroke	41.28	42.00	220	22/06/24	City of St Albans Summer Meet 2024	St Albans	ER240215	3
100 Breaststroke	1:45.71	1:46.90	143	09/09/23	Hertfordshire Aquatics Autumn Open Meet	Westminster Lodge	ER230996	3
50 Butterfly	36.16	36.70	217	02/03/24	Watford SC Regional Qualifier 2024	Watford	ER240120	3
100 Butterfly	1:32.12	1:32.90	139	19/11/23	Hitchin SC Open 2023	Borehamwood	ER230914	3
50 Backstroke	34.49	35.10	263	23/06/24	City of St Albans Summer Meet 2024	St Albans	ER240215	3
100 Backstroke	1:17.10	1:18.10	246	23/06/24	City of St Albans Summer Meet 2024	St Albans	ER240215	3
200 Individual Medley	3:16.65	3:18.70	173	08/10/23	Harpenden SC FINIS Bryan Thompson Legacy Meet 23	Westminster Lodge	ER230756	3
100 Individual Medley	1:18.52	1:18.50	247	18/05/24	Watford Swimming Club Development Meet 2024	Watford	ER240110	3