

Individual Best Times (All Time)

Amber Holmes - (1636998) - Chelmsford City SC

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	48.24	48.70	107	01/06/24	Chelmsford Nicki Wiseman Summer Sprints Meet 2024	Chelmsford City	ER240735	4
100 Freestyle	1:50.47	1:51.20	94	01/06/24	Chelmsford Nicki Wiseman Summer Sprints Meet 2024	Chelmsford City	ER240735	4
200 Freestyle	4:03.29	4:04.70	93	16/03/24	Basildon Spring Regional Qualifier 2024	Basildon	ER240455	3
800 Freestyle	17:11.54	17:17.20	99	19/03/24	Chelmsford City Club Champs 2024 800m & 1500m	Chelmsford City	ER240596	3
50 Breaststroke	58.84	59.40	112	01/06/24	Chelmsford Nicki Wiseman Summer Sprints Meet 2024	Chelmsford City	ER240735	4
100 Breaststroke	2:08.54	2:09.50	114	01/06/24	Chelmsford Nicki Wiseman Summer Sprints Meet 2024	Chelmsford City	ER240735	4
50 Backstroke	58.76	59.10	79	01/06/24	Chelmsford Nicki Wiseman Summer Sprints Meet 2024	Chelmsford City	ER240735	4
100 Individual Medley	1:56.59	1:56.60	113	01/06/24	Chelmsford Nicki Wiseman Summer Sprints Meet 2024	Chelmsford City	ER240735	4