

Individual Best Times (All Time)

Elsa Armstrong - (1676068) - Spenborough SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	37.77	37.20	244	17/03/24	Richmond Dales ASC April Fool Gala 2024	Leeds	NE240123	3
100 Freestyle	1:20.29	1:19.20	267	16/03/24	Richmond Dales ASC April Fool Gala 2024	Leeds	NE240123	3
200 Freestyle	2:50.57	2:48.50	289	17/03/24	Richmond Dales ASC April Fool Gala 2024	Leeds	NE240123	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	36.79	37.40	242	07/01/24	Bo Kirklees Internal Series 2024	Huddersfield	NE240185	4
100 Freestyle	1:21.75	1:22.80	232	06/04/24	Kingston UHSC A/B Easter Gala 2024	Hull	NE240118	3
200 Freestyle	2:48.16	2:50.20	282	06/04/24	Kingston UHSC A/B Easter Gala 2024	Hull	NE240118	3
50 Breaststroke	49.19	49.80	191	07/01/24	Bo Kirklees Internal Series 2024	Huddersfield	NE240185	4
100 Breaststroke	1:54.86	1:56.00	160	17/09/23	Bo Kirklees Internal Series 2023	Huddersfield	NE232114	4
50 Butterfly	43.60	44.00	174	07/01/24	Bo Kirklees Internal Series 2024	Huddersfield	NE240185	4
50 Backstroke	44.99	45.40	176	06/04/24	Kingston UHSC A/B Easter Gala 2024	Hull	NE240118	3
100 Backstroke	1:33.28	1:34.10	203	06/04/24	Kingston UHSC A/B Easter Gala 2024	Hull	NE240118	3
200 Individual Medley	3:14.65	3:16.70	245	06/04/24	Kingston UHSC A/B Easter Gala 2024	Hull	NE240118	3
100 Individual Medley	1:30.96	1:31.00	239	12/11/23	Spenborough SC Bonfire Bash 2023	Leeds	NE230780	3