

# Individual Best Times (All Time)

## Harriet Wells - (1677718) - West Norfolk Swimming Club

### Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	37.17	36.60	256	28/01/24	SE Norfolk County Championships 2024	Norwich	ER240127	1
100 Freestyle	1:24.87	1:23.90	226	03/03/24	City of Norwich March LC Open Meet 2024	Norwich	ER240009	3
200 Freestyle	3:11.47	3:09.60	204	23/06/24	Norwich Swan & West Norfolk Boudicca L3 Open Meet	Norwich	ER241058	3
50 Breaststroke	56.07	55.50	140	22/06/24	Norwich Swan & West Norfolk Boudicca L3 Open Meet	Norwich	ER241058	3
100 Breaststroke	1:54.29	1:53.20	176	27/01/24	SE Norfolk County Championships 2024	Norwich	ER240127	1
50 Butterfly	46.40	46.00	145	03/03/24	City of Norwich March LC Open Meet 2024	Norwich	ER240009	3
100 Butterfly	1:56.68	1:56.00	107	23/06/24	Norwich Swan & West Norfolk Boudicca L3 Open Meet	Norwich	ER241058	3
50 Backstroke	42.94	42.50	244	27/01/24	SE Norfolk County Championships 2024	Norwich	ER240127	1
100 Backstroke	1:42.86	1:42.10	173	22/06/24	Norwich Swan & West Norfolk Boudicca L3 Open Meet	Norwich	ER241058	3
200 Individual Medley	3:44.70	3:42.90	176	22/06/24	Norwich Swan & West Norfolk Boudicca L3 Open Meet	Norwich	ER241058	3

### Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	38.05	38.60	218	17/03/24	West Norfolk Open Meet 2024	King's Lynn	ER240029	3
100 Freestyle	1:30.50	1:31.40	171	29/10/23	Dereham & District ASC Halloween Mini Meet 2023	Dereham	ER230658	4
50 Breaststroke	59.77	1:00.30	106	10/09/23	Thetford Dolphins SC Nifty 50s 2023	Thetford	ER231204	3
100 Breaststroke	2:04.33	2:05.30	126	29/10/23	Dereham & District ASC Halloween Mini Meet 2023	Dereham	ER230658	4
50 Butterfly	46.39	46.80	145	17/03/24	West Norfolk Open Meet 2024	King's Lynn	ER240029	3
100 Butterfly	1:52.47	1:53.10	110	20/04/24	West Norfolk SC Club Development Gala 2024	Kings Lynn	ER240056	4
50 Backstroke	45.51	46.00	170	09/06/24	Swim England Norfolk Inter Club Gala 2024	Norwich	ER240910	2
100 Backstroke	1:37.20	1:38.00	180	20/04/24	West Norfolk SC Club Development Gala 2024	Kings Lynn	ER240056	4
100 Individual Medley	1:46.07	1:46.10	151	29/10/23	Dereham & District ASC Halloween Mini Meet 2023	Dereham	ER230658	4