

# Individual Best Times (All Time)

Hana Metcalfe - (1698586) - Carnforth & Dist Otters

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	45.02	44.60	144	09/05/24	BSME Championships 2024	Dubai	GBR2370	3
100 Freestyle	1:40.58	1:39.70	135	09/05/24	BSME Championships 2024	Dubai	GBR2370	3
50 Breaststroke	52.57	52.00	170	09/05/24	BSME Championships 2024	Dubai	GBR2370	3
100 Breaststroke	1:57.38	1:56.30	163	09/05/24	BSME Championships 2024	Dubai	GBR2370	3

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	40.54	41.10	180	07/06/24	RSAC Swim Championships	Jeddah	GBR2394	3
100 Freestyle	1:37.11	1:38.00	138	08/06/24	RSAC Swim Championships	Jeddah	GBR2394	3
200 Freestyle	3:15.57	3:17.30	179	07/06/24	RSAC Swim Championships	Jeddah	GBR2394	3
50 Breaststroke	53.54	54.10	148	08/06/24	RSAC Swim Championships	Jeddah	GBR2394	3
100 Breaststroke	1:55.45	1:56.50	157	07/06/24	RSAC Swim Championships	Jeddah	GBR2394	3
50 Backstroke	1:03.01	1:03.30	64	15/09/23	RSAC Sprints Meet 2023	Saudi Arabia	GBR2129	3
100 Individual Medley	1:49.85	1:49.90	136	08/06/24	RSAC Swim Championships	Jeddah	GBR2394	3