

Individual Best Times (All Time)

James Mcfarlane - (233298) - Hemel Hempstead SC

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	29.96	30.60	304	21/11/14	Hemel Hempstead Club Championships	Hemel Hempstead	ER14692	4
100 Freestyle	1:06.19	1:07.40	310	28/11/14	Hemel Hempstead Club Championships	Hemel Hempstead	ER14693	4
200 Freestyle	2:25.83	2:28.20	316	29/11/14	Hemel Hempstead Club Championships	Hemel Hempstead	ER14693	4
400 Freestyle	5:17.32	5:21.70	299	27/11/14	Hemel Hempstead Club Championships	Hemel Hempstead	ER14693	4
50 Breaststroke	39.25	40.00	256	30/06/13	Hemel Hempstead Sprint Champs	Hemel Hempstead	ER3120	4
100 Breaststroke	1:23.63	1:25.10	288	21/11/14	Hemel Hempstead Club Championships	Hemel Hempstead	ER14692	4
200 Breaststroke	3:05.10	3:07.90	273	28/11/14	Hemel Hempstead Club Championships	Hemel Hempstead	ER14693	4
50 Butterfly	32.13	32.70	310	26/06/16	Hemel Hempstead Club Championships	Hemel Hempstead	ER161252	4
50 Backstroke	35.96	36.50	232	29/11/14	Hemel Hempstead Club Championships	Hemel Hempstead	ER14693	4
100 Backstroke	1:18.99	1:20.00	229	26/06/16	Hemel Hempstead Club Championships	Hemel Hempstead	ER161252	4
200 Individual Medley	2:49.69	2:52.00	269	15/12/13	Hemel Hempstead Middle Distance Meet	Hemel Hempstead	ER31024	4
100 Individual Medley	1:16.53	1:16.50	267	03/07/11	Hemel Hempstead Championships	Hemel Hempstead	ER1423	4